

# Welcome to BALI **ECO** DELI

This booklet includes our menu and our friendly staff will take and prepare your order shortly. Meanwhile, here is a little bit of reading to better understand what we do. It's ok to look at the menu first and get back to reading after ! :)

## Once upon a time in Nusa Lembongan ...

BALI **ECO** DELI has set up a small recycling program on the island. Every month, with the support of other businesses<sup>1</sup>, we collect & send to Bali hundreds of bags full of recyclables. Logistic costs us a bit of time & money (about 50\$ / month) to pay for the bags & to transport the recyclables to mainland. We have a deal with the recycling company we work with : Bali Recycling picks-up our bags in Sanur, they do their job, we do not pay for the pick up service.

We do this at a very small scale compared to what could be done on the island ... but hopefully, after months of meetings we finally have some other businesses on the island doing their part. This is just the beginning and we really hope to get more & more businesses onboard to make a difference.

Our restaurant includes many eco-friendly features such as a waste water garden, solar hot water & ultra-low wattage LED lights. In 2017 we have made a few more "green improvements" including a small solar farm located in our back garden. This 10kW setup generates up to 25,000 Watts a day which represents about half of our total electrical needs. It will be expanded in the future hopefully allowing us to get 100% off-grid in the coming years.

Finally, we wish you a wonderful stay on the island & bon appétit !

BALI **ECO** DELI Management, [noplastic@baliecodeli.net](mailto:noplastic@baliecodeli.net)

Dear **parents**, please kindly note that our garden is **not** a playground ;)

To improve drainage, we have a layer of broken glass under the stones.

Thank you in advance to **do not** allow your kids to play with the stones or throw them on the decking or to our plants. Additionally, our garden is 100% **pesticide-free**. We host and treat the best we can lovely creatures such as **spiders, red ants, slugs & snails** as they feast from insects harmful to our plants & the wooden structure. However some of our friends might be **venomous**. Well, actually red ants bite. And it hurts. A lot.

Thank you again for your understanding & cooperation.

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<sup>1</sup> Other businesses & villa owners are welcome to join our efforts ! Please send us an email for more details ...

# BREKKY & ALL DAY BRUNCH

## SWEET TREATS

### **CACAO & CARAMEL PANCAKES 40**

3 fluffy pancakes with a pinch of cacao  
w/ icing sugar, served with salted caramel cream

### **LIME & BERRIES PANCAKES 40**

3 fluffy pancakes with a pinch of lime  
w/ icing sugar, served with mixed berries cream

### **BLUEBERRIES FRENCH TOAST 40**

Brioche dipped in coconut cream & caramel  
w/ icing sugar, served with blueberries cream

### **BANANA BREAD 30**

2 slices, served warm with salted caramel cream

### **CASHEW & COCONUT BROWNIE 30**

### **APPLE & CINNAMON CAKE 30**

Please also check the **Snacks & Sweets**  
page for more options & Vegan selection

## PITA PLATTERS

### **HUMMUS & VEGGIES (V) 50**

Bite sized pita with hummus & crunchy veg salad  
++ add air-fried tofu, tempeh & peanut salsa : +10

### **CRUNCHY FALAFEL (V) 70**

Bite sized pita with hummus, crunchy veg salad,  
fried falafels & Tahini salsa  
++ add air-fried tofu, tempeh & peanut salsa : +10

### **CHICKEN & VEGGIES 70**

Bite sized pita with hummus, crunchy veg salad,  
marinated chicken & peanut salsa

### **PITA PLATTER TO SHARE 90**

Bite sized pitas served with veggies, tofu & tempeh,  
chicken & falafel w/ sides of sauces & hummus

## SAVOURY DAY STARTERS

### **BREAKFAST OMELETTE 40**

Eggs, cherry tomatoes & mushrooms. Served with  
a slice of toasted rye bread & crunchy vegs salad  
++ Add a side of feta or grilled bacon : +20 each  
++ Extra for GF bread (1 slice) : +10

### **EGGS ON TOASTED RYE BREAD 40**

2 slices of bread topped with soft & creamy scrambled  
eggs with a side of grilled cherry tomatoes & mushrooms  
++ Add a side of feta or grilled bacon : +20 each  
++ Extra for GF bread (2 slices) : +20

### **EGGS & AVOCADO ON RYE BREAD 50**

\*\*\* in season (November - February) only \*\*\*  
2 slices of bread topped with avocado with greens  
hummus, cherry tomatoes + soft & creamy scrambled eggs  
++ Extra for GF bread (2 slices) : +20

