

DELIVERY MENU



From 18th February, 2019, we will make a small change in our pricing due to the price increase of some of our ingredients.

Our food cost (our share of the price spent on raw ingredients) stays high as we want to maintain the quality of our products and dishes while keeping the price reasonable for you. Thank you for your understanding. And we look forward to continuing to see you.

Every one of you is a huge part of the creation of the loving, friendly, cozy, welcoming vibe of our place! So thank you so much!


Just in case you wonder why you feel great after you eat our meals... not only is there endless love and intention in our food and process, also all our nuts and seeds are activated (soaked overnight and some are dehydrated overnight) to achieve best digestion and assimilation. These little things are often forgotten and even we take them for granted, but all our smoothies and bowl toppings for example are activated. Just a simple cashew snack takes 2 days to process. The nut butters we use in our menu are home made: soaked overnight, dehydrated overnight, stone ground, a 3 day-process.

These factors could be 1 of many reasons for your wonder.

We love you!

www.sayurihealingfood.com

 Sayuri Healing Food

 sayuri _ healing _ food

DRINKS

ICED DRINK

Cold-pressed Cafe Latte with cashew milk	45K
Reishi Chai Latte Medicinal Reishi mushroom, chai spices, cashew milk	55K
Matcha Green Tea Latte with cashew milk	55K
Cold-pressed coffee by the glass	50K
Kombucha - Ginger Oolong Hoji Rosella	60K/500ML
Coco Probiotics Kefir Plain 40K/ flavored 49K	
Oolong Tea	20K/500ML
Hoji Tea	20K/500ML
Charcoal Lemonade	39K/500ML
Cloro- Oxygen	29K/500ML
Coconut water	19K/500ML
Kelapa Muda Whole young coconut	24K
Bomb!	69K
Your choice of latte (café latte or Reishi chai or Matcha latte), ice cream, whipped cream, chocolate drizzle	
<i>Extras for Your Drink</i> 1 scoop ice cream 22K whipped cream 15K	

ICED TONIC SHORT "S" (100ML) BOTTLE "B" (280ML)

Pirate Tonic Tea	55K/500ML
Jin nourishing, kidney tonic for the highest potency. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability	
Mother Goose Tonic Tea	59K/ 500ML
Chi nourishing, spleen & blood tonic for raw foodies & for weak digestion. Chinese Tonic herbs includes, dan gui, poria, prepared rehmannia, jujube dates, longan, licorice, reishi medicinal mushroom, ginger, cinnamon, goji berries, which helps blood-building & circulation, vitality, anti-aging & dampness.	
Reishi Tonic	49K/ 500ML
Most potent medicinal mushroom, aka "mushroom of immortality", great for immune strengthening, vitality, anti-oxidant, anti-aging, inner peace & spiritual insight, nourishes your "Jing" – core energy, "chi" – pranic flow energy, and "shen" – your shine of who you are.	
Bali Heat Tonic Shot	SHORT 18 K, BOTTLE 49 K
Warming, Chi nourishing spleen tonic from Balinese indigenous herbs. anti-parasitic, anti-microbial, liver cleansing, helps digestion & immune booster. With cinnamon, clove, ginger, tamarind, cayenne chili, coconut nectar.	

COFFEE

Café Americano	22K	Espresso	22K
Macchiato	23K	Extra Shot	12K
Cappuccino	33K	Coffe Latte	33K
With coconut milk		With coconut milk	
<i>Replace coffee with Cold-Pressed Coffee</i> EXTRA 15K			

