

# Food<sup>(1)</sup>

## Eggs

### Farm eggs, your way (vg)

3 eggs (fried - scrambled - poached or boiled) - sourdough - ghee - confit cherry tomatoes

### Sunny eggs (v)

greek yogurt - garlic, lemon & dill - 2 eggs (scrambled or poached) - smoked paprika - chili oil - sourdough

65

### Scrambled tofu (vg)

blanched kale - avocado - za'atar - crispy garlic - sourdough - lemon zest

### Salty muffin

3 poached eggs - confit sardines - capers - tahini-lemon sauce - wholegrain muffins

## Tartines

### Honeyed fig (vg)

cottage cheese & yogurt - caramelized dates - raw honey - crushed walnuts - orange zest - sourdough

### Purple (vg)

tahini-beetroot spread - 2 poached eggs - crumbled feta - za'atar - sourdough

70

### Spiced avocado (vg)

smashed avocado - cherry tomatoes - feta - herbs - pumpkin seeds - dukkah - sumac - sourdough

### Sardines on toast

cashew creme mousseline - confit sardines - pickled onions - dill - lemon oil - sourdough

## Plates

### Continental (vg)

2 soft boiled eggs - gouda cheese - strawberry jam - ghee - toasted sourdough soldiers  
*add confit sardines +30*

### Mediterranean (v)

falafels - quinoa - edamame hummus - seasonal grilled vegetables - black olives

90

### Brawny

hot honey cottage cheese - cajun ground beef (150g) - sweet potato - avocado

### Salty

confit sardines - asparagus - crumbled feta - 2 soft boiled eggs - roasted cherry tomatoes - pickled onions - capers - sourdough

### Grizzly

grilled tenderloin (140g) - 2 boiled eggs - miso roasted pumpkin - smashed avocado - le Relais sauce

220

## Salads

### Protein power

grilled chicken - tuscan kale - avocado - pickled red onion - parsley - toasted almond - edamame humus - maca & lemon ginger dressing

### Glow up (v)

tuscan kale - quinoa - roasted pumpkin - roasted beetroot - shredded carrot - red cabbage - avocado - trail mix - tahini honey sauce

### Red boost (vg)

quinoa mix (red & white) - beetroot - feta - walnuts - dried cranberries - mint - balsamic vinegar dressing

85

### Golden halloumi (vg)

grilled halloumi - bulgur - baby spinach - honey - pomegranate - cucumber - honey lemon dressing

### Tuna salad

seared sesame tuna - baby spinach - red rice - avocado - pickled onions - green goddess dressing (chives - parsley - basil - mint - capers)

## Wraps

### Protein wrap

cajun ground beef (140g) - 2 scrambled eggs - smoked cheddar

95

## Tinies

### Grilled halloumi (vg)

arugula - za'atar - toum

### Harissa chicken

roasted chicken - cherry tomato relish - arugula

55

### Veggie (vg)

hummus - falafel - beetroot - jicama



# Food<sup>(2)</sup>

## Healthy sweets

### Coconut chia pudding

coconut milk - collagen tripeptide (marine) - mixed roasted nuts - roasted coconut flakes

### Overnight oats (vg)

rolled oat - almond milk - chia seeds - maca - cinnamon - granola - peanut butter - chocolate

75

### Taro pancakes (v)

taro and banana pancakes - banana 'brulée' - coconut whipped cream - maple syrup

### Almond pancakes (vg)

almond flour pancakes (plant protein powder - egg - almond milk) - almond butter - blueberries - raw honey

### Açaí bowl (v)

açaí - maca - ashwagandha - banana - passion fruit - cacao nibs - your choice of granola<sup>1</sup>

95

### Green smoothie bowl (vg)

banana - kale - avocado - greek yogurt - green spirulina - chia seeds - coconut flakes - pumpkin seeds - your choice of granola<sup>1</sup>

### Pink smoothie bowl (vg)

banana - strawberry - dragon fruit - greek yogurt - creatine powder - dates - chia seeds - coconut flakes - cacao nibs - your choice of granola<sup>1</sup>

