



@sayuri\_healing\_food



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, 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**

## **DO YOU WANT TO BECOME A RAW CHEF?**

Check out our trainings, classes and events at  
[www.sayurihealingfood.com/academy](http://www.sayurihealingfood.com/academy)

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.

# HOT DRINKS

## COFFEES / DECAF

Americano	›25k	Macchiato	›23k
Cappucino	›35k	Latte	›35k
Espresso	›22k	With coconut milk or cashew milk	

Replace with almond milk or oat milk +7k

## AFFOGATO

### Coffe Affogato

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

### Matcha Affogato

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

## CACAO CEREMONY

### Pure Cacao Ceremony

100% pure ceremonial cacao with triple medicinal mushroom tonics of chaga + reishi + vegan cordyceps served with spices, vanilla infused coconut sugar, salt & affirmation card  
›49k /250ml

### Heart-Opening Cacao Shot

Our signature cacao shot we serve at kirtan! rich, sweet, creamy and delicious ceremonial cacao made with cacao paste, coconut nectar, cashew, reishi & chaga medicinal mushroom, salt, vanilla & chili  
›45k /250ml › 23k /80ml

## HOT DRINKS & TONICS

### Turmeric latte

With coconut milk › 35k

### Matcha Green Tea Latte

With coconut milk › 45k

### Mexi-Chaga Cacao

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

### Teatox - Medicinal Herbal Tea

Caffeine-free tea to choose from:  
Gotukola | Ginger | Moringa | Rosella | Mint  
Chamomile | Rooibos › 25k

### Japanese Tea Selection

Choose from: Green Tea Classic | Hoji Tea (roasted green tea) | Genmai Tea (green tea with roasted puffed brown rice) › 25k

## TEAS OF THE WORLD CEREMONY

### Chinese Tea Ceremony: Oolong Tea

Enjoy the traditional semi-fermented Chinese tea experience in the ceremonial way with friends or yourself › 39k

### Chinese Tea Ceremony: Pu'er Tea

Enjoy the traditional 10-y-o fermentation shu pu'er tea experience in the ceremonial way with friends or yourself › 45k

### Blue Lotus Ceremony

Enjoy the ancient Egyptian majestic blue lotus flower tea ceremony in the ceremonial way with friends or yourself › 45k

### Matcha Tea Ceremony

DIY Matcha ceremony, comes with chocolate & hot water chaser › 59k

### Yerba Mate

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

## options:

### Coffee options

› Extra shot +15k  
› Decaf + 10k

### Extras for your drink

1 scoop of ice cream +22k  
Whipped cream +15k

### \* What are Reishi & Chaga?

Reishi and Chaga are some of the most potent medicinal mushrooms. They strengthen the immune system, boost vitality, carry anti-oxidants and are known for their anti-aging qualities. Reishi provides us with equanimity and deep insight. Chaga stimulates the pineal gland and therefore supports the activation of our 3rd eye.

### \* What is vegan cordyceps mushroom?

Same as Reishi & Chaga, this highly potent medicinal mushroom is known as energy booster, maintains vitality and energy levels, supports post work-out recovery and strengthens the immune system.

### \* 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.



## 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

### Orange Sunkiss

Pineapple, passion fruit, 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, juniper berries, rosemary,  
kombucha on long,  
mint leaf, stevia  
› 45k

## ACV SHOT\*

### Pure Apple

100ml › 25 k / 280ml › 59k

#### \* ACV SHOT

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

## 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

› 55k

### Cappuccino

› 38k

### Kombucha

See our retail fridge.  
› 60k

### Coco probiotic Kefir

Plain 40k / flavored 49k

### Iced Hoji tea (500ml) › 25k

### Iced Oolong Tea (500ml) › 25k

### Kelapa Muda (young coconut) › 24k

### Coconut water (500ml) › 22k

### Charcoal Lemonade (500ml) › 39k

### Cloro-oxygen (500ml) › 35k

## 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

JUICES, UPTAILS, SHOTS & COLD DRINK

## **SUPERFOOD SMOOTHIES** (400ml)

### **Mega Protein**

FRESH spirulina, kale, mango, banana, coconut milk, sea moss, vegan protein(G) › 59k