HOT DRINK & TONIC

Turmeric Latte	29K
Turmeric, cinnamon, ginger, cayenne, clove, coconut milk	
Matcha Green Tea Latte	45K
With coconut milk	
Reishi Chai Latte	45K
Reishi medicinal mushroom, chai spices, coconut milk	
Mexi-Chaga Cacao	59K
Chaga medicinal mushroom, cacao, maca, lucuma, cayenne, coconut milk	
Shilajit Hot Chocolate	59K
Ancient concentrated earth mineral -Shilajit-, cacao, coconut milk, coconut nectar, charcoal	
Yoga Proof Tonic – Double Reishi –	55K
Coconut oil Reishi creamer warm elixir with reishi & chaga medical mushroom powder, cacao, lucuma, maca, cayenne & hint of coconut nectar	
Yoga Proof Tonic – Coffee –	45K
Coconut oil coffee creamer warm elixir with reishi & chaga medicinal mushroom powder, cacao, lucuma, maca, cayenne & hint of coconut nectar	

HOT TEA OF THE WORLD

Matcha Tea Ceremony	59K
DIY Matcha ceremony, comes with chocolate & hot water chaser	
Yerba Mate	49K
South American ritual. Share with friends or yourself.	
Teatox - Medicinal Herbal Tea	19K
Caffeine-free tea to choose from... Gotukola / Ginger/ Moringa / Rosella / Mint / Chamomile / Rooibos	
Japanese Tea Selection	19K
Choose from...Green Tea Classic / Hoji Tea (roasted green tea) / Genmai Tea(green tea with roasted puffed brown rice)	

What's Reishi & Chaga ?

Both are some of the most potent Medicinal mushroom, good for immune strengthening, vitality, anti-oxidant, anti-aging. Reishi brings us equanimity and deep insight for the long run. Chaga helps us to decalcify our pineal gland, therefore activate our 3rd eyes.

What's Shilajit ?

Highest concentrated earth mineral including fulvic acid and humic acids, known as the "conqueror of mountains and destroyer of weakness". good for immune system, strengthening & recovery.

JUICES, SMOOTHIES & SHOT

COLD-PRESSED JUICE

S/280ml L/500ml

Healing

S/45K L/65K

Kale, fennel, cucumber, celery, lime juice, apple, ginger

Cleanse

S/49K L/69K

Beets, coriander, apple, cucumber, lime, ginger

Zinger

S/45K L/65K

Carrot, apple, lime, ginger

Detox

S/49K L/69K

Pineapple, carrot, turmeric, orange

Refresh

S/39K L/55K

Watermelon, basil essential oil

SHOTS

Cacao ceremony shot

80ml S/23K

Reishi & chaga medicinal mushroom powder, 100% cacao, coconut nectar, vanilla, cashew milk, chili powder.

ACV SHOT

S/100ml B (IN BOTTLE)/280ml

Our ACV(Homemade Apple Cider Vinegar) is fermented with our Kombucha SCOBY! Mild, slightly sweet & fruity, to support digestion!

ACV Pure Apple

S/25K B/59 K

ACV Strawberry Apple

S/25K B/59 K

GUT ESSENCE SHOT

Shot 50ml

These essences are fermented or simmered below 40c to maximize their bio-availability.

Jamu Tonic

S/35K

Turmeric, ginger, apple cider vinegar, fermented garlic, lemon, tamarind, cinnamon & hint of coconut palm nectar

Hang in there, Honey

S/35K

turmeric, ginger, lime, tamarind, cinnamon, pepper, palm nectar, papaya, vinegar.

Punch & Glory

S/35K

Daikon, garlic, chili, turmeric, ginger, spirulina, onion, palm nectar, coconut vinegar

Yummy Tummy

S/35K

Red apple, soursop, pineapple, ginger, sea salt, cabbage, palm nectar, pineapple vinegar

Aphrodisiac

S/35K

cacao, passion fruit, pineapple, soursop, aphrodisiac roots, maqui berries, cloves, palm nectar, tropical fruit vinegar

Booster

S/35K

beetroot, cacao, soursop, temulawak, chili, cinnamon, palm nectar, banana vinegar

SUPERFOOD SMOOTHIE

400ml

Mega Hemp Protein

59K

FRESH spirulina, hemp powder, lemon, kale, mango, banana, coconut milk, irish moss

