



LOVE ALL. SERVE ALL

Hello & Welcome,

From humble beginnings we first opened the doors of Ginger & Jamu in March of 2017.

Right from the start the project has had a life of its own! The way it came together and continues on is some kind of miracle. It is beyond any single person, but instead, seems to be a dynamic catalyst for the bringing together of like-minds and sweet hearts.

So, it is with Joy and Appreciation that we welcome you to also join in and share the magic of this place.

While you are here please do make the yearnings of your heart known, you never know what might happen ;)

BREAKFAST

UNTIL 11AM

TROPICAL THUNDER — 40K

Fresh Cut Tropical Fruit, Shredded Coconut, Pepitas & Goji
ADD Yoghurt OR Coconut Cream +5K

GA GA 4 GRANOLA — 50K

Home-made Granola, Fresh Fruit & Honey
with Yoghurt OR Coconut Cream

AVO NICE DAY — 55K

Guac on Toasted Power Loaf with Feta, Black Sesame,
Chilli & Lime Zest

EASY-GOING EGGS — 55K

Eggs - Poached, Fried or Scrambled, with Greens, Toast
and our awesome Sambal

OMELETTE — 55K

You choice of - Plain, Cheese & Tomato OR Mushroom
served with a side of Greens, Sambal & Toast

FRIJOLES — 60K

Homemade Beans, Fried Egg, Greens and Toast

JUST A LITTLE CORNY — 55K

Special Recipe Corn Fritters with Greens, Sambal,
& Sour Cream
ADD Bacon +20K

KIDS MENU

30K

KIDDIE CAKES — Pancakes with Banana & Chocolate

EGGY BREAD — French Toast with Honey

SPADOODLE — Spaghetti, Olive Oil & Cheese

CORNCRISPY — Corn Fritters and Mayonnaise

All day

PANCAKES

Banana 40K

Dark Chocolate

Banana, Yoghurt & Chocolate

Butter, Lime & Coconut Sugar

Banana, Dark Chocolate & Coconut

Banana, Yoghurt, Honey & Cinnamon

Banana, Coconut Caramel & Cacao Nibs

BUILD YOUR OWN POWER LOAF

Baked Loaf made of Oats, Chia, Sunflower Seeds,
Almonds, Flaxseed, Psyllium Husk, Coconut Oil & Honey.

Each Slice 10K

Mix and choose from the SIDES menu

Sides

GREENS — Local Greens sauteed with Lime & Garlic 10K

SHROOMS — Mushrooms Sauteed in butter & Garlic 10K

ROAST PUMPKIN — Pumpkin Roasted :P 10K

FETA — or Cheddar cheese 15K

QUINOA — Super food, full of protein! 20K

FRIED EGG — Fried with Coconut Oil 10K

TEMPEH — Great vegan meat replacement! 10K

CHICKEN — Grilled Chicken Breast 20K

FISH — Grilled Fish Fillet 20K

BACON — Cooked Crispy 20K

SMOKED SALMON — 25K

GUAC — Creamy homemade Guacamole 15K

HUMMUS — Homemade hummus 15K

SAMBAL — Homemade Tomato, Chilli & Garlic Paste 10K

SOUR CREAM — With Rosemary or Plain 10K

PEANUT BUTTER — Natural and no added sugar 5K

LUNCH AND DINNER

FROM 11AM

SWEET POTATO FRIES — 35K

Hand Cut Sweet Potato Chips fried in Coconut Oil and tossed with
our Lip Licking Spice Blend. Served with Rosemary Sour Cream
ADD Guac 15K

SALTY MELON SALAD — 35K

Watermelon, Feta, Olives, Mint and Olive Oil

TACO — 60K

Wheat Tortilla with Slaw, Sour Cream, Guac, Salsa & Coriander
Choose from: Fish / Chicken OR Beans

Bowl option: No tortilla = Lower refined carbs and more fresh Veggies!

KILLER NACHOS — 55K

Corn Chips With Beans, Guacamole, Salsa, Melted Cheese,
Sour Cream, Jalapenos & Fresh Coriander

ADD Chicken 20K

ADD Tempe 10K

CIABATTA — 55K

Locally baked Loaf with Greens, Tomato, Onions, Capers and Mayo
Choose from: Fish Fillet & Lime / Chicken & Cheese OR Pumpkin & Feta
ADD Sweet Potato Fries +25K

VIETNAMEASY

Rice Noodles, Asian Slaw, Sprouts, Cucumber, Fried Shallots
& Herbs with Asian Dressing

Choose from: Chicken / Fish 70K OR Tempe 60K

SMASHING PUMPKIN — 70K

Roast Pumpkin with Slaw, Quinoa, Roast Cauliflower, Hummus,
Pepitas, Olives & Turmeric Tahini Mayo
ADD Feta +15K

YUMMY HUMMY — 70K

Hummus, Feta, Toasted Flatbread, Chagrilled Vegetables,
Fresh Red Cabbage, Greens & Chilli Paste

ITS A (FALAFEL) WRAP — 65K

Homemade Falafels fried in Coconut Oil, with Fresh Greens, Tomato,
Cabbage Carrot, Cucumber & Coriander with Minted-Yoghurt & Sambal
Bowl option: No tortilla = Lower refined carbs and more fresh Veggies!