## FRUITS & SMOOTHIE BOWLS

All smoothie bowls topped with fruits, granola & nuts

### **TROPICAL FRUITS PLATTER (V) 25**

### **FRUITS SALAD w/ GRANOLA & YOGURT 45**

++ Replace yogurt by coconut cream : +10

### **CHO-CHO CACAO SMOOTHIE BOWL 60**

Cacao, brownies chunks & coconut cream w/ muesli & fruits

### **MIXED BERRIES SMOOTHIE BOWL (V) 60**

Mixed berries, banana, coconut cream w/ muesli & fruits

### **DATES PACKED SMOOTHIE BOWL (V) 60**

Dates, cashew, banana & coconut cream w/ muesli & fruits

### **GREENIES SMOOTHIE BOWL (V) 60**

Kale, spirulina, pineapple & coconut cream w/ muesli & fruits

### **SMOOTHIE BOWLS ADD-ONS :**

Scoop of chia seeds 10  
Replace coconut cream by soy | almond milk 10 | 15

Meals are preferred served as per our menu. All changes at your own risk. You've been warned ;)  
All prices are in thousands IDR & include 10% Service charge & 10% Government Tax

# MAINS & QUICK BITES

## HEALTHY ASIAN CORNER

All cooked in a splash of coconut oil with low sodium Japanese soy sauce. No palm oil, no fish sauce, no MSG, no cheap ABC sauces ...

### **STIR-FRY w/ NUTS & PINEAPPLE 65**

Marinated chicken breast or tofu & tempeh with crunchy veggies, Jasmine rice, peanuts & pineapple

### **STIR-FRY w/ VEGGIES & EGGS 65**

Marinated chicken breast or tofu & tempeh with crunchy veggies & Jasmine rice & scrambled eggs

### **THAI GREEN CURRY 65**

Marinated chicken breast or tofu & tempeh with crunchy veggies & Jasmine rice in coconut cream

### **PHANAENG RED CURRY 65**

Marinated chicken breast or tofu & tempeh with crunchy veggies & Jasmine rice in coconut cream

### **EXTRA**

*Thai rice noodles instead of rice* 15

### **VEGGIES INDIAN CURRY 65**

Green peas & veggies cooked in fragrant coconut cream with Jasmine rice & cashew

## SIDES & SMALL BITES

### **ROASTED CASHEW CUP 25**

Air-fried cashew. No oil, sugar or salt added ...

### **SIMPLE CRUNCHY SALAD 40**

Diced papaya, jicama & cucumber w/ balsamic salsa

### **HUMMUS & VEGGIES PITA 50**

Bite sized pita with hummus & crunchy veg salad  
++ add air-fried tofu, tempeh & peanut salsa : +10

### **DAILY SPECIALS ON THE BLACK BOARD ;)**

## SALADS & BUDDHA BOWLS

### **WATERMELON & FETA SALAD 50**

Diced watermelon, cucumber, feta, black olives & mint

### **SWEET PEPPERS & CUCUMBER SALAD 50**

Bell peppers, cucumber, mixed veggies, feta, mint & parsley

### **WILD RICE & VEGGIES SALAD 50**

Organic wild rice, mixed veggies, olives, mint & parsley

### **YOUR CHOICE OF MIXED SALADS 50**

### **CHICKEN BUDDHA BOWL 60**

Crunchy veggies salad, cherry tomatoes, marinated & pan-fried chicken, Jasmine rice & peanut salsa

### **VEG PROTEINS BUDDHA BOWL 60**

Crunchy veggies salad, cherry tomatoes, marinated & air-fried tofu+tempeh, Jasmine rice & peanut salsa

### **FALAFELS BUDDHA BOWL 70**

Crunchy veggies salad, cherry tomatoes, fried falafels with greens hummus, tahini salsa & bite sized pita

## CHILLED SOUPS

### **WATERMELON, TOMATOES & FETA 40**

### **CUCUMBER, COCONUT & MINT 40**

### **GREEN PEAS, CASHEW & CURRY 40**

## PITA PLATTERS

### **CRUNCHY FALAFEL (V) 70**

Bite sized pita with hummus, crunchy veg salad, fried falafels & Tahini salsa

++ add air-fried tofu, tempeh & peanut salsa : +10

### **CHICKEN & VEGGIES 70**

Bite sized pita with hummus, crunchy veg salad, marinated chicken & peanut salsa

### **PITA PLATTER TO SHARE 90**

Bite sized pitas served with veggies, tofu & tempeh, chicken & falafel w/ sides of sauces & hummus

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# SNACKS & SWEETS

## YUMMY TREATS

All baked in house. Also available in full size

### **BANANA BREAD** 30

2 slices, served warm with salted caramel cream

### **CASHEW & COCONUT BROWNIE** 30

### **APPLE & CINNAMON CAKE** 30

### **BEST COOKIE EVER**

Chocolate & cashew available in 3 sizes

Regular (75g) | set of 10 cookies 10 | 90

Besar (120g) 15

Super besar (150g) baked upon request 18

## ENERGY BITES

All Raw - Vegan - Gluten & Dairy Free \*

*Best consumed quickly : they do not support island's heat much ...*

### **CASHEW & COCONUT** 20

Oats, coconut, cashew & caramel

### **CHOCOLATE & STRAWBERRY** 20

Oats, coconut, strawberries, chocolate, sesame seeds

### **CARROT CAKE** 20

Oats, coconut, carrot, raisins, cinnamon & nutmeg

### **COOKIE DOUGH** 20

Oats, coconut, chocolate chips, cashew & cacao

### **CACAO PEANUT BUTTER** 20

Date, oats, coconut, peanut butter, cacao

### **COCONUT & GINGER** 20

Date, oats, coconut, cashew, ginger, sesame seeds

*\* We use GF oats but tools used for preparation may have been in contact with gluten. In case you are on a very strict GF diet ...*

**SPECIALS ON THE BLACK BOARD ...  
... WHEN TIME ALLOWS :)**

## FRENCH PASTRIES

Freshly baked in Bali, delivered every morning !

\*\*\* Limited stock, apologize if we run out \*\*\*

### **CROISSANT** 25

### **PAIN AU CHOCOLAT / CHOCOLATINE :)** 30

### **CHAUSSON AUX POMMES** 30

### **PAIN AU RAISIN** 30

### **Craving for some freshly baked bread ?**

Order before 2PM for pick-up the next day after 11AM.

### **WHITE GLUTEN FREE 280g** 45

### **BAGEL CEREALS (pack of 5)** 55

### **FRENCH BRIOCHE 900g** 110

### **SOURDOUGH 250g** 35

### **SOURDOUGH 500g** 60

### **SOURDOUGH 1kg** 100

### **RYE BREAD 250g** 50

### **RYE BREAD 500g** 90

### **RYE BREAD 1 kg** 160

50% deposit required. All orders are final.

Please leave your contact details & WA at the time of order

## HOUSE MADE NATURAL ICE POPS

### **DRAGON FRUIT + PINEAPPLE (V)** 25

### **STRAWBERRY + WATERMELON (V)** 25

### **PINEAPPLE + ORANGE (V)** 25

### **LIME + COCONUT CREAM (V)** 25

### **CHOCOLATE + BANANA + CASHEW (V)** 30

### **COOKIE DOUGH + COCONUT** 30

### **BROWNIE CHUNCKS + COCONUT** 30

All prices are in thousands IDR & include 10% Service charge & 10% Government Tax

# DRINKS

## COLD PRESSED & JUICE BLENDS

### **COLD PRESSED JUICES**

... NO ICE ADDED unless requested ...

Cucumber, Pineapple or Watermelon 30

Beetroot, Carrot, Orange, Tomatoes or mixed juice 35

### **LIMONANA 35**

Frozen mint lemonade sweeten with coconut syrup

### **STRAWBERRY AQUA FRESQUA 35**

Blended watermelon, strawberries & mint

### **WATERMELON LIME CHILLER 35**

Blended watermelon, lime & mint

### **CUCUMBER MINT CHILLER 35**

Blended cucumber, orange & mint

### **PINEAPPLE ORANGE CHILLER 35**

Blended pineapple, orange & mint

## ESPRESSO & TEA

### **ESPRESSO & MIXES**

Espresso 20

Macchiato 25

Doppio 30

Long Black (hot or iced) 30

Latte | Flat white | Cappucino (hot or iced) 30

CaramelLatte | Caffe Mocha (hot or iced) 35

Extra shot espresso	10
Replace dairy milk by Soy, Coconut   Almond milk	10   15
Upsize (extra shot + extra milk)	18

### **TEA, CHOCOLATE & SPICED CHAI**

Green tea & mint, Lemongrass, Ginger, 22

Jasmine, Peach, Strawberry or Lychee

++ Extra for dairy milk | soy milk : +6 | +10

Iced Green tea + mint, Peach, Rosella + Lime 22

Iced Chocolate Brownie milk shake 35

Spiced Chai Latte | Soya Latte 30 | 40

Spiced Chai Almond Latte 45

## SMOOTHIES & MEALS TO DRINK

### **PURPLE BOOST 45**

Mixed berries, banana, muesli & coconut cream

### **MORNING DATES 45**

Dates, flax, cashew, banana, muesli & coconut cream

### **KICKIN' GREENIES 45**

Kale, spirulina, pineapple, mint & coconut cream

### **CHO-CHO CACAO 45**

Brownies chunks, cacao, muesli & coconut cream

### **MANGGA BAZINGA 45**

Mango, strawberry, pineapple & honey

### **SPICED CARROTS 45**

Carrot, pineapple, nutmeg, cinnamon & coconut cream

### **RED VELVET 45**

Beetroot, banana, cacao, muesli & coconut cream

### **SMOOTHIE ADD-ONS :**

Replace coconut cream by soy | almond milk 10 | 15

Add a scoop of chia seeds 10

## MORE BEVERAGES

### **JAMU 20**

Traditional spiced herbal drink, proudly made on the island

Unsweeten or with a side of honey or coconut sugar

### **KOMBUCHA 40**

### **SINGARAJA small 25**

### **SINGARAJA large 45**

### **TUMAGE RED ALE or PALE ALE 45**

### **MINERAL WATER FREE**

\* with a meal or another drink, cause somebody has to pay the bills :)

Please ask for a glass with ice & refill it by yourself if required ...

*Drinks ingredients are strictly measured for flavor & consistency : any adjustment at your own risk ;)*

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