

HEALTH HUB LUNCH MENU

HEALTH KEY

(V) VEGETARIAN | (P) PROTEIN RICH | (PS) PESCATARIAN | (GF) GLUTEN FREE | (DF) DAIRY FREE | (E) EXCELLENT

GARDEN HARVEST

FINGERS AND DIP (V)

Cut raw carrot / cucumber fingers / fresh hummus / roasted organic beetroot dip

45

with babaghanoush (V)

50

EDAMAME (V)

Organic green soy beans steamed / sprinkled with Kusamba sea salt

45

VIETNAMESE RICE PAPER ROLLS (V)

Bean sprouts / cucumber / spring onion / vermicelli / organic mint / cilantro wrapped in rice paper / homemade sweet spicy dipping sauce

45

GADO-GADO

Mixed organic garden vegetables / bean curd / free range egg / fresh homemade spicy peanut sauce

55

BEAN SALAD WRAP (V) (P)

Three re-fried bean medley / crunchy seasonal lettuce / chopped vine ripened tomato / toasted tortilla wrapped

65

LETTUCE WRAPS (V)

Teriyaki ginger marinated tofu and tempeh / bean sprouts / grated carrot / coriander / cucumber strips / brown rice / peanut sauce / wrapped in lettuce leaves

55

MUNG BEAN PANCAKES (E)

Gluten free round pancakes / topped avocado / soinach / roasted beetroot

65

ORGANIC DAHL AND PITA (V)

Fresh homemade organic Dahl / toasted crusty pita breads / house sweet spicy fruit chutney

65

BUDDHA BOWL (V)

Coconut / organic garden lemongrass broth / shitake mushrooms /
rice noodles / organic garden greens / coriander
65

TRIO BEANS SALAD (V) (P)

Mix Chick peas / red white kidney beans / dressed imported
balsamic vinegar
70

GREEN AND GRAINS BOWL (V)

Red and white quinoa / organic brown rice / English spinach /
dukkha rolled egg
70

SEVEN BEANS MEANS PROTEINS (V) (P)

Chick peas / red kidney bean / white kidney bean / white soy bean
mung bean / cannellini bean / black bean / organic brown rice /
Balinese spices - "Grandmothers method".
75

VEGETABLE LAWAR (V) (GF) (DF)

Balinese mixed vegetables / grated local coconut / fresh spices
65
with satay organic tofu (P)
75

STUFFED SWEET POTATO (V) (GF)

Organic sweet potatoe roasted / fresh garden kale / ginger /
lemon zest / activated seed sprinkle / cashew
cheese garlic parsley dressing
65

VEGAN PIES (VEGAN)

Organic fillings / the crust and every single bit of it untouched by
animals / with a lovely shredded salad

- Creamy mushroom herb
- Moroccan vegetable
- Indian potatoe spinach

80

WARM PASTA BOWL (E)

pasta / crispy back bacon / grilled onion / garlic / capsicum medley/
roasted home-grown pumpkin / chilli / cold pressed olive oil / Italian herbs /
fresh feta / almonds / organic garden rocket
85

CRUNCHY BEETROOT

Organic beetroot / walnuts / low fat feta / Italian balsamic vinaigrette
70

SOM TAM - GREEN PAPAYA SALAD (V)

Young fresh picked paw-paw / vine ripened tomatoes /
green beans / peanuts / chilli lime dressing
70

LEMON CAPELLINI (V)

Capellini pasta / lemon zest / organic garden fresh basil / vine ripened cherry tomatoes / garlic / cold pressed olive oil / lemon juice

75

RUCCOLLA AND APPLE SALAD (GF) (P)

Fuji apples / fennel / shallot / organic garden rocket / parsley / walnuts / sherry dressing / grated Italian parmesan

80

CABBAGE PEANUT SALAD (GF) (DF)

Lebanese crunchy cabbage / activated caraway seeds / zesty lime dressing

75

QUINOA SALAD (GF) (DF)

Organic quinoa / mixed seeds / organic garden rocket / wild bush honey dressing

85

with satay organic tofu (P)

90

AYURVEDIC KITCHEREE (V)

Basmati rice / organic split mung beans / local pumpkin / zucchini / ginger / coriander / cumin / turmeric / ghee

75

HEALTH MEX BOWL (V) (P)

Black beans / pinto beans / organic brown rice / grated carrot / beetroot / hikma / pico de gallo / guacamole mound / chipotle yoghurt / coriander topping /

fresh organic sprouts

75

with cheddar cheese (P)

85

VIETNAMESE SALAD (V)

Crunchy julienned vegetables / cabbage / carrot / shallots / bean sprouts / rice noodles / mint / cilantro / nuts / sweet spicy lime dressing

80

BEAN QUESADILLA (V)

Organic mung beans / seasonal roasted vegetables / smashed avocado / raw cashew cheese / toasted tortilla

65

MACRO BOWL (V) (P)

