

DELIVERY MENU

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, 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.

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!

All plant-based vegan. All our nuts & seeds are activated/soaked (& dehydrated under 48°C) to activate the enzymes & maximum nutritional intake for easy digestion. We prioritize organic & naturally grown veggies when possible. All our miso & tempeh is non-GMO & organic. We have many gluten-free options and our ingredients are ethically & organically sourced where available. All filled with good intention & love.

 **Sayuri Café** › password: **ilovelife**

Check out our trainings, classes and events at
www.sayurihealingfood.com/academy

DO YOU WANT TO BECOME A RAW CHEF?

50K⁺
All Food
@8-11am

ALL PLANT BASED VEGAN

(R) Raw - (C) Cooked - (G) contains Gluten - (S) contains Soy
Prices in thousand Indonesian Rupiah, excl. 10% government tax and 5% service charge.

ICED DRINKS

Bomb!

Choice of latte (Café Latte or Matcha Latte), ice cream, whipped cream, chocolate drizzle › 69k

Chocolate On The Rocks

Double shot of Cacao Ceremony on ice, cacao, coconut nectar, cashew, Reishi & Chaga medicinal mushroom, vanilla, chili › 45k

Café Latte

› 38k

Matcha Green Tea Latte

› 38k

Cappuccino

› 38k

Kombucha

See our retail fridge.
› 60k

Coco probiotic Kefir

Plain 40k / flavored 49k

Iced Hoji tea (500ml) › 20k

Iced Oolong Tea (500ml) › 20k

Kelapa Muda (young coconut) › 24k

Coconut water (500ml) › 19k

Charcoal Lemonade (500ml) › 39k

Cloro-oxygen (500ml) › 29k

ICED TONICS

Pirate Tonic Tea (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 › 55k

Mother Goose Tonic Tea (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 › 59k

Reishi Tonic (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 › 49k

Bali Heat Tonic (280ml)

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 chilli, coconut nectar › 49k

HOT DRINKS & TONICS

Turmeric latte

With coconut milk › 29k

Matcha Green Tea Latte

With coconut milk › 45k

Mexi-Chaga Cacao

Chaga medicinal mushroom, cacao, maca, lucuma, cayenne, coconut milk › 59k

Shilajit Hot Chocolate

Ancient concentrated earth mineral "Shilajit", cacao, coconut milk, coconut nectar, charcoal › 59k

Yoga Proof Tonic (Double Reishi)

Coconut oil Reishi creamer: warm elixir with reishi & chaga medicinal mushrooms, cacao, lucuma, maca, cayenne & a hint of coconut nectar › 55k

Yoga Proof Tonic (Coffee)

Coconut oil coffee creamer: warm elixir with reishi & chaga medicinal mushrooms, cacao, lucuma, maca, cayenne & a hint of coconut nectar › 45k

COFFEES

Americano › 22k

Espresso › 22k

Macchiato › 23k
With coconut milk

Latte › 33k
With coconut milk

Cappuccino › 33k
With coconut milk

HOT TEAS OF THE WORLD

Matcha Tea Ceremony

D I Y Matcha ceremony, comes with chocolate & hot water chaser › 59k

Yerba Mate

South American ritual. Share with friends or yourself › 49k

Teatox - Medicinal Herbal Tea

Caffeine-free tea to choose from: Gotukola | Ginger | Moringa | Rosella | Mint | Chamomile | Rooibos › 19k

Japanese Tea Selection

Choose from: Green Tea Classic | Hoji Tea (roasted green tea) | Genmai Tea (green tea with roasted puffed brown rice) › 19k

AFFOGATO

Coffee Affogato

2 scoops of vanilla lucuma ice-cream with espresso coffee › 52k

Matcha Affogato

2 scoops of vanilla lucuma ice-cream with matcha shot › 52k

COLD & HOT DRINKS

options:

- ◆ Extras for your drink
1 scoop of ice cream +22k
Whipped cream +15k

* 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.

