



Welcome to Sayuri Healing Food!

Our logo represents the circle, “ENSO” - 円相 -, in Zen, translated to “KUU”, - 空 -, the source or essence, nothingness, the infinity & the whole universe, that everything is interconnected in a chain of co-becoming and in a state of constant flow. This place is for us all to become “KUU”, - as the logo of our café represents, where each one of us becomes the “shine” of the uniqueness of our existence, which is the pure purpose of our here & now, and therefore the most powerful force impacting everything around you. Have you noticed that when you smile, the whole universe smiles, even your neighbors & the trees smile back at you? So thank you for smiling today, thank you for being you.

We offer ongoing un-cooking classes & many other “sharing” events to expand our creativity and remind ourselves that we are a fountain of potential. The food that we provide is mostly raw-living with some simple cooked plant-based elements and dishes. It is mostly gluten-free & with ethically and organically sourced when available.

Did you know that every living being gives off light, called “bio-photons”? What if we eat more of this light? If “we are what we eat”, what food do you want to become? We serve predominantly raw-living food for its higher light & vibration to enhance healing processes, healthy rejuvenation & longevity on physical, emotional & spiritual levels. Our recipes incorporate the ancient wisdom of Ayurveda, Chinese, and Macrobiotic, which see food as “energy”, therefore it helps us to re-align ourselves with nature. If we can align with the universal energy, our body, mind & spirit should function perfectly how they are supposed to. And what if “what we eat” is the easiest access for that alignment? What if all that radiant-ness within is possible from the simple act of eating?

Let our food be the medium for us all to fulfill our dharma - the true purpose of our here & now on this planet, to activate ourselves to reach our full potential, to heal & balance our body, mind & spirit, for each and all living beings!

May we re-connect ourselves to the infinite universe within,
and find our individual path to a sustainable radiant healthy lifestyle!



Sayuri Healing Food



sayuri_healing_food

WIFI: Sayuri Café Password : ilovelife

WHAT ELSE DO WE OFFER?

@ SAYURI HEALING FOOD

RAW CHEF TRAININGS & CLASSES, WORKSHOPS, EVENTS AND MUSIC NIGHTS

Check the board in our café garden, our Facebook page
and our website for dates and details.

HOME DELIVERY

Call or WhatsApp us on +62-822-4048-5154

MADE TO ORDER CAKES

For your special day

EVENTS AND YOGA

Kirtan, workshops, yoga classes and so
much more!

PRIVATE PARTIES

Our venue can be booked for your events,
retreats, birthdays and weddings.

RAW FOOD CLASSES

Raw chef trainings, 4-day raw food intro
courses, masterclasses and guest chefs!
www.sayurihealingfood.com or ask
education@sayurihealingfood.com

GROUP CLASSES

We offer the group cooking class for your
retreat & event at the special rate. Inquire to
education@sayurihealingfood.com

THE FOOD & DRINKS WE SERVE ARE...

All Plant-based Vegan.

All our Miso & Tempeh is Non-GMO & organic.

All our Nuts & seeds are activated/soaked (& dehydrated under 48 degrees) to activate the
enzymes & maximum nutritional intake for easy digestion.

All filled with good intention & love.

R=Raw C=Cooked (G)=Contains Gluten (S)=Contains Soy
Our Tempeh is Non-GMO and certified Organic.

All prices do not include 10% government tax and 5 % service tax / Prices: 1K=1.000 IDR

P2
DRINKS

ICED DRINKS

Cold-pressed Cafe Latte	with cashew milk	45K
Reishi Chai Latte		55K
Medicinal Reishi mushroom, chai spices, cashew milk		
Matcha Green Tea Latte	with cashew milk	55K
Cold-pressed coffee	by the glass	50K
Kombucha	See our retail fridge	60K/500ML
Coco Probiotic Kefir	Plain 40K/ flavored 49K	
Iced Hoji tea		20K/500ML
Iced Oolong tea		20K/500ML
Kelapa Muda	Whole young coconut	24K
Coconut Water		19K/ 500ML
Charcoal Lemonade		39K/ 500ML
Cloro-Oxygen		29K /500ML
Bomb!		69K
Your choice of latte (café latte or Reishi chai or Matcha latte), ice cream, whipped cream, chocolate drizzle		

Extras for Your Drink 1 scoop ice cream 22K | whipped cream 15K

ICED TONICS

Pirate Tonic Tea		55K/500ML
Jin nourishing kidney tonic for highest potency. Chinese Tonic herbs include He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which help anti-aging, longevity, vitality, libido, strength & stability.		
Mother Goose Tonic Tea		59K/ 500ML
Chi nourishing spleen & blood tonic for raw foodies & weak digestion. Chinese Tonic herbs include, dan gui, poria, prepared rehmannia, jujube dates, longan, licorice, reishi medicinal mushroom, ginger, cinnamon, goji berries, which help 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	S(100ml) 18 K, IN BOTTLE(280ml)	49K
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	Café Latte	33K
With coconut milk		With coconut milk	
Replace coffee with Cold-Pressed Coffee		EXTRA 15K	

HOT DRINKS & TONICS

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 medicinal mushrooms, cacao, lucuma, maca, cayenne & a hint of coconut nectar.		
Yoga Proof Tonic - Coffee -		45K
Coconut oil coffee creamer: warm elixir with reishi & chaga medicinal mushrooms, cacao, lucuma, maca, cayenne & a hint of coconut nectar.		