### **Ecstatic**

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

### **Immunity**

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

### **Pick Me Up**

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

### **Good Karma Smoothie**

Mango Smoothie (mango, banana, pineapple, coconut milk, cinnamon) seaweed cube (sea moss, moringa, chlorella, spirulina) with rosella drizzle (cashew nut, coconut oil, rosella, coconut nectar, beet) › 59k

\*by ordering this smoothie, you are supporting "The Cube Project" & empowering the locally owned seaweed farmers!

### **Choco Magic**

Coconut milk, banana, cacao, almond butter, sea 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. › 75k

## **CHIA BOWL** (400ml)

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below › 75k

### **Crunchy Toppings**

- › Chocolate Granola (R)
- › Pink Dragon Granola (R)
- › Spirulina Granola (R)
- › Chocolate Coconut-Chips (R)
- › Baked Oats Granollla (G)(C)

### **Smoothie Super Boost Additions**

- Probiotics › 9k
- Moringa › 10k
- Maca › 12k
- Cacao › 12k
- Goji › 12k
- Spirulina powder › 15k
- Fresh spirulina › 20k

**SMOOTHIES & BOWLS**

## SAVORY

### Big Boy Breaky (All Raw)

GF-raw bread, coconut curry "butter", corn & cashew scrambled "egg", coconut "bacon", wilted spinach, mushroom & tomato  
› 79k

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

### Breakfast Burrito (All Raw)

Raw Zucchini wrap, corn & cashew scrambled "egg", coconut "bacon", fresh greens & mushroom served with tomato chutney on the side  
› 79k

### Croque Monsieur (C)

Sourdough bread (G), roasted eggplant, vegan cheddar cheese, coconut béchamel sauce, marinated spinach  
› 68k

### 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"  
› 65k

### Breakfast Bite Me

Bread & Vegan Omelette (C) rest (R)

Toasted sourdough bread (G) sandwich with Vegan Omelette, coconut curry "butter", pesto, lettuce & tomato (option: replace with GF-baked bread)  
› 89k

### Pirate Tonic Khichdi (C)

Indian flavored rice and lentil porridge with garlic, onion & subtle spiciness, cooked with Jin-nourishing kidney tonic for highest potency.  
› 65k

# ALL DAY BREAKFAST

## SWEET

### Smoothie Bowl

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below  
› 75k

### Chia Bowl

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below  
› 75k

### Fruits Salad

Bowl of papaya, banana, dragon fruit, mango  
› 45k

### Side Salad

Mixed lettuce, tomato, cucumber, herbs, sesame ban dressing on the side  
S › 15k / L › 45k



### Crunchy Toppings

- › Chocolate Granola (R)
- › Pink Dragon Granola (R)
- › Spirulina Granola (R)
- › Chocolate Coconut-Chips (R)
- › Baked Oats Granolla (G)(C)

### Quinoa Porridge (C)

Cinnamon coconut flavored quinoa, lightly sweetened with coconut nectar, topped with shredded apple, raisins & candied walnuts - served warm-  
› 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  
Spirulina Mint Choco Chip

### 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, start fruits, spirulina gomashio, 1000 island dressing, brown rice  
› 85k

(Replace rice with quinoa +7K)

**Laksa Bowl (C)**

Malaysian-style coconut curry soup (S), with red rice noodles, marinated mushroom, teriyaki tempeh, (S)(G), steamed veggies, fresh bean shoots, fresh herbs, spicy onion sprinkles (S)(G)  
› 79k

**Mac & Cheese Bowl (C)**

All-time favorite macaroni (G) & cheese in vegan version, coconut bacon (R), pizza cracker (R), coconut crouton (R), shaved cashew parmesan (R), lettuce, broccoli, corn, olives & capers, avocado, tomato, sea-ser salad dressing!!  
› 79k

(Replace with glute-free macaroni +5k)

