



@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**

**ALL PLANT BASED VEGAN**

(R) Raw - (C) Cooked - (G) contains Gluten - (S) contains Soy

Prices in thousand Indonesian Rupiah, excl. 10% government tax and 6,5% service charge.



### **BECOME A PLANT-BASED CHEF?**

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



**Following ICONS IN OUR MENU ARE the dishes you CAN LEARN at our ACADEMY**

**Choco 1**

Raw Chocolate Training Level 1

**Fermentation 1**

Fermentation Chef Level 1

**Raw Chef 1**

Raw Food Chef Training Level 1

**Vegan Chef 1**

Vegan Chef Training Level 1

**Raw Chef 2**

Raw Food Chef Training Level 2

**Vegan Chef 2**

Vegan Chef Training Level 2

**Dessert 1**

Raw Dessert Chef Training Level 1

## COFFEES / DECAF

Americano	›32k	Macchiato	›27k
Cappuccino	›38k	Latte	›40k
Espresso	›25k	With coconut milk	

Replace with almond milk, oat milk or soy milk +9k

## AFFOGATO

## Coffe Affogato

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

## Matcha Affogato

2 scoops of vanilla ice cream with matcha shot  
› 59k

## CACAO CEREMONY

Pure Cacao Ceremony **Choco 1**

100% pure ceremonial cacao with triple medicinal mushroom tonics of chaga + reishi + vegan cordyceps served with spices, vanilla infused coconut sugar, salt & affirmation card  
› 75k /250ml

Heart-Opening Cacao Shot **Choco 1**

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  
› 65k /250ml › 35k /80ml

## Shilajit Hot Chocolate

Ancient concentrated earth mineral "Shilajit", cacao, coconut milk, coconut nectar  
› 65k

COME & LEARN  
HOW TO COOK A ACADEMY!

- Choco 1** Raw Chocolate Training Level 1
- Raw Chef 1** Raw Food Chef Training Level 1
- Raw Chef 2** Raw Food Chef Training Level 2
- Fermentation 1** Fermentation Chef Level 1
- Vegan Chef 1** Vegan Chef Training Level 1
- Vegan Chef 2** Vegan Chef Training Level 2
- Dessert 1** Raw Dessert Chef Training Level 1

## HOT DRINKS &amp; TONICS

## Turmeric latte

With coconut milk › 35k

## Matcha Green Tea Latte

With coconut milk › 45k

## Mexi-Chaga Cacao

Chaga medicinal mushroom, cacao, maca, cayenne, coconut milk › 65k

## Yoga Proof Tonic (Double Reishi)

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

Yoga Proof Tonic (Coffee) **Raw Chef 2**

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

## House chai

Black tea, coconut nectar, chai spices, almond milk › 45k

## Rooibos chai

Caffeine-free rooibos tea, coconut nectar, chai spices, almond milk › 50k

## Teatox - Medicinal Herbal Tea

Caffeine-free tea to choose from:  
Gotukola | Ginger | Moringa | Rosella | Mint  
Chamomile | Rooibos › 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 › 55k

## Japanese Tea Selection

Choose from: Green Tea Classic › 25k

## 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

D I Y 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 &amp; 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 **Raw Chef 1**

S/280ml L/500ml

### Healing

Kale, fennel, cucumber, celery,  
lime juice, apple, ginger  
› S55k L75k

### Cleanse

Beet, coriander, apple,  
cucumber, lime, ginger  
› S59k L79k

### Detox

Pineapple, carrot, turmeric, orange  
› S59k L79k

### Orange Sunkiss

Pineapple, passion fruit, orange  
› S59k L79k

## 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 along,  
mint leaf, coconut nectar  
› 45k



## COME & LEARN HOW TO COOK A ACADEMY!

**Choco 1** Raw Chocolate Training Level 1

**Raw Chef 1** Raw Food Chef Training Level 1

**Raw Chef 2** Raw Food Chef Training Level 2

**Fermentation 1** Fermentation Chef Level 1

**Vegan Chef 1** Vegan Chef Training Level 1

**Vegan Chef 2** Vegan Chef Training Level 2

**Dessert 1** Raw Dessert Chef Training Level 1

# JUICES, UPTAILS, SHOTS & COLD DRINK

## ICED DRINKS

### Bomb!

Choice of latte (Café Latte or Matcha Latte),  
ice cream, whipped cream, chocolate drizzle  
› 79k

### Chocolate On The Rocks

Double shot of Cacao Ceremony on ice.  
cacao, coconut nectar, cashew, Reishi &  
Chaga medicinal mushroom, vanilla, chili  
› 55k

### Café Latte

› 45k

### Matcha Green Tea Latte

› 65k

### Iced Chai

Your choice of house or rooibos chai served  
over ice with almond milk › 55k

### Blueberry & Mint Natural Soda

Soda water, fresh blueberry & mint 450 ml  
carafe › 30k

### Kombucha **Fermentation 1**

See our retail fridge. **Raw Chef 1**  
› 60k

### Coco probiotic Kefir **Fermentation 1**

Plain 49k / flavored 59k **Raw Chef 1**

**Iced Green Tea** (500ml) › 25k

**Iced Oolong Tea** (500ml) › 25k

**Young Coconut** › 30k

## ICED TONICS

### Pirate Tonic Tea (500ml) **Raw Chef 1**

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  
› 59k

### Mother Goose Tonic Tea (500ml) **Raw Chef 1**

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) **Raw Chef 1**

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

**SUPERFOOD SMOOTHIES** (400ml) **Raw Chef 1****Mega Protein**

FRESH spirulina, kale, mango, banana,  
coconut milk, sea moss,  
vegan protein › 65k

**Ecstatic**

Dragon fruit, banana, maca,  
Chaga medicinal mushroom, green coffee,  
cacao, coconut milk, spirulina, cashew,  
coconut nectar › 65k

**Immunity**

Blueberry, banana, coconut milk,  
sea moss, orange, turmeric, goji,  
cashew, cayenne, cinnamon, coconut nectar  
› 65k

**Pick Me Up**

Kale, banana, coconut water, pineapple,  
mango, with berry swirl › 65k

**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) › 65k

\*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 › 65k

**Charity Forest Smoothie\***

Banana, pineapple, liquid chlorophyll, kale,  
spirulina, coconut milk, moringa powder,  
maca, spirulina powder › 65k

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

**SMOOTHIE BOWL** (400ml) (R) **Vegan Chef**

A bowl of smoothie of your choice, served  
with mixed seasonal fruit + 1 crunchy  
topping of your choice from below.  
› 85k

**CHIA BOWL** (400ml) (R) **Raw Chef 1**

A bowl of chia pudding, served with  
mixed seasonal fruit + 1 crunchy topping  
of your choice from below  
› 85k

**HIGH-OMEGA OVERNIGHT MUESLI** (400ml) (R)

Oats (G), seeds and dry fruits soaked  
overnight mixed with banana, grated  
apple, dragon fruit and a dollop of almond  
butter, served with whipped coconut  
cream, omega-rich LSA (linseed,  
sunflower and almond) and  
oats granola (G)  
› 85k

**Crunchy Toppings** **Raw Chef 1**

› Pink Dragon Granola (R)  
› Spirulina Granola (R)  
› Crunchy Oats Granola (G)(C)

**Smoothie Super  
Boost Additions**

Probiotics › 9k  
Moringa › 10k  
Maca › 12k  
Cacao › 12k  
Goji › 12k  
Spirulina powder › 15k  
Fresh spirulina › 25k  
Protein powder › 15k

**COME & LEARN  
HOW TO COOK A ACADEMY!**

- Choco 1** Raw Chocolate Training Level 1
- Raw Chef 1** Raw Food Chef Training Level 1
- Raw Chef 2** Raw Food Chef Training Level 2
- Fermentation 1** Fermentation Chef Level 1
- Vegan Chef 1** Vegan Chef Training Level 1
- Vegan Chef 2** Vegan Chef Training Level 2
- Dessert 1** Raw Dessert Chef Training Level 1

## SAVORY

### Big Boy Breaky (All Raw) **Raw Chef 2**

GF-raw bread, coconut curry "butter", corn & cashew scrambled "egg", coconut "bacon", wilted spinach, mushroom & tomato  
› 90k

(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  
› 89k

### Croque Monsieur (C)

Sourdough bread (G), roasted eggplant, vegan cheddar cheese (S), coconut béchamel sauce, marinated spinach  
› 85k

### Vegan Omelette (C) **Vegan Chef 1**

Zucchini, onion, mushroom, fresh herbs in chickpea flour butter, house-made ketchup and served with rye sourdough bread (G) & coconut curry "butter"  
› 75k

### 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) **Vegan Chef 2**

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

### The Mozza Toastie (C)

Sourdough bread (G), house made pesto, vegan mozzarella, tomato, spinach  
› 85k

(Option: replace with GF baked bread)