<sup>(1)</sup> Granolas:

plain - vanilla almond - sea salt caramel - dark chocolate bana-nut - peanut butter chocolate (also available in the shop)

## Good treats

### Energy ball (v)

dates - nuts - plant protein powder - coconut

30

### Energy bar (vg)

activated almonds - goji berry - orange zest - dark chocolate

40

### Paleo bar (v)

walnuts - pistachios - almonds - cashews - mix sesame seeds- dates - maple sirup - salt

40

### Blueberry muffin (vg)

banana - egg - peanut butter - blueberries

35

### Raw cake bite (v)

walnuts - oats - dates - cinnamon - coconut cream - lemon zest - vanilla - mixed berries

45

### Raw cake coco (vg)

walnuts - dates - almond - cocoa powder - shredded coconut - maple syrup - chocolate ganache

45

### Ginger orange soft cake (vg)

orange & lemon juice - almond flour - coconut oil - egg - ginger

50

### Banana bread (v)

banana - almond flour - coconut sugar - cinnamon powder

45

All our treats are gluten free but not prepared in a gluten free environment.

## Sides

Toasted sourdough - 2pc

20

Confit sardines

30

Eggs (fried - scrambled - poached or boiled) - 2pc

20

Falafels - 2pc

30

Smashed avocado

25

Pickled onions

15

Grilled chicken

35

Olive oil

15

Grilled honey glazed haloumi

30

Honey

15

Edamame hummus

25

(vg) vegetarian - (v) vegan

We are cashless.

Prices in 000 IDR, not inclusive of 10% gov. tax & 6% service charge.

# Drinks<sup>(1)</sup>

## Coffee & co

Espresso	25
Americano	30
Piccolo / macchiato / cortado	30
Flat white / latte / cappuccino / mocha	35
<b>Bulletproof coffee</b>	40
single espresso - unsalted butter - MCT oil - Himalayan salt	
<b>Matcha latte</b>	40
matcha powder - full milk   <i>make it dirty +15</i>	
<b>Chai latte</b>	40
chai powder (sweetened) - full milk   <i>make it dirty +15</i>	
<b>Hojicha latte</b>	35
hojicha powder (sweetened) - full milk   <i>make it dirty +15</i>	
<b>Hot choc</b>	35
raw cacao - cinnamon - coconut sugar - full milk	
<b>Classic tea</b>	30
mint   green   chamomile	
Oat milk / almond milk	+5
Extra espresso shot	+15
Make it iced	+10
Ashwagandha / maca / collagen tripeptides (marine)	+10
Mushroom mix (lion's mane - codryceps - reishi - turkey tale - chaga - maitake)	+20

## Iced coffees

<b>Aerocano</b>	40
aerated iced americano	
<b>Coconut cloud</b>	50
fresh coconut water - whipped espresso cream - vanilla syrup	
<b>Mont blanc</b>	55
cold brew - homemade cream mix - orange zest	
<b>Tahini coffee</b>	55
double espresso - tahini - sesame seeds - honey - oat milk	
<b>Vietnamese coffee</b>	40
cold brew - condensed milk	
<b>Brown sugar espresso</b>	40
double espresso - coconut brown sugar - full milk - Himalayan salt	
<b>Honey cinnamon</b>	50
double espresso - honey - cinnamon foam - pinch of Himalayan salt	
<b>Honey lemoned coffee</b>	45
double espresso - honey - water - lemon juice	

## Iced matchas

<b>Matcha latte</b>	40
matcha powder - milk	
<b>Coconut cloud matcha</b>	
fresh coconut water - coconut foam - matcha	
<b>Strawberry matcha</b>	
strawberry puree - matcha latte - strawberry cream foam	
<b>Mango matcha</b>	50
mango puree - matcha latte - mango cream foam	
<b>Blue matcha</b>	
blue spirulina - matcha latte	
<b>Dirty matcha</b>	
single espresso - matcha latte	
Oat milk / almond milk	+5
Collagen tripeptides (marine)	+10
Hyaluronic acid powