

# Soul KITCHEN

ORGANIC FARM TO TABLE

FOOD FOR THE SOUL

MADE WITH LOVE

# BREAKFAST

## GRANOLA YOGURT FRUIT BOWL

Bowl of fresh cut seasonal fruit served with yogurt and granola  
with vegan coconut yogurt + 15

VEGAN GF | 70

## BALINESE PANCAKES

banana pancakes topped with shredded coconut + coconut syrup  
served with fresh fruit

VEGETARIAN | 70

gluten free pancake upon request

## EGGS YOUR WAY

scrambled, poached or sunny side up  
served with fresh fruit, toast, homemade jam + butter

VEGETARIAN | 70

gluten free toast upon request

## EGGS 'N GREENS

scrambled eggs on top of a bed of organic salad greens  
with avocado slices and sweet potato mash

VEGETARIAN | 70

gluten free toast upon request

## SOULSHINE SCRAMBLE

scrambled eggs with spinach, garlic + tumeric  
served with fresh fruit, toast, homemade jam + butter

VEGETARIAN | 70

gluten free toast upon request

# SMOOTHIE BOWLS

## SOUL BOWL

thick mango smoothie bowl  
topped with homemade granola, fresh banana,  
shredded coconut, chia seeds & cashews

VEGAN GF

## LOVE BOWL

thick dragonfruit smoothie bowl  
topped with homemade granola, fresh dragonfruit  
shredded coconut, chia seeds & pumpkin seeds

VEGAN GF

## ALOHA BOWL

thick pineapple coconut smoothie bowl  
topped with homemade granola, fresh pineapple,  
shredded coconut, chia seeds & almonds

VEGAN GF

## GREEN BOWL

thick spinach, mango, ginger smoothie bowl  
topped with homemade granola, fresh mango,  
shredded coconut, chia seeds & pumpkin seeds

VEGAN GF

## PJB BOWL

thick peanut butter smoothie bowl  
topped with homemade granola, fresh banana,  
and a spoonful of homemade jam

VEGAN GF

70k

# SALADS

## ORGANIC FARMER'S SALAD

fresh seasonal greens and veggies from our organic garden

Choice of Dressing:

Coconut Oil/Lime/Salt    French Mustard/Olive Oil/Garlic/Salt

Creamy Vegan Green Goddess    Orange Miso

**RAW VEGAN | 55**

## POMELLO

juicy pomello with cucumber, jicama, pineapple and mixed greens

tossed in a tamarind dressing

**VEGETARIAN | 65**

## KALE

kale, spinach, beet, jicama tossed in a

spirulina, olive oil and lemon dressing

**RAW VEGAN | 75**

## SUMMER SPROUT

bean sprouts, kale, carrots, coconut, toasted sunflower seed

tossed in an orange miso dressing

**RAW VEGAN | 55**

## GREEK

fresh chopped tomato, cucumber, black olives and feta

in a light olive oil dressing

**VEGETARIAN | 65**

# SMALL BITES

## CHIPS 'N GUACAMOLE

corn chips served with fresh homemade guacamole  
and pico de gallo

VEGAN | 54

## CRISPY SPRING ROLLS

shredded vegetables deep fried in healthy coconut oil  
served with a soy ginger dipping sauce

VEGAN | 54

## SWEET POTATO WEDGES

hand cut sweet potatoes sauted in healthy coconut oil  
served with a raw tamarind ketchup and vegan spicy mayo

VEGAN GF | 54

## AVOCADO TOAST

smashed avocado on toasted bread  
drizzled with olive oil, lemon + sea salt

VEGAN | 47

on homemade gluten free toast +15k

## SPICED NUTS

toasted cashews and almonds  
drizzled with olive oil, sea salt + rosemary

VEGAN GF | 42

## POPCORN

popped fresh in healthy coconut oil  
sprinkled with sea salt

VEGAN GF | 33

# SMALL BITES

## FRESH SPRING ROLLS

shredded vegetables wrapped in a light rice paper  
served with a creamy vegan green goddess dipping sauce

RAW VEGAN | 54

## AVOCADO HAND ROLL

avocado, carrot, jicama wrapped in nori seaweed

VEGAN GF | 54

## FETA ZUCCINNI WRAPS

creamy feta cheese wrapped in grilled strips of zucchini  
drizzled with olive oil, lemon + sea salt