**Banana Flower "Fish" Taco (C)**

With spinach-chickpea-soft taco, coleslaw, avocado, lettuce, cashew-tartare sauce pickled onion, served with mango salsa, chipotle sauce, cashew-tartare & banana chips (gluten-free, soy-free)  
› 89k

**Korean BBQ Jack-Bulgogi Rice Burger (C)**

Korean BBQ jackfruit bulgogi patty (S) (G), rice burger buns, apple ginger glaze (S)(G), gochujang mayo, pickled cucumber, lettuce, tomato, served with crunchy kimchi cucumber, purple potato chips, water-kefir ranch dip  
› 85k

**Masala Dosa (C)**

South Indian masala dosa, curried flavored potato filling, coconut chutney, tomato chutney, tamarind sanbar, green salad  
› 85k

**Lasagna Italian (All Raw)**

Our of our most popular dishes! You won't believe it's all raw! Zucchini lasagna pasta, marinara sauce, nut-creamy bechamel, marinated spinach, raw-mezan, garden salad & today's dressing  
› 85k

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  
› 79k

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  
› 79k

Dressing  
Miso wasabi (S)

Topping  
BBQ Cashew Nibbles

**Dressing (R) & Topping (R) are INTERCHANGEABLE**

**Sugar-Free Dressing Options (R):**

contains no sugar nor any sweetener nor fruit:

Pesto dressing | Probiotic Ranch dressing

**Other Topping Options (R)**

Sweet chilli coconut chips  
Garlic coconut crouton

**Extras Toppings for Bowls**

- Extra dressing › 12k
- Extra bowl topping › 16k
- Flax seeds › 12k
- Chia seeds › 12k
- Goji berries › 12k
- Spirulina crunch › 14k
- Fresh Spirulina › 20k

Can't choose?

Try our recommendation  
**Nourish Bowl**

**DAILY SPECIALS & BOWLS**

FROM 10AM

## A LA CARTE

### Norwegian-Style "Gravlax" Open Sandwich (All Raw)

Papaya "smoked- salmon" with fresh herbs & capers, cream nut-cheese, avocado, raw GF-onion flat bread (S) served with garden salad & today's dressing › 78k

### Dragon Roll Sushi (C)

Brown rice sushi roll filled with smoked papaya salmon, teriyaki tempeh (S,G), cashew cream cheese, cucumber pickle and avocado, atop with papaya slice with wasabi sauce & teriyaki sauce, served with miso soup (S) and soy sauce(S,G) › 79k

### Reuben Sandwich (C)

Rye sourdough bread (G), avocado, pesto, 1000 island mayo, eggplant-steak, tomato, sauerkraut, sweet potato chips (option: Gluten-free bread (C)) › 75k

### Teriyaki Tempeh Burger

Bun & tempeh (C) rest (R)

Spirulina sourdough bun (G), teriyaki tempeh(S) (G), wasabi drizzle, cashew mayo, pickled cucumber, lettuce, tomato, sweet potato chips (option: Gluten-free bun (C)) › 79k

### Bite Me Bread (C) rest (R)

Sourdough bread (G) sandwich with cream nut-cheese, pesto, lettuce, avocado, tomato (option: Gluten-free bread (C)) › 69k

**Bite Me Deluxe** add papaya salmon ›85K

### Pad Thai (All Raw)

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 › 75k

### Pirate Tonic Khichdi 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 › 75k

### Vegan Burrata Caprese Salad (C)

Soft-centered vegan burrata made with cashew nuts and coconuts, rucola, tomato, avocado, pesto, onion balsamic reduction, served with sourdough bread (G) › 89k (option: Gluten-free bread (C))

### Raw Pizza Special (R)

Raw seeded crust with marinara sauce, marinated mushrooms & spinach, olives, cashew cheese, pesto & raw-mesan, served with garden salad & today's dressing › 79k

### Raw Pasta a la Vita (R)

Tomato marinara ZUCHINNI-pasta mixed with wilted spinach & mushroom, topped with pesto, served with raw-mezan on the side › 75k

