

- K** KIDS FAVOURITE
- VB** VEGAN
- SA** SUGAR ADDED
- SF** SUGAR FREE
- DF** DAIRY FREE
- H** HEALING
- GF** GLUTEN FREE
- CN** CONTAINS NUTS


*A Conscious Menu, mostly from our garden*


*We can change the World one bite at a time.*





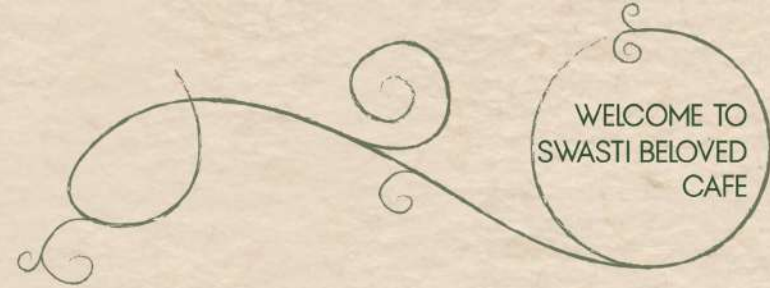
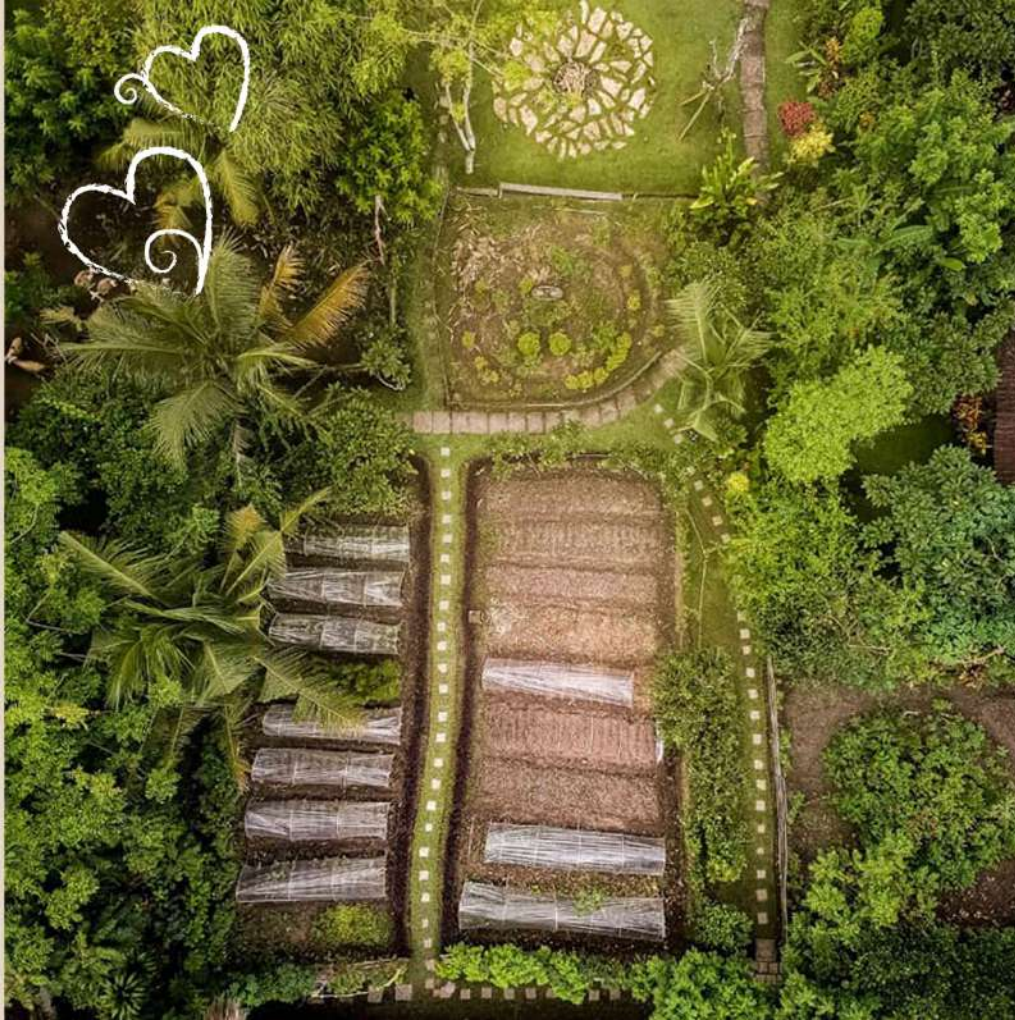
swastibelovedcafe

Presents  
swastiorganicbistro

 SWASTI BALI - CONSCIOUS ECO VILLAGE

 BALISWASTI

  SWASTI\_BELOVED\_CAFE Swasti Eco Cottages Br. Nyuh Kuning, Ubud - Bali +62 361 974 079



WELCOME TO  
SWASTI BELOVED  
CAFE

This menu reflects the transition we have started to become a healing restaurant. In this new cosmovision, we have decided that Sugar as an ingredient has to be a conscious decision, so therefore we make it visible in our menu with the reference "Sugar free" or "Sugar added".

We have also removed Potatoes from our menu, as we consider it to lack Nutrients. Instead, we offer delicious and healthier Root options growing locally, such as the Cassava, Taro and Sweet Potato.

This is the beginning of our dream, in Re-educating some gastronomy habits in order to live longer and better.

We don't forget our favorite guest: THE KIDS. But we have chosen to keep the same Menu.

As kids are our teachers, inspiration and future, they deserve to experience our taste and the healing effects of "Food taken as Medicine",

In our Restaurant we mostly use the harvest from our Organic Garden.

Combined with ingredients provided by some Organic suppliers, as a way to support small Balinese Farms.

Our Menu is served from 11 AM to 8:30 PM





## FRESH ELIXIRS

### JUICES

**BACK TO NATURE / Glass 34K / Bottle 60K**

Lime, fresh mint, Aloe-vera and ginger

**HIBISCUS LEMONADE / Glass 36K / Bottle 62K**

Lime infused with hibiscus lemonade

**MORNING GLORY / Glass 44K / Bottle 70K**

Gotukola, white melon, lime, ginger and pineapple

**CLEANSING BEAUTY / Glass 40K / Bottle 66K**

Turmeric, ginger, orange, apple and a hint of black pepper

**SUPER ALKADETOX / Glass 40K / Bottle 66K**

Celery, Carrot, Beetroot, Lemon, Ginger, Parsley and Kangen water 9.5pH.

**SPIRIT OF BALI / Glass 50K / Bottle 74K**

Local spinach, Moringa, Jicama, Gotukola, Cumin leaf, Beluntas, Kailan, Lime, Parsley, Ginger and Limau

### SMOOTHIES

**BERRYLICIOUS / Glass 42K / Bottle 68K**

Berries, banana, cashew milk and date paste.

**THE MONKEY FOREST / Glass 42K / Bottle 68K**

Banana, cinammon, dates, coconut and rice milk

**STRAWBERRY AND CHOCOLATE MILKSHAKE/ Glass 45K / Bottle 70K**

Strawberry, cashew milk, cacao, vanilla and cinammon





swastibelovedcafe #lovevibrationfood

## BELOVED HOT OPTIONS

### TEA

BALI BLACK TEA / 25K

BALI GREEN TEA / 27K

GARDEN TEA / 29K

SPECIAL CHAI TEA / 36K

### COFFEE & MORE

ESPRESSO / 20K

ORGANIC BALINESE COFFEE / 24K

MACCHIATO / 25K

AMERICANO / 25K

LATTE / 29K

CAPPUCHINO / 31K

ORGANIC HOT CHOCOLATE / 34K

### SWASTI LATTES

RED VELVET / 29K

Beetroot, ginger and cinnamon

BLACK / 29K

Charcoal and cardamom

YELLOW / 29K

Turmeric and clove

BLUE / 29K

Butterfly Pea Flower and star anise

GREEN / 29K

Matcha and Lemongrass.

EXTRA COCONUT  
OR  
NUT MILK / 18K



SUBJECT TO 21% TAX AND SERVICE.

## AVOCADO TOAST



## ON TOAST &amp; WRAPS

## RAW RAINBOW BRUSCHETTA / 60K 🍷 🌱 🍌 🍌 🍌 🍌

Raw flaxseed base + herbs pesto + fresh cubes tomato + avocado + zucchini + rawmesan + smoky vegan mayonnaise + leafy greens + edible flowers

## AVOCADO TOAST / 42K 🍷 🍌 🍌 🍌

Sourdough toast + sautéed seasonal leaves (Ceylon spinach or kale) + a mix of mashed and avocado cubes + gotukola leaves

## LETTUCE &amp; FRUIT WRAPS / 70K 🍷 🌱 🍌 🍌 🍌 🍌

Our feature fruit "leather" and lettuce roll + Ceylon spinach + snake fruit + avocado + carrots + cabbage + tangy dressing + crispy taro

## BOWLS AND TWISTED SALADS

## VEGAN TOMATO &amp; MOZZARELLA SALAD / 55K 🍷 🍌 🍌 🍌 🍌

Cashew fresh bocconcino + fresh tomato from our garden + fresh basil + olive oil

## HEART BOWL / 74K 🌱 🍌

Shredded carrot + beetroot + jicama + grilled tempe + homemade sundried tomatoes from our garden + kimchi + fresh garden leaves and sweet mustard dressing