Coffee options

› Extra shot +12k



COLD PRESSED JUICES

S/280ml L/500ml

Healing

Kale, fennel, cucumber, celery,
lime juice, apple, ginger › S45k L65k

Cleanse

Beet, coriander, apple,
cucumber, lime, ginger › S49k L69k

Detox

Pineapple, carrot, turmeric, orange
› S49k L69k

UPTAILS

Non-alcohol cocktail

Strawberry Daiquiri

Strawberry, mint, soda water, lime,
coconut nectar, rosella
› 45k

Passion Ginger Mojito

Passion fruit, ginger, cucumber, lemongrass,
soda water, coconut nectar
› 45k

Gin Tonic Kombucha

Alcohol-free Gin, soda water, juniper berries,
rosemary, kombucha on long,
mint leaf, stevia
› 45k

JUICES, UPTAILS & SHOTS

SHOTS

Cacao Ceremony Shot (80ml)

Cacao, coconut nectar, cashew, Reishi & Chaga
medicinal mushroom, vanilla, chili
› 23k

ACV SHOT*

Pure Apple

100ml › 25 k / 280ml › 59k

GUT ESSENCE SHOT** (50ml)

Jamu Tonic

Turmeric, ginger, apple cider vinegar, fermented garlic,
lemon, tamarind, cinnamon & hint of coconut palm
nectar
› 39k

Hang in there, Honey

Turmeric, ginger, lime, tamarind, cinnamon, pepper,
palm nectar, papaya, vinegar › 35k

Punch & Glory

Daikon, garlic, chili, turmeric, ginger, spirulina, onion,
palm nectar, coconut vinegar › 35k

Yummy Tummy

Red apple, soursop, pineapple, ginger, sea salt,
cabbage, palm nectar, pineapple vinegar › 35k

Aphrodisiac

Cacao, passion fruit, pineapple, soursop, aphrodisiac
roots, maqui berry, cloves, palm nectar, tropical fruit
vinegar › 35k

Booster

Beetroot, cacao, soursop, temulawak, chili, cinnamon,
palm nectar, banana vinegar › 35k

* ACV SHOT

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

** GUT ESSENCE SHOT

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

SUPERFOOD SMOOTHIES (400ml)

Mega Protein

FRESH spirulina, lemon, kale, mango, banana, coconut milk, irish moss, vegan protein › 59k

Ecstatic

Dragon fruit, banana, maqui berry, Chaga medicinal mushroom, green coffee, beetroot, coconut milk, spirulina, cashew, coconut nectar › 59k

Immunity

Blueberry, banana, coconut milk, Irish moss, orange, turmeric, goji, cashew, cayenne, cinnamon, coconut nectar › 59k

Pick Me Up

Kale, banana, coconut water, pineapple, mango, with berry swirl › 49k

Maca Mocha

Coconut milk, banana, cacao, coffee, maca, cinnamon, Irish moss › 45k

Choco Magic

Coconut milk, banana, cacao, almond butter, Irish moss › 59k

Charity Forest Smoothie*

Banana, pineapple, liquid chlorophyll, kale, spirulina, coconut milk, moringa powder, maca, Reishi powder › 59k

*Half of the profit goes to "Yoga For Nature" a charity org. working to preserve the Indonesian Forest.



SMOOTHIE BIKE

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. › 45k

SMOOTHIE BOWL (400ml)

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below. › 69k

CHIA BOWL (400ml)

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below › 69k

Crunchy Toppings

- › Chocolate Granola
- › Pink Dragon Granola
- › Spirulina Granola
- › Chocolate Coconut-Chips

Smoothie Super Boost Additions

- Probiotics › 9k
- Moringa › 7k
- Maca › 7k
- Cacao › 12k
- Goji › 12k
- Spirulina powder › 14k
- Fresh spirulina › 20k

SMOOTHIES & BOWLS

ALL DAY BREAKFAST

SAVORY

Big Boy Breaky (R)

GF-raw bread, coconut curry "butter", corn & cashew scrambled "egg", coconut "bacon", wilted spinach, mushroom & tomato
› 69k

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

Breakfast Burrito (R)

Raw Zucchini wrap, corn & cashew scrambled "egg", coconut "bacon", fresh greens & mushroom served with tomato chutney on the side
› 69k

Croque Monsieur (C)

Sourdough bread (G), roasted eggplant, vegan cheddar cheese, coconut béchamel sauce, marinated spinach
› 59k

Pirate Tonic Khichdi (C)

Indian flavored rice and lentil 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 support anti-aging, longevity, vitality, libido, strength & stability
› 59k

MORNING SPECIALS

Mon-Fri

Vegan Omelette (C)

zucchini, onion, mushroom, fresh herbs in chickpea flour batter, house-made ketchup and served with rye sourdough bread (G) & coconut curry "butter"
› 59k

Sat-Sun

Matcha Swirl Pancake (C)

Gluten-free matcha and vanilla pancake topped with fresh fruit, strawberry chia jam, vegan butter & coconut caramel
› 69k

SWEET

Smoothie Bowl

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below
› 69k

Chia Bowl

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below
› 69k



Crunchy Toppings (R)