Ecstatic

59K

Dragon fruits, banana, maqui berry, Chaga medicinal mushroom, green coffee, beetroot, coconut milk, spirulina, cashew, coconut nectar

Immunity

59K

Blueberry, banana, coconut milk, Irish moss, orange, turmeric, goji, cashew, cayenne, cinnamon, coconut nectar

Pick Me Up

49K

Kale, spinach, banana, coconut water, pineapple, mango, with berry swirl

Maca Mocha

45K

Coconut milk, banana, cacao, coffee, maca, cinnamon, Irish moss

Choco Magic

59K

Coconut milk, banana, cacao, almond butter, Irish moss

Charity Forest Smoothie

55K

Banana, pineapple, chlorella liquid, kale, spirulina, coconut milk, moringa powder. half of the profit goes to "Yoga For Nature" charity org. to preserve Indonesian Forest

SMOOTHIE BIKE

45K

DIY smoothie by riding smoothie bike. Get the jug at the juice bar, enjoy yummy ride !

Dragon fruit, mango, banana, chia seeds, cacao, coconut milk, ice, coconut nectar

*Fruits are served in room temperature.

SMOOTHIE BOWL

400ml

Smoothie Bowl

R 69K

A bowl of smoothie of your choice, served with varieties of fruits in season + 1 crunch topping of your choice from below:

Chia Bowl

R 69K

A bowl of chia pudding, served with varieties of fruits in season + 1 crunch topping of your choice from below:

Crunchy Topping R

Chocolate Granola | Pink Dragon Granola | Spirulina Granola
Cinnamon Coco-Chips | Chocolate Coco-Chips

Smoothie Super Boost Addition

Probiotics	9K	Spirulina powder	14K
Moringa	7K	Fresh spirulina	20K
Maca	7K	A ç a i	12K
Cacao	12K	Maqui	12K
Goji	12K	Coconut yogurt	12K
Hemp	12K		

ALL DAY BREAKFAST

SAVORY BREAKY

Big Boy Breaky R 69K

GF-raw breads, coconut curry "butter", corn & cashew scrambled "egg", coconut "bacon", wilted spinach, mushroom & tomato
(Option: replace with sourdough bread (G), or GF-baked bread: same price)

Breakfast Burrito R 69K

Raw Zucchini wrap, corn & cashew scrambled "egg", coconut "bacon", fresh green & mushroom served with tomato chutney on the side

Croque Monsieur C 59K

Sourdough bread (G), roasted eggplant, vegan cheddar cheese, coconut béchamel sauce served with marinated spinach

Pirate Tonic Khichdi C 59K

Indian flavored rice and lentils porridge with garlic, onion & subtle spiciness, cooked with Jin nourishing, kidney tonic for the highest potency. Easy to digest and nourishing. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability.

Bread & "Butter" Breaky R 59K

GF-raw breads platter with "butter" & "jam"
(Option: replace with sourdough bread (G), or GF-baked bread: same price)

Add Shilajit Chocolate Spread

R extra 12K

BREAKFAST SPECIAL

MON - FRI

Vegan Omelette C 59 K

zucchini, onion, mushroom, fresh herbs, house-made ketchup served with rye sourdough bread (G) & coconut curry "butter"

SAT- SUN

Matcha Swirl Pancake C 69 K

Gluten-free matcha and vanilla pancake topped with fresh fruits, strawberry chia jam, vegan butter & coconut caramel

SWEET BREAKY

Smoothie Bowl R 69K

A bowl of smoothie of your choice, served with varieties of fruits in season + 1 crunch topping of your choice from below

Chia Bowl R 69K

A bowl of chia pudding, served with varieties of fruits in season + 1 crunch topping of your choice from below

Crunchy Topping R

Chocolate Granola
Pink Dragon Granola
Spirulina Granola
Cinnamon Coco-Chips
Chocolate Coco-Chips