## KETO BOWL / 65K 🍷 🍌 🍌 🍌 🍌 🍌

Cauliflower couscous + sautéed long beans + avocado + soft boil egg + leafy greens + fresh sliced shallots + sesame steamed local spinach + citric dressing + toasted almonds





TUNA TATAKI



**SOUL BOWL / 69K** 🍷 🌱 🌿 🌞 🌊

Raw manisa cubes + fennel pink and blue quinoa + fresh spinach + pomelo slices + basil + citrus tahine dressing

**CRUNCHY "CEASAR" SALAD / 65K** 🍷 🌱 🌿 Mr. Jack! Swasti Signature

Crispy jackfruit nuggets + fresh leafy greens + roasted pumpkin + fresh avocado + ginger dressing + pumpkin seeds

**HERBAL CHINESE CABBAGE / 75K** 🍷 🌱 🌿 🌞 🌊 🍷

A salad to prepare in the table: very fresh Chinese cabbage + herbal coconut yogurt + leafy greens + sliced toasted almonds + soft boil egg + babaganoush

**EGGPLANT "LASAGNA" / 68K** 🍷 🌱 🌿 🌞 🌊

Grilled eggplant bun + almond herbal ricotta + candy shallots + kale tapenade + roasted tomato + fresh arugula + balsamic reduction

**CITRIC & SPICY VEGGIE TERRINE / 70K** 🍷 🌱 🌿 🌞 🌊

Cold layered sweet potato and cassava terrine + cucumber, avocado, corn and black olives + smoked paprika oil + garden leaves

**TUNA TATAKI / 75K** 🍷 🌱

Lightly roasted tuna with sesame seeds + cucumber, tomato and avocado + leafy greens + passion fruit dressing + extra soy sauce

**SWASTI MAGIC PLATTER TO SHARE / 111K** 🍷 🌱 🌿 🌞 🌊 🍷

Some of our features in a tasting plate: Jackfruit escabeche (pickles) + couscous cauliflower + zucchini hummus + sambal guacamole + babaganoush + radish kimchi. Is served with flaxseed crackers and dosa.





[@wasbelovedcafe](#) [#lovevibrationfood](#)

WARM

## SOUPS & HOT POTS

### BONE BROTH / 52K

Simmered chicken bone broth + ginger + carrot + fresh herbs

### GOLDEN JAMU SOUP / 50K

Jamu feature ingredients in a soup: yellow turmeric + ginger + black pepper + base of pumpkin and coconut milk

### GREEN HEALER SOUP / 50K

Selected fresh garden leaves and herbs + sweet potato and cashew cream + toasted sesame seeds + sourdough toast (optional GF flaxseed crackers)

### GRILLED MUSHROOM SOUP / 55K

Homemade tortilla + tender jackfruit pieces in creamy cashew and tamari + sliced red onion + sambal guacamole + leafy greens and herbs + cassava chips

### AYURVEDIC DAHL / 54K

Our special recipe of Yellow split peas porridge + mix of curry leaves from the garden + coriander leaves + dosa

### KITCHERI BALI / 43K

Classic Balinese breakfast rice porridge seasoned with lemongrass and local healing leaves + fresh herbs from the garden.

### PURPLE RISOTTO / 68K

Beet slow cooked organic rice + herbs and almonds topping

### RENDANG / 70K

Hot pot of Indonesian traditional curry with jackfruit meat + organic rice + sesame sautéed local greens + steamed carrots and long beans



## MUSHROOM CHARCOAL BURGER



swastibelovedcafe #lovevibrationfood

## FAST GOOD

Our selection of yummy and plant based "fast food"

...WARM

### SMOKED TOFU BANH MI / 65K

Vietnamese sandwich made from crispy tofu bun filled with vegetable pickles + coriander leaves + fresh guacamole + leafy greens and herbs

### MUSHROOM CHARCOAL BURGER / 80K

Mushroom patty + fresh tomato + candy onions + cucumber + leafy greens + vegan mayonnaise. For the side dish, choose between homemade cassava fries or garden salad.

### CRUNCHY JACKFRUIT BURGER / 80K Option Mr. Jack! Swasti Signature

Our feature fruit "leather" and lettuce roll + Ceylon spinach + snake fruit + avocado + carrots + cabbage + tangy dressing + crispy taro

### JACKFRUIT BURRITO / 70K Mr. Jack! Swasti Signature

Homemade tortilla + tender jackfruit pieces in creamy cashew and tamari + sliced red onion + sambal guacamole + leafy greens and herbs + cassava chips

### BELOVED EARTH PIZZA / 80K Option

Herbal tomato sauce + mozzarella + fresh arugula + jicama + edible flowers

### MORINGA MARGHERITA / 70K Option

Herbal tomato sauce + moringa leaves from our garden + mozzarella + fresh parsley and olive oil

### SWASTI FRIES PLATTER / 50K Option

A mix of our fries and chips: cassava fries + sweet potato fries + taro chips. For dipping, choose between our avocado and wasabi alioli.

### SWASTI CROQUETS / 60K Option

Crispy taro and mushrooms croquets + herbal mozzarella + tomato dip sauce







CAULIFLOWER STEAK



## BISTRO

### GRILLED VEGGIES IN SPICED HUMMUS / 68K

Grilled bok choy + grilled mushrooms in silky hummus + chickpea salad

### CREAMY SCRAMBLED TOFU / 45K

Eggy cashew and turmeric cream base, topped with grilled tomatoes and mushrooms + leafy greens selection aside + 2 slices of homemade sourdough bread

### POACHED EGG IN CRISPY TARO / 56K

Base of taro hash brown + sautéed mushrooms + local spinach + grilled tomato + hollandaise sauce, small garden salad + herbs pesto.

### CAULIFLOWER STEAK / 75K

Braised cauliflower + cassava turmeric cream + crispy taro

### JACKFRUIT KATSU / 75K Mr. Jack! Swasti Signature

Crispy Jackfruit steak + tonkatsu sauce + organic rice + white cabbage + topping of fresh coriander and red onion

### SWASTI BOLOGNESE / 62K

Rice tagliatelle + minced tofu and tempe Bolognese Sauce + basil + raw-mesan

### NASI GORENG APOTEK / 65K

Our medicinal version of Balinese feature fried rice + turmeric leaves + egg on top (optional)

### PURPLE GNOCCHI / 70K

Sweet potato gnocchi + aromatic broccoli sauce + fresh thai basil

### BALI SATE / 72K SA Option

Traditional Balinese minced sate (chicken or fish) + organic rice + peanut sauce + sautéed vegetables from the garden + fresh sambal sauce



## GRILLED VEGGIES IN SPICED HUMMUS



[@wasibelovedale](#) [#lovevibrationfood](#)

...WARM

## BISTRO NON VEGETARIAN

### LOVE BOAT / 72K 🍷 🌱

The fish of the day caught by local fisherman seasoned in Balinese spices, steamed and then grilled in banana leaf + steamed bok choy from our garden + shredded coconut + raw sambal sauce

### THE FARMER / 85K 🌱 🌱 🍷

Yummy marinated free range chicken + cucumber and herbs tzatziki + sautéed long beans + fresh herbs

## EXTRA SIDES

Cassava fries / 25K

Sweet potato fries / 25K

White rice / 25K

Cauliflower rice / 25K

Garden urab (just harvested vegetables sautéed) / 25K





Sourdough toast / 10K

Raw flaxseed crackers / 15K













## SMOOTHIE BOWLS

**BOUNGIORNO / 54K**    





Banana + expresso + maca

**ON THE DESERT ISLAND / 46K**    

Mango + banana + spices





**PURPLE SPRING / 50K**    

Mangosteen + dragon fruit + coconut





**PROTEIN BOOST / 50K**    

Banana + peanut butter + dates + cashew milk

## DESSERTS

**RUJAK FRUIT SALAD / 54K**    




Not an average selection of our seasonal fruits (Jicama, pineapple, papaya, cucumber, local strawberries) seasoned with Balinese citrus spices and peanuts.

**PARADISE PUDDING / 58K**    

Coconut and chia seeds pudding + turmeric and mango + fresh mangosteen + fresh passion fruit from our pergola + herbs from the garden.

**FLORAL YOGURT / 45K**   

Homemade yogurt infused with hibiscus, butterfly pea flower and cinnamon + homemade granola + fresh red berries compote.

**RAW BOUNTY BAR / 30K**   

The vegan and raw version of the famous bounty bar





## SPICED CHOCOLATE CAKE

...SWEET

RAW CHOCOLATE MOUSSE / 55K

Served with berries topping and mint leaves

HERBAL WAFFLE / 39K

Seasonal fruits (mango, berries from our garden, banana) + cinnamon coconut cream + kemangi (lemon basil) + toasted almonds

SWASTI WAFFLE / 60K

Chocolate waffle + fresh strawberries + chocolate sauce + praline

JICAMA TART / 52

Caramelized jicama in dates base + cinnamon cream + crunchy quinoa

MANGOLISA CHEESE CAKE / 60K

Raw cheese cake with mango and lisa fruit from our pergola + topping of fresh passion fruit

SPICED CHOCOLATE CAKE / 65K

Cashew based chocolate cake topped with sesame seeds, red berries, cacao nibs and toasted almonds

ALOE VERA & LIME ICE CREAM / 30K

CHOCOLATE & SESAME ICE CREAM / 35K



swastibelovedcafe #lovevibrationfood