Chocolate Granola
Pink Dragon Granola
Spirulina Granola
Chocolate Coco-Chips

Quinoa Porridge (C)

Cinnamon coconut flavored quinoa, lightly sweetened with coconut nectar, topped with shredded apple, raisins & candied walnuts - served warm or chilled
› 59k

Nutella Toast (C)

2 thin toasts, activated Nutella, banana, coconut whip cream, berry drizzle & walnuts
› 55k

Add 1 more slice +28k

Gluten-Free Waffle (C)

Rice flour waffle, with coconut whipped cream + 1 ice-cream + 1 drizzle of your choice from below
› 69k

Ice-Cream

Vanilla-Lucuma
Choco-Maca

Drizzle

Chocolate Ganache
Triple-Berry
"Caramel"

Extras Toppings for Bowls & Waffles

Single serving fruit › 7k
Crunchy topping (see above) › 12k
Chia pudding › 12k
1 scoop ice cream › 22k
Extra whipped cream › 15k
Extra drizzle › 7k
Cacao nibs › 12k
Chia seeds › 12k
Flax seeds › 12k
Spirulina crunch › 14k
Goji berries › 12k

FROM 10AM
MEAL OF THE DAY

Peak Performance Bowl

Brown rice & tempeh & steamed veggies (C), rest (R)

Fresh spirulina, raw hummus, sesame tempeh, avocado, steamed green veggies, edamame, pomelo, spirulina gomashio, 1000 island dressing, brown rice

› 69k
 (Replace rice with quinoa +7K)

Laksa Bowl (C)

Malaysian-style coconut curry soup bowl (S), with red rice noodles, marinated mushroom, teriyaki tempeh, (S)(G), steamed veggies, fresh bean shoots, fresh herbs, spicy onion sprinkles (S)(G)

› 79k

"SeaFood" Pasta (R)

Zucchini noodle, marinated oyster mushrooms (S), G), smoked papaya salmon, coconut calamari in cashew Alfredo sauce (S,G), semi roasted baby tomatoes, capers, served with cashew raw-mesan, raw flat herb bread (GF)

› 79k

Nacho Bowl (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.

› 79k

Malaysian Jackfruit Rendang (C)

Jackfruit Rendang dry curry with Malaysian spices & coconut milk (S) (G), brown rice, eggplant chutney, cucumber slices & coconut yoghurt

› 69k

Replace rice with quinoa +7K

Nigiri Sushi (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

› 75k

Mexican Lasagna (R)

Our famous lasagna with Mexican heat! You won't believe it's all raw! Raw Tortilla corn lasagna "pasta", beets pate (S), fruits salsa, avocado, nut sour-cream, marinated spinach, raw-mesan, served with mix salad & today's dressing

› 69k

FROM 10AM
SAVORY BOWLS

Galactic Bowl (R)

Raw bread with pesto on top, almond feta cheese, kalamata olives, pickled onion, sprout, sauerkraut, green & veggies

› 79k

Dressing
 Sweet mustard

Topping
 Raw Mesan

Nourish Bowl (C)

Brown rice, steamed greens & roots, steamed roots, marinated tempeh (S) (G), sprouts, sauerkraut, greens & veggies

› 69k

Dressing
 Sesame Ban-ban (S,G)

Topping
 Spirulina gomashio

(Replace rice with quinoa +7K)

Ocean Bowl (C)

Quinoa, seaweed, mushroom, Korean marinated veggies, sprout, kimchi, green & veggies

› 69k

Dressing
 Miso wasabi (S)

Topping
 BBQ Cashew Nibbles

Dressing (R) & Topping (R) are
 INTERCHANGEABLE

Other Topping Options (R)

Sweet chilli coconut chips
 Nori spirulina coconut chips
 Garlic coconut crouton

**Extras Toppings
 for Bowls**

Extra dressing › 12k
 Extra bowl topping › 12k
 Flax seeds › 12k
 Chia seeds › 12k
 Goji berries › 12k
 Spirulina crunch › 14k
 Fresh Spirulina › 20k

Can't choose?