VEGAN | 57

# MAINS

## ZUCCINNI FETTUCCINI

fresh zucchini noodles served with  
a creamy cashew basil pesto and a chunky marinara sauce

RAW VEGAN GF | 95

## LIVE LASANGA

lushious layers of zucchini, marinara sauce, basil pesto and cashew cheese

RAW VEGAN GF | 95

## GARDEN VEGGIE BURGER

a homemade burger made from mungbean, split bean, beetroot, and flaxseed  
topped with carmelized tumeric onions and garlic aioli on a charcol bun  
served with purple sweet potatos

VEGAN | 125

## PAD THAI

rice noodles pan fried with carrot, bean sprouts, veggies  
spices and scrambled egg

VEGETARIAN GF | 95

add chicken +15

## MUSHROOM FETTUCCINI

fettucini pasta with a creamy vegan cashew garlic mushroom sauce

VEGAN | 105

add chicken +15

## STUFFED MUSHROOMS

shitake mushrooms stuffed with a creamy vegan cashew garlic stuffing  
and served with sauted garlic greens

VEGAN GF | 95

# MAINS

## BUDDAH BOWL

roasted pumpkin, purple cabbage salad, seasonal steamed greens,  
broccoli, tempe and chickpeas served over organic rice  
served with a tahini dressing

VEGAN | 100

## DRAGON BOWL

ginger garlic tofu, kimchee, seasonal steamed greens, sliced avocado  
organic red rice and sprinkled with sesame seeds & nori  
served with a miso orange dressing

VEGAN | 85

## OCEAN BOWL

grilled mahi mahi, soy ginger tempe, seasonal steamed greens, broccoli  
garlic purple sweet potatoes, organic red rice  
served with sambal matah

100

## TACOS

shredded meat inside two crispy taco shells  
served with black beans, lettuce, cheese, pico de gallo and guacamole

VEG : JACKFRUIT | 82

WITH CHICKEN | 100

WITH FISH | 125

## QUESADILLAS

shredded meat with melted cheese in a flour tortilla  
served with pico de gallo and guacamole

VEG : CHEESE ONLY | 70

VEG : JACKFRUIT | 82

WITH CHICKEN | 100

WITH FISH | 125

# LOCAL FLAVOR

## GADO GADO

a melody of boiled vegetables, water spinach, hard boiled egg, tempe + tofu  
served with a spicy peanut sauce

VEGETARIAN GF | 95

## NASI GORENG / MIE GORENG

a healthy version of the local classic, choose:

nasi = rice | mie = noodles

pan fried with fresh veggies + served with a sunny side egg on top

VEGETARIAN GF | 95

with chicken +15

## SATE AYAM

grilled chicken skewers served with organic red rice,  
sautéd greens, spicy sambal and peanut sauce

GF | 125

## KARE KELAPA

creamy coconut curry with fresh vegetables + tofu,  
served with sautéd greens and organic red rice

VEGETARIAN GF | 115

with chicken +15

with fish +18

## SAMBAL MATAH AYAM

shredded chicken mixed with spicy sambal matah,  
a blend of shallots, garlic, chili + coconut oil. served with organic red rice

GF | 125

## AYAM BAKAR

grilled balinese spiced chicken served with greens, red rice + spicy sambal

GF | 125

## IKAN BAKAR

grilled balinese spiced fish served with sautéd greens, red rice  
and sambal matah made with shallot, garlic, and lemongrass

GF | 127

# SWEETS

## CINTA TRUFFLE

raw cacao balls rolled in shredded coconut

RAW VEGAN | 36

## CHOCOLATE SILK MOUSSE

creamy raw cacao avocado mousse  
served with coconut cream

RAW VEGAN | 42

## SOULSHINE SORBET

dragonfruit, mango, coconut, chocolate

RAW VEGAN | 45

## ICE CREAM

a scoop of vanilla ice cream topped with fresh strawberries

45

## DADAR GULUNG

balinese pandan crepes stuffed with  
shredded coconut + organic palm sugar

VEGAN | 52

## PISANG BAKAR

grilled banana drizzled with chocolate sauce + shredded coconut

VEGAN GF | 52

## BANANA SPLIT

a scoop of vanilla ice cream with banana  
drizzled with chocolate sauce, shredded coconut + strawberries

GF | 55

## COOKIES

homemade cookies served a glass of milk

42

with coconut milk +10k

with almond milk +15k