Quinoa Porridge C 59K

Cinnamon coconut flavored quinoa, lightly sweetened with coconut nectar, topped with shredded apple, raisins & candied walnuts - served warm or chilled

Gluten-Free Waffle C 69K

With coconut whip cream + 1 ice-cream & 1 drizzle of your choice from below

Ice-Cream

Vanilla-Lucuma
Choco-Maca
Coffee-Chaga
Spirulina-Mint-Choco-Chip

Drizzle

Chocolate Ganache
Triple-Berry
"Caramel"

Extra Topping for Bowls & Waffles

Single serve fruits	7K	Cacao nibs	12K
Crunchy topping	12K	Chia seeds	12K
(choose from above):		Flax seeds	12K
Chia pudding	12K	Spirulina crunch	14K
1 scoop ice cream	22K	Goji berries	12K
Extra whipped cream	15K	Fresh spirulina	20K
Extra drizzle	7K		

TODAY'S SPECIAL & BOWL

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MEAL OF THE DAY

MON **Peak Performance Bowl** 69K
Brown rice & tempeh & steamed veggies C, other item all R
 Fresh spirulina raw hummus, sesame tempeh, avocado, steamed green veggies, edamame, pomelo, spirulina gomashio, sprinkle of hemp seeds, 1000 island dressing, brown rice (Option: rice to replace with quinoa: additional 7K)

TUE **Laksa Bowl** 79K
 C
 Malaysian-style coconut curry soup bowl (S), with red rice noodle, marinated mushroom, teriyaki tempeh (S) (G), steamed veggies, fresh beans shoot, fresh herbs, spicy onion sprinkles.

WED **"SeaFood" Pasta** 79K
 R
 Zucchini noodle, marinated oyster mushrooms(S G), smoked papaya salmon, coconut calamari in cashew Alfredo sauce(SG), semi roasted baby tomatoes, capers. served with cashew raw mesan raw flat herb bread(GF)

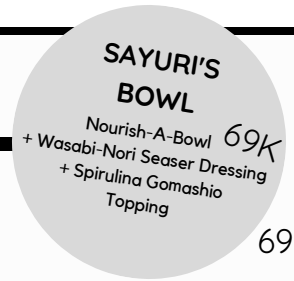
THU **Nacho Bowl** 79K
 C
 Gluten-free & oven-baked rice and tapioca chips, shredded & cooked banana skin mole, brown rice, olives, nut-free cheddar "cheese", avocado, fresh tomato salsa, lettuce, pickled veggies, coriander.

FIR **Malaysian Jackfruit Rendang** 69K
 C
 Jackfruit Rendang curry with Malaysian spices & coconut milk (S) (G), brown rice, eggplant chutney, cucumber slices & coconut yoghurt (Option: rice to replace with quinoa: additional 7K)

SAT **Nigiri Sushi** 75 K
 C
 Brown rice nigiri sushi atop with grilled eggplant, smoked papaya salmon with cashew cream cheese and avocado, teriyaki tempeh (S,G), marinated mushrooms & kimchi, served with miso soup (S), soy sauce(S,G) and wasabi.

SUN **Greek "Monkey Skin " Gyros** 79K
 C
 Sourdough flatbread (G), marinated, shredded & cooked banana skin (S G), lettuces, tomato, cucumber, coconut yogurt tzaziki & spicy tomato sauce, served with extra spicy sauce & tzaziki & cassava chips.

BOWL



Galactic Bowl 69K
 R

Raw bread with pesto on top, almond feta cheese, Karamata olives, pickled onion, sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below :

Choose dressing from: Choose dressing from:
 Tarragon vinaigrette / Sweet-mustard / Black garlic & charcoal

Nourish-A-Bowl 69K
 C

Brown rice, steamed green, steamed roots, marinated tempeh (S) (G), sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below

Choose dressing from: Curry goji vinaigrette (S)
 Wasabi nori seacer (S)
 Tahini-kuraut