## COME & LEARN HOW TO COOK A ACADEMY!



- Choco 1** Raw Chocolate Training Level 1
- Raw Chef 1** Raw Food Chef Training Level 1
- Raw Chef 2** Raw Food Chef Training Level 2
- Fermentation 1** Fermentation Chef Level 1
- Vegan Chef 1** Vegan Chef Training Level 1
- Vegan Chef 2** Vegan Chef Training Level 2
- Dessert 1** Raw Dessert Chef Training Level 1

# ALL DAY BREAKFAST

## SWEET

### Smoothie Bowl (R) **Vegan Chef 1**

A bowl of smoothie of your choice, served with mixed seasonal fruit + 1 crunchy topping of your choice from below  
› 85k

### Chia Bowl (R) **Raw Chef 1**

A bowl of chia pudding, served with mixed seasonal fruit + 1 crunchy topping of your choice from below  
› 85k

### Fruits Bowl (R)

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



### Crunchy Toppings **Raw Chef 1**

- › Pink Dragon Granola (R)
- › Spirulina Granola (R)
- › Crunchy Oats Granola (G)(C)

### Quinoa Porridge (C) **Vegan Chef 1**

Cinnamon coconut flavored quinoa, lightly sweetened with coconut nectar, topped with shredded apple, raisins & candied walnuts - served warm-  
› 69k

### Nutella Toast (C)

Rye sourdough bread (G), activated Nutella (contains peanut), banana, coconut whip cream, berry drizzle & walnuts  
› 60k

(option: Gluten-free bread (C))  
Add 1 more slice +28k

### Gluten-Free Waffle (C) **Vegan Chef 2**

Rice flour waffle, with coconut whipped cream + 1 ice-cream + 1 drizzle of your choice from below  
› 75k

### Ice Cream **Dessert 1**

Vanilla (S)  
Chocolate (S)

### Drizzle **Dessert 1**

Chocolate Ganache,  
Triple-Berry ,  
"Caramel"

### Extras Toppings for Bowls & Waffles

- Single serving fruit › 7k
- Crunchy topping (see above) › 17k
- Chia pudding › 12k
- 1 scoop ice cream › 22k
- Extra whipped cream › 17k
- Extra drizzle › 7k
- Cacao nibs › 18k
- Chia seeds › 12k
- Flax seeds › 12k
- Spirulina crunch › 20k
- 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  
› 98k

(Replace rice with quinoa +7K)

Laksa Bowl (C) **Vegan Chef 1**

Malaysian-style coconut curry soup bowl (S), with red rice noodles, marinated mushroom, teriyaki tempeh, (S)(G), steamed veggies, fresh beans shoots, fresh herbs, spicy onion sprinkles (S)(G)  
› 95k

Forest Gnocchi (C) (GF)

Purple sweet potato gnocchi, lions mane mushroom ragu, broccoli florets, Maca pumpkin seed Parmesan (NF), crumbed oyster mushroom fillets. Served with side salad with raspberry vinaigrette (S) and gluten free bread  
› 98k

Banana Flower “Fish” Taco (C) **Vegan Chef 2**

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)  
› 95k

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  
› 95k

Mediterranean Mezze Plate (C) (GF) **Vegan Chef 1**

Felafel (C), quinoa tabouleh, babaganoush, onion pickles and cucumber pickles served with gluten-free flatbread (C), zaatar oil, mixed greens and tahina sauce  
› 98k

Lasagna Italian (All Raw) **Raw Chef 2**

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

Can't choose?

Try our  
recomendation  
Nourish Bowl

FROM 10AM  
SAVORY BOWLS

Galactic Bowl (R)

Raw bread with pesto on top, almond feta cheese, kalamata olives, pickled onion, sprout, sauerkraut, green & veggies  
› 95k

Dressing  
Sweet mustard

Topping  
Raw Mesan

Nourish Bowl (C) **Vegan Chef 1**

Brown rice, steamed greens & roots, steamed roots, marinated tempeh (S) (G), sprouts, sauerkraut, greens & veggies  
› 95k

Dressing  
Sesame Ban-ban (S,G)

Topping  
Spirulina gomashio

(Replace rice with quinoa +7K)

Ocean Bowl (C)

Quinoa, seaweed, mushroom, Korean marinated veggies, sprouts, kimchi, green & veggies  
› 95k

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  
sourdough croutons (G)

Extras Toppings  
for Bowls

Extra dressing	› 17k
Extra bowl topping	› 16k
Flax seeds	› 12k
Chia seeds	› 12k
Goji berries	› 12k
Spirulina crunch	› 20k
Fresh Spirulina	› 25k

DAILY SPECIALS & BOWLS

FROM 10AM

A LA CARTE

Norwegian-Style “Gravlax” **Raw Chef 2**  
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  
› 95k

Dragon Roll Sushi (C) **Vegan Chef 1**

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) pickled ginger and soy  
sauce(S) (G)  
› 85k

Reuben Sandwich (C) **Vegan Chef 2**

Rye sourdough bread (G), avocado, pesto,  
1000 island mayo, eggplant-steak, tomato, sauerkraut,  
sweet potato chips  
(option: Gluten-free bread (C))  
› 90k

Teriyaki Tempeh Burger **Vegan Chef 1**

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))  
› 85k

Bite Me Bread (C) rest (R)

Sourdough bread (G) sandwich with cream nut-cheese,  
pesto, lettuce, avocado, tomato  
(option: Gluten-free bread (C))  
› 75k

Bite Me Deluxe add papaya salmon ›85K

Pad Thai (All Raw) **Raw Chef 1**

(Served Cold)

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  
› 85k

Pirate Tonic Khichdi Deluxe (C) **Vegan Chef 2**

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 matah. 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) **Vegan Chef 1**

Soft-centered vegan burrata made with cashew nuts and  
coconuts, rucola, tomato, avocado, pesto, onion  
balsamic reduction, served with sourdough bread (G)  
› 95k  
(option: Gluten-free bread (C))

Raw Pizza Special (R) **Raw Chef 1**

Raw seeded crust with marinara sauce,  
marinated mushrooms & spinach, olives, cashew cheese,  
pesto & raw-mesan, served with garden salad &  
today’s dressing › 85k

Raw Pasta a la Vita (R) **Raw Chef 1**

Tomato marinara ZUCHINNI-pasta mixed  
with wilted spinach & mushroom, topped with pesto,  
served with raw-mezan on the side › 85k

Additional toppings:

Vegan burrata (C) +30k, Papaya salmon (R) +20k,  
Coconut bacon (R) +12k, Avocado +15k

TASTING PLATTERS

Cheese Spread Platters (R)

(bread is C, the rest is R)

Soft, spreadable creamy tree-nut cheese with snake fruit  
mustard comport (C), pesto, onion pickles, activated  
hazelnuts, served with gluten-free flatbreads (C)  
› 79k

Chips and Nacho Dip (C) **Vegan Chef 1**

Gluten-Free & oven baked rice and tapioca chips,  
nut-free “cheddar” (S)  
› 45k

SOUPS

Reishi Miso Soup (C) **Vegan Chef 1**

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 sourdough croutons (G) on the side  
- served warm or chilled -  
› 55k

(gluten free option crouton change with gluten free chips)

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 -  
› 79k

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) › 25k
3 Aged Nut Cheese Slices	(1/8 X Whole) (R) › 35k
Extra Avocado	(seasonal) › 15k
“Gravlax” 1 slice	(R) › 38k
Side Salad	(R) S › 20k / L › 45k

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) **Vegan Chef 1**

All-time favorite macaroni (G), corn & cheese in vegan version, rawmesan, basil  
› 55k  
  
(Replace with gluten -free macaroni +5k)

COME & LEARN  
HOW TO COOK A ACADEMY!



- Choco 1** Raw Chocolate Training Level 1
- Raw Chef 1** Raw Food Chef Training Level 1
- Raw Chef 2** Raw Food Chef Training Level 2
- Fermentation 1** Fermentation Chef Level 1
- Vegan Chef 1** Vegan Chef Training Level 1
- Vegan Chef 2** Vegan Chef Training Level 2
- Dessert 1** Raw Dessert Chef Training Level 1

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, roasted coconut & chocolate ganache sauce › 65k

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)



Forest Gnocchi  
(WEDNESDAY)



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



Korean BBQ Jack-Bulgogi  
Rice Burger  
(FRIDAY)



Mediterranean Mezze  
Plate  
(SATURDAY)



Italian Lasagna  
(SUNDAY)



Galactic Bowl



Nourish Bowl



Ocean Bowl



Cheese Spread  
Platters



Pad Thai



Norwegian Style  
"Gravlax" Open  
Sandwich



Teriyaki Tempah  
Burger



Rueben sandwich



Dragon Roll Sushi



Bite Me



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)