Prices exclude government tax, an additional 11% will be charged to your bill

Smoothies 40K

BANANAROLLA

Banana, Granola, Yoghurt, Honey & Cinnamon

SURF REPLENISH

Banana, Peanut Butter, Dates, Coconut Milk

ADD: Plant-based Protein Powder +10K

CHOKKY SHAKE

Raw Cacao, Coconut Milk, Banana, Dates

ADD: Peanut Butter +5K

MOCA LOCA

Raw Cacao, Espresso, Banana, Coco Milk & Coco Sugar

ADD Maca +10K

SWEET YOGI

Bananas, Strawberries, Coconut Milk & Mint

ISLAND BLUES

Bananas, Blueberries, Coconut Milk & Cinnamon

ISLAND GARDEN

Bananas, Spinach, Mango & Ginger

GREEN GOLD

Mango, Pineapple, Spinach, Mint & Coconut Water

ADD: Spirulina +10K

SUNSHINE BOOGIE

Mango, Orange & Dragonfruit

THE EXTERMINATOR

Papaya, Papaya Seeds, Orange Juice & Lime

HYDRATION ELATION

Watermelon, Coconut Water & Lime

AGUA REFRESCA

Watermelon, Strawberry, Lime

SUPERFY YOUR SMOOTHIE

ADD: Peanut Butter +5K
Vegan Protein Powder, +10K
Lecithin Spirulina OR Maca,

SMOOTHIE BOWL 55K

Topped with Homemade Granola, Fresh Fruit,
Chia seeds, Goji berries, Cacao Nibs & Pepitas

MANGO TANGO

Mango, Banana, Coconut Water & Mint

PINK PANTHER

Dragon Fruit, Banana, Coconut Cream, Coconut Water

WILLY WONKA

Raw Cacao, Banana, Dates, Coconut Water

HULK SMASH

Avocado, Banana, Spirulina, Coconut Water, Lime & Mint

COFFEE & TEA

ESPRESSO 20K

ESPR. DOPPIO 25K

FLAT WHITE 30K

CAPUCCINO 30K

AMERICANO 25K

CORTADO 25K

HOT CHOC 30K



CAFFE LATTE 30K

ICED LATTE 35K

CAFFE MOCHA 30K

COLD BREW 30K

BALI KOPI 15K

BLACK TEA 15K

GINGER TEA 15K

Extra Shot +5K

seven seas tea

Organic, loose-leaf high quality Tea:
ask for our current range!

SANGRIA Glass 40K Jug 120K

BINTANG 330 mL 30K

WATER 5K

Mineral Natural Balian Water



Juices 45K

We use fresh produce and a slow-juicer to give you all the
nutrients and vitamins. Nosugar or water added

ANTI-INFLAM

Turmeric, Ginger, Cucumber, & Lime

SKIN GLOW

Aloe Vera, Apple, Cucumber, Ginger & Mint

THE ALKALISER

Apple, Celery, Spinach, Cucumber, Lemon, Ginger

JUST BEET IT

Beetroot, Carrot, Orange, Cucumber, Apple

BLOOD BLASTER

Beetroot, Red Cabbage, Carrot, Celery, Apple

VATA

Carrot, Sweet Potato, Ginger, Cinnamon & Orange

TAN TRICK

Carrot, Ginger, Lime, Turmeric & Apple

HEALTHY A.F.

Beetroot, Spinach, Cucumber, Lemon, Ginger & Turmeric

OH PARSLEY, PLEASE!

Carrot, Cucumber, Apple, Celery & Parsley

Shots 10K

JAMU — Indonesian Healing Tonic with Fresh
Turmeric, Ginger, Tamarind & Honey

VIT C — Potent Vitamin C dose

SPIRULINA — Local Organic with coconut water



HOW WE ROLL...

All of our takeaway products are sourced from an eco-packaging company. They are all non harmful and will decompose quickly. Check them out www.avanieco.com

Our spirulina and chocolate products are raw & organically grown in Bali. Our coffee is handpicked & organic from Indonesia. The other ingredients we source as locally, ethically and as high quality as possible. We are committed to operating in a way that prioritises freshness and naturalness for the benefit of you and our sweet Mumma Earth... and we 're excited to say we are in the early stages of growing some of our own fresh ingredients.

We have still got a long way to go, and that is perhaps the most exciting thing of all...

In Love and Service,



We endeavour to offer our best and most attentive service to you, please relax, enjoy the view and remember things happen in their own time in this sweet little island :)