Ocean-Bowl 69K
 C

Quinoa, seaweed, mushroom, Korean marinated veggies, sprout, ferment, green & veggies + 1 dressing & 1 bowl topping of your choice from below

Choose dressing from: Sesame Ban-Ban (S) (G)
 Spirulina & dulce vinaigrette
 Miso vinaigrette(S)

Bowl Topping R

- Galic-Crouton
- "Cheese"-Crouton
- Spirulina Gomashio
- Nori & Dulce Gomashio
- Spicy Onion Seeds
- Sweet & chili Coco-Chips
- Nori Spirulina Coco-Chips
- Curry Coco-Chips
- BBQ Cashew Nibbles
- Masala Cashew Nibbles

Extra Topping for Bowls

- Extra dressing 12K
- Extra bowls topping (choose from above) 12K
- Flax seeds 12K
- Chia seeds 12K
- Goji berries 12K
- Spirulina crunch 14K

A LA CARTE

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A LA CARTE

Lasagna Italian R 69K

Our most popular dishes! You won't believe it's all raw! Zucchini lasagna pasta, marinara sauce, nut-creamy béchamel, marinated spinach, raw-mezan, served with garden salad & today's dressing

Falafel Mezze Bowl R 79K

Raw falafel served with raw zucchini wrap, pickled veggies, marinated olives, zucchini hummus, tahina sauce, tomatoes, cucumber & salad drizzled with house dressing (option: raw zucchini wrap to replace with sourdough flatbread (G))

Pad Thai R 69K

Coconut + zucchini noodle with sweet tamarind sauce (S) (G), almond butter chili "stir-fried" veggies(S) (G), crunchy topping, served with "Sambal Matah" spicy fragrant relish

Norwegian-Style "Gravlax" Open Sandwich R 69K

Papaya "smoked- salmon" with fresh herbs & caper, cream nut-cheese, avocado, lettuce & sprout, raw GF-onion flat breads, served with garden salad & today's dressing

Teriyaki Tempeh Burger R 69K

bun & tempeh C, others R

Spirulina sourdough bun(G), teriyaki tempeh (Non-GMO) (S) (G), wasabi drizzle, cashew mayo, mustard pickled cucumber, lettuce, tomato, served with coconut chips

Reuben Sandwich C 69K

Toasted Dark rye sourdough bread (G), avocado, cashew pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, served with coconut chips
(Option: replace with GF-baked bread: same price but small sized-bread)

Bite Me bread C, others R 59K

Toasted sourdough bread (G) sandwich with cream nut-cheese, pesto, lettuce, avocado, tomato
(Option: replace with GF-baked bread: same price but smaller size bread)

Pirate Tonic Khichdi Deluxe C 69K

Indian flavored rice and lentils porridge with garlic, onion & subtle spiciness, cooked with Jin nourishing, kidney tonic for the highest potency. Delighted with marinated mushroom, sourdough bread (G) & sambal mattah. Chinese Tonic herbs includes He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which helps anti-aging, longevity, vitality, libido, strength & stability.

Pizza Special R 69K

Raw seeded crust with marinara sauce, marinated mushrooms & spinach, kalamata olives, cashew cheese & cashew pesto & raw-mezan, served with garden salad & today's dressing

Pasta a la Vita R 65K

Tomato marinara zucchini-pasta mixed with wilted spinach & mushroom, topped with pesto, served with raw-mezan on the side

TASTING PLATTER

Bread & "Butter" Taster R 59K

GF-raw breads platter with "butter" & "jam"

(Option: replace with sourdough bread (C) or GF-baked bread: same price)

Add Shilajit Chocolate Spread R extra 12K

Dip Taster R 59K

Raw "crackers" with 2 kinds of dip of the day & veggie sticks

Aged-Nut-Cheese Taster R 69K

3 slices of GF-raw bread & 20-days-aged raw vegan nut-cheese slices, fruits slice.