HOT TEAS 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 are Reishi & Chaga ?

Two of the most potent medicinal mushrooms, 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 eye.

What is 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, SHOTS

COLD-PRESSED JUICES S/280ml L/500ml

Healing	S/45K L/65K
Kale, fennel, cucumber, celery, lime juice, apple, ginger	
Cleanse	S/49K L/69K
Beet, 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	

Cacao Ceremony Shot 80ML S/23K

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

Bali Heat Tonic Shot S(100ml)/18K IN BOTTLE(280ml)/49K

Warming, Chi nourishing spleen tonic from Balinese indigenous herbs: anti-parasitic, anti-microbial, liver cleaning, helps digestion & immune booster. With cinnamon, clove, ginger, tamarind, cayenne chili, coconut nectar.

ACV Shot Short (100ml) IN BOTTLE(280ml)

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

ACV Pure Apple short/ 25K Botle/59K

ACV Strawberry Apple short/ 29K Botle/69K

GUT ESSENCE SHOT Short (S) 50ml

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

Jamu Tonic S/39K

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 SMOOTHIES 400ml

Mega Hemp Protein 59K

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

Ecstatic 59K

Dragon fruit, 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, 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 59K

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

Smoothie Bike 45K

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

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

SMOOTHIE BOWL 400ml

Smoothie Bowl R 69K

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below.

Chia Bowl R 69K

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below.

Crunchy Toppings R

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

Smoothie Super Boost Additions

Probiotics	9K	Spirulina powder	14K
Moringa	7K	Fresh spirulina	20K
Maca	7K	Açai	12K
Cacao	12K	Maqui	12K
Goji	12K	Coconut yogurt	12K
Hemp	12K		

All prices do not include 10% government tax and 5% service tax / Prices: 1K=1.000 IDR

All our cold drinks are Raw, Plant-based Vegan, Gluten, Dairy-Free

ALL DAY BREAKFAST

SAVORY BREAKY

Big Boy Breaky R 69K

GF-raw bread, 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, 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 highest potency. Easy to digest and nourishing. Chinese Tonic herbs include He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which help anti-aging, longevity, vitality, libido, strength & stability.

Bread & "Butter" Breaky R 59K

GF-raw bread platter with "butter" & "jam"
(Option: replace with sourdough bread (G), or GF-baked bread: same price)
Add Shilajit Chocolate Spread R extra 12K

MORNING SPECIALS

MON-FRI

Vegan Omelette C 59 K

zucchini, onion, mushroom, fresh herbs in chickpea flour batter, house-made ketchup and 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 fruit, strawberry chia jam, vegan butter & coconut caramel

SWEET BREAKY

Smoothie Bowl R 69K

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below.

Chia Bowl R 69K

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below.

Crunchy Toppings 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

Rice flour waffle, with coconut whipped cream + 1 ice-cream + 1 drizzle of your choice from below

Ice-Cream

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

Drizzle

Chocolate Ganache
Triple-Berry
"Caramel"

Extra Toppings for Bowls & Waffles

Single serving fruit	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 SPECIALS & BOWLS

FROM 10 AM

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** 79 K
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

Sayuri's Bowl 69K
Nourish-A-Bowl
+ Wasabi-Nori Seaser
Dressing
+ Spirulina Gomashio
Topping

Galactic Bowl 79K
R

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

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 (Option: rice to replace with quinoa: additional 7K)

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

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

FROM 10 AM

A LA CARTE

Lasagna Italian R 69K

One of our most popular dishes! You won't believe it's all raw!
Zucchini lasagna pasta, marinara sauce, nut-creamy béchamel, marinated spinach, raw-mezan, 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 noodles 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 & capers, cream nut-cheese, avocado, lettuce & sprouts, raw GF-onion flat bread, served with garden salad & today's dressing

Teriyaki Tempeh Burger R 69K

bun & tempeh C, rest 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.

Bite Me bread C, rest 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 in size)

Pirate Tonic Khichdi Deluxe C 69K

Indian flavored rice and lentils porridge with garlic, onion & subtle spiciness, cooked with Jin-nourishing kidney tonic for highest potency. Served with marinated mushrooms, sourdough bread (G) & sambal mattah. Chinese Tonic herbs include He Shou Wu, eucommia, jujube dates, longan, licorice, astragalus, reishi medicinal mushroom, ginger, cinnamon, goji berries, schizandra berries, which help 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 bread 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 Dips of the day & veggie sticks

Aged-Nut-Cheese Taster R 69K

3 slices of GF-raw bread and 20-day-aged raw vegan nut-cheese slices, fruit.

Chips and Nacho Dip C 35K

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

SOUP

Reishi Miso Soup C 42K

Handmade healing Miso (S) with seaweed & 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), with coconut croutons 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, with raw crackers on the side

- served only chilled for the 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
3 Aged Nut Cheese Slices (1/8 X Whole)	R 35K
Extra Avocado (seasonal)	R 15K

DESSERT

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

Some of our staples are :

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

Banana Split 59K

Whipped cream C, other items all R

A whole banana split into half, topped with 2 scoops of ice cream, whipped cream, chocolate coconut chip & chocolate ganache sauce

HOMEMADE ICE CREAM

Ice cream scoop

1 scoop 22 K / 2 scoops 40K / triple scoop 58K

choose from Vanilla-Lucma, Choco-Maca, Spirulina-Mint-Choco-Chip