Try our
 recommendation
 Nurish Bowl

DAILY SPECIALS & BOWLS

MON

TUE

WED

THU

FRI

SAT

SUN

A LA CARTE

Falafel Mezze Bowl (R)

Raw falafel served with raw zucchini wrap, pickled veggies, marinated olives, zucchini hummus, tahina sauce, tomatoes, cucumber & salad drizzled with house dressing (option: replace raw zucchini wrap with sourdough bread (G))
› 79k

Norwegian-Style "Gravlax" Open Sandwich (R)

Papaya "smoked- salmon" with fresh herbs & capers, cream nut-cheese, avocado, raw GF-onion flat bread (S), served with garden salad & today's dressing
› 69k

Teriyaki Tempeh Burger 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 sweet potato chips
› 69k

Reuben Sandwich (C)

Toasted dark rye sourdough bread (G), avocado, cashew pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, served sweet potato chips
› 69k

Bite Me Bread (C) rest (R)

Toasted sourdough bread (G) sandwich with cream nut-cheese, pesto, lettuce, avocado and tomato (option: replace with GF-baked bread: same price but smaller size)
› 59k

Bite Me Deluxe add papaya salmon ›79K

Pirate Tonic Kichdi Deluxe (C)

Indian flavored rice and lentil 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 support anti-aging, longevity, vitality, libido, strength & stability
› 69k

TASTING PLATTERS

Aged-Nut-Cheese Taster (R)

3 slices of GF-raw bread and 20-day-aged raw vegan nut-cheese slices, fruit
› 69k

Chips and Nacho Dip (C)

Gluten-Free & oven baked rice and tapioca chips, nut-free "cheddar"
› 35k

SOUPS

Reishi Miso Soup (C)

Handmade healing Miso (S) with seaweed & dark greens, using Medicinal mushroom "Reishi" tea as "Dashi" soup stock
-served warm-
› 42k

Coco Pumpkin Soup (C)

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom & miso (S), with coconut croutons on the side
- served warm or chilled -
› 45k

Ocean Love Soup (C)

FRESH spirulina, wakame seaweed(S), pumpkin, misso (S), Thai spices, coconut milk & Reishi medicinal mushroom, with raw crackers (S) on the side - served chilled for the maximum benefit of fresh spirulina -
› 49k

Extra Goodies

Quinoa	(C) › 25k
BrownRice	(C) › 18k
Sourdough Bread 100gr	(G) › 28k
GF Baked Bread 2 Slices	(GF) › 28k
GF Raw Bread 3 Slices	(GF) › 35k
Curry "Butter"	(R) › 12k
Fresh Spirulina	(R) › 20k
3 Aged Nut Cheese Slices	(1/8 X Whole) (R) › 32k
Extra Avocado	(seasonal) › 15k
"Gravlax" 1 slice	(R) › 25k

KIDS & SMALL PLATES

Onigiri Sisters (C)

2 round "Onigiri" rice balls made of brown rice & nori seaweed, walnut misso filling in the middle(S), with soy sauce (S) (G) on the side.
› 39k

Half-size Coco Pumpkin Soup (C)

Simple heart nourishing sweet pumpkin blended with coconut milk & Reishi medicinal mushroom, miso (S)
- served warm or chilled -
› 23k

Half-size Miso Soup (C)

Handmade healing Miso (S) with seaweed & dark greens, using Medicinal mushroom "Reishi" tea as "Dashi" soup stock
-served warm-
› 22k

Half-size Khichdi (C)

Indian flavored rice and lentil 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 support anti-aging, longevity, vitality, libido, strength & stability
› 30k

KIDS, SMALL PLATES & DESSERTS

DESSERTS

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 mints bike drive distance, our cakes may meld during delivery

Caramel Dream Torte (R) ›45k

Banana Dream Pie (R) ›49k

Triple Berry Cheesecake (R) ›55k

Nut-Free Mango Tango (R) ›49k

Beans to bar - Rum & Raisins (R) ›63k

Bean to bar - Almond maca (R) ›63k

Chocolate - Peppermint (R) ›25k

Hanuman Ball - Choco Maca (R) ›18k

Ananda Ball - Charcoal & Raw chocolate (R) ›18k

Banana Split

Whipped cream (C), other items all (R)

A whole banana split into half, topped with 2 scoops of ice cream, whipped cream, chocolate coco-chip & chocolate ganache sauce › 59k

RETAIL

AGED-NUT-CHEESE

Plain › 95 k

Dill & Figs › 105k

Olive & Dry Tomato › 115k

Brie › 115k

Smokey › 115k

SAUERKRAUT

Green Spirulina › (R) 115k

Balinese › (R) 39k

Indian › (R) 39k

NINJA Kimchi › (R) 39k

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 2020

All prices do not include

10% government tax and 5 % service tax

Price descriptions 1K: 1.000 IDR

RAW CHEF TRAINING

RAW FOOD CLASS

www.sayurihealingfood.com