Chips & Nacho Dip R 35K

Gluten-Free & oven baked rice and tapioca chips, nut-free cheddar "cheese"

SOUP

Reishi Miso Soup C 42K

Handmade healing Miso (S) with seaweeds & dark greens, using Medicinal mushroom "Reishi" tea as "Dashi" soup stock
-served warm-

Coco Pumpkin Soup C 45K

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom & miso (S), comes with coconut crouton on the side
- served warm or chilled -

Ocean Love Soup C 49K

FRESH spirulina, wakame seaweed, pumpkin, miso (S), Thai spices, coconut milk & Reishi medicinal mushroom, comes with raw crackers on the side
- served only chilled for maximum benefit of fresh spirulina -

KIDS & SMALL APPETITES

Onigiri Sisters C 39K

2 round "Onigiri" rice balls made of brown rice & nori seaweed, walnut miso filling in the middle, with soy sauce (S) (G) on the side

Half-sized Coco Pumpkin Soup C 23K

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom, miso (S)
- Served warm or chilled -

EXTRA GOODIES

EXTRA GOODIES

Quinoa	C 25K
Brown Rice	C 18K
Sourdough Bread 100gr (G)	C 28K
GF(Gluten-Free)-Baked Bread 2 Slices	C 28K
GF(Gluten-Free)-Raw Bread 3 Slices	R 35K
Raw Coconut Oil Based curry "Butter"	R 12K
Fresh Spirulina	R 20K
Aged nut cheese slices (1/8 x whole)	R 35K
Avocado (seasonal)	R 15K

RETAIL

AGED -NUT-CHEESE

Plain	R 95K
Dill & Figs	R105K
Olive & Dry Tomato	R 115K
Brie	R 115K
Smokey	R 115K

SAUERKRAUT

Green Spirulina	R 45K
B a l i n e s e	R 39K
Indian	R 39K
NINJA Kimchi	R 39K

DESSERT

All your nuts & seeds are ACTIVATED!
All Raw, Vegan, Gluten-free & Soy-free!
Please ask what is available today to the staff!

Please place order if you are OK that, more than 5 mini bike drive distance, our cakes may meld during delivery.

Double Chocolate Pie	R 45K
Caramel Dream Torte	R 55K
Banana Dream Pie	R 49K
Triple Berry Cheesecake	R 55K
Nut-Free Mango Tango	R 49K
Nut-Free Choco-Vanilla Cake	R 49K
Mint Chocolate Swirl	R 49K
Tiramisu	R 45K
Snickers Bar	R 45K
Truffle- Rum & Raisin Matcha	R 35K
Truffle - Rose	R 29K
"Nutella" Fudge	R 32K
Doughnut Dipped in Chocolate	R 42K
Brownie	R 29K
Super Tonic Fudge with shilajit topping	R 35K
Beans To Bar - Rum & Raisins	R 95K
Chocolate - Peppermint	R 25K
Chocolate - Orange	R 15K
Shiva Ball - Lemon Spirulina	18K
Jamvavan Ball - Chai Goji	18K
Hanuman Ball - Choco Maca	18K
Ananda Ball - Charcoal & Raw chocolate	18K

CALL US on
+62 822 4048 5154

Jl. Sukma No. 2, Ubud, Bali
Open : 8AM-11PM / last order 9 PM

Minimum order: 100,000 IDR
Delivery fee within Ubud : 10,000 IDR
Price valid until Dec 31 2019

All prices do not include
10% government tax and 5 % service tax
Price descriptions 1K: 1.000 IDR

All Plant- based Vegan.
All our Miso & Tempeh is Non-GMO & organic.
All the Raw Nuts & seeds are activated, soaked
(& dehydrated under 48 degrees) to activate the enzyme &
maximum nutritional intake & for easy digestion.
Filled with good intention & love.

R=Raw C=Cooked (G)=Contain Gluten (S)=Contain Soy
Our Tempeh is Non-GMO its certified organic

RAW CHEF TRAINING
RAW FOOD CLASS

www.sayurihealingfood.com