Additional toppings:

Vegan burrata (C) +12k, Papaya salmon (R) +10k, Coconut bacon (R) +12k, Avocado +15k

## TASTING PLATTERS

### TreeNut Cheese Taster

(bread is C, the rest is R)

Raw vegan camembert & aged cheese slices, sourdough bread (G) slices, fruit, nuts, dry fruits, nut-free "cheddar" › 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 spirullina - › 55k

## Extra Goodies

Quinoa	(C) › 25k
BrownRice	(C) › 18k
Sourdough Bread 100gr	(G) › 28k
GF Baked Bread 100gr	(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) › 35k
Extra Avocado	(seasonal) › 15k
"Gravlax" 1 slice	(R) › 25k

# A LA CARTE, TASTING PLATTERS & SOUPS

## 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 -

› 28k

### Half-size Miso Soup (C)

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

-served warm-

› 28k

### Kids Mac & Cheese (C)

All-time favorite macaroni (G), corn & cheese in vegan version, rawmesan, basil

› 49k

(Replace with gluten -free macaroni +5k)

# KIDS, SMALL PLATES & DESSERTS

## DESSERTS

Check our dessert fridge  
to see what's available!

### 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

## SOFT-SERVED ICE CREAM WITH BENEFIT



**ICE CREAM WITH BENEFIT**

50% of what you pay goes to those in need.  
chocolate /strawberry /a mix of both  
In a cup › 39k  
In chocolate-covered cone › 49k

Ingredients: almond, cacao, strawberry, coconut, strawberry extract, beet, raw sugar, stabilizer (carob bean gum, plant cellulose, guar gum)

**FREE ICE CREAM SUNDAY!**

A baby-sized cup for all kids under 6-y-o on every Sunday!





Big Boy Breaky



Breakfast Burrito



Croque Monsieur



Omelette



Smoothie Bowl



Peak Performance Bowl  
(MONDAY)



Laksa Bowl  
(TUESDAY)



Mac & Cheese  
(WEDNESDAY)



Banana Flower  
Air-fried "Fish" Taco  
(THURSDAY)



Korean BBQ Jack-Bulgogi  
Rice Burger  
(FRIDAY)



Masala Dosa  
(SATURDAY)



Italian Lasagna  
(SUNDAY)



Galactic Bowl



Nourish Bowl



Ocean Bowl



TreeNut Cheese  
Taster



Pad Thai



Norwegian Style  
"Gravlax" Open  
Sandwich



Teriyaki Tempeh  
Burger



Rueben sandwich



Dragon Roll Sushi



Bite Me Sandwich



Khichdi Deluxe



Miso Soup



Pumpkin Soup



Ocean Love Soup



Banana Split



Waffle



Onigiri Sisters



Uptails

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

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

[www.sayurihealingfood.com](http://www.sayurihealingfood.com)

WHAT ELSE DO WE OFFER

### HOME DELIVERY

1. Check the menu:  
[www.sayurihealingfood.com](http://www.sayurihealingfood.com)
2. Call or WhatsApp us your order:  
+62-822-4048-5154

### EVENTS AND YOGA

Kirtan, workshops, yoga classes  
and so much more!

### ACADEMY

Raw chef trainings & masterclasses  
and more !

[www.sayurihealingfood.com](http://www.sayurihealingfood.com)  
[education@sayurihealingfood.com](mailto:education@sayurihealingfood.com)

### ONLINE ACADEMY

Learn from home  
whenever you are.

[www.sayurionlineacademy.com](http://www.sayurionlineacademy.com)

### BIRTHDAY CAKES

1. Choose a cake 1 day in advance:  
[www.sayurihealingfood.com](http://www.sayurihealingfood.com)
2. Call or WhatsApp us your order:  
+62-822-4048-5154

### PRIVATE PARTIES & GATHERINGS

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

### GROUP CLASSES

We offer the group cooking class for your  
retreat & event at the special rate.

[education@sayurihealingfood.com](mailto:education@sayurihealingfood.com)



ACADEMY