Organic local Brown rice / steamed seasonal vegetables / sea vegetables / marinated grilled tofu / tempeh / grated carrot / beetroot / hikma / mound of mixed sprouts / avocado / roasted pumpkin / sesame seed sprinkle / lemon tahini dressed

85

with quinoa (no rice) (P)

90

WARM VEGAN LASAGNA

Homemade mung bean pasta sheets / fresh roasted vegetables marinara sauce / cashew cheese topped

95

WOOD FIRED OVEN

CHEESE AND GARLIC FLATBREAD (E)

Fresh rolled flour dough / mozzarella cheese /
cheddar cheese / garlic / Kasumba rock salt

60

PUMPKIN FLATBREAD (V)

Bed of organic basil pesto / crispy roasted pumpkin /
organic rocket / pinenuts / low fat feta

95

VEGETARIAN FLATBREAD (V)

Fresh organic tomato Napoli sauce base / organic grilled
aubergine / zucchini pasta strips / walnuts / low fat feta

95

OCEAN

HOMEMADE FISH CAKES (P) (PS)

Ocean fish minced / fresh herbs and spices / roasted organic
vegetable salad / cashew dressing / tempe fries

105

PEPES TAHU (P) (PS)

Organic tofu / mixed mushrooms / tomato / root spices /
banana leaf wrapped and steamed

70

QUINOA SALAD (GF) (DF) (P)

Organic quinoa / mixed seeds / organic garden rocket /
wild bush honey dressing / satay white fish

135

PRAWN MANGO SALSA (P) (PS)

Grilled sea prawn / baby organic grown rocket / cashew nut and
macadamia dressing / lemon grass infused zesty lime dressing /
organic quinoa

145

SNAPPER ESCHALOTTE (GF) (DF) (P) (PS)

Locally caught fresh poached Snapper fillet / Balinese spices /
chilli sambal / blanched organic asparagus tropical salsa

145

SESAME TUNA (P) (PS)

Sashimi grade tuna fillet / nicoise salad / olives / green beans / soft
boiled egg / potato / vine ripened tomato fresh herbs / homemade
mustard dressing

145

PADDOCK 2 LEGS & 4 LEGS

LETTUCE WRAPS (P)

Teriyaki ginger marinated tofu and tempeh / bean sprouts / grated carrot / coriander / cucumber strips/ brown rice / peanut sauce / wrapped in lettuce leaves / free range chicken

85

CHICKEN BREAST PITA (P)

Flame grilled free range chicken fillet / bacon (optional) / dry slaw / cucumber / vine ripened tomato / chipotle mayonnaise / toasted pita fold

95

MACRO BOWL (P)

Organic local Brown rice / steamed seasonal vegetables / sea vegetables / marinated grilled tofu / satay chicken / grated carrot / beetroot / jicama / mound of mixed sprouts / avocado / roasted pumpkin / sesame seed sprinkle / lemon tahini dressed

105

VEGETABLE LAWAR (GF) (P)

Balinese mixed vegetables / grated local coconut / fresh spices/ free range chicken

105

ROAST VEGETABLE SALAD (GF) (DF) (P)

Roasted beetroot / organic grown pumpkin / sweet potato/ vine ripened tomato / jicama / zucchini / onion organic garden rocket / pumpkin seeds / light mustard dressing / satay free range chicken

115

RUCCOLLA AND APPLE SALAD (GF) (P)

Fuji apples/ fennel / shallot / organic garden rocket / parsley / walnuts / sherry dressing / grilled organic chicken Breast / grated Italian parmesan

115

VIETNAMESE SALAD (P)

Crunchy julienned vegetables / cabbage / carrot / shallots / bean sprouts / rice noodles / mint / cilantro / nuts / sweet spicy lime dressing / free range chicken breast

115

GREEK LAMB VEGETABLES (P) (GF)

Ground lamb kofte / mixed seasonal charred vegetables / activated seed mix topping / avocado / cucumber mint low fat sour cream

125

GRILLED CHICKEN(P)

Organic free range chicken breast / rocket / organic quinoa salad / rustic grilled potato / 'ketchup manis' dressing

125

FINISHER

CASHEW CHEESE CAKE (V) (GF)

Blended cashew nut / local mango / fresh coconut water /
coconut oil / cut to bite squares

45

ALMOND DATE CAKE (V) (GF)

Chopped fresh almond / imported dates /
grated toasted local coconut gratings

45

SWEET POTATOE KLEPON (V)

Organic Balinese purple sweet potatoe / local palm sugar filled

40

SLICE OF PIE (V)

Crispy pastry / cinnamon crumble topping / fresh apple filled / ball of
vanilla ice-cream

50

FRUIT PLATTER (V)

Selection of fresh local fruits

40

WATERMELON PIZZA (V)

Full round slice organic watermelon / mixed seasonal tropical fruit
pieces / fresh homemade jam topping

50

COCONUT CREPES (E)

Light fluffy crêpes / grated coconut / mango gelato

50



*Unsure? Ask our friendly
staff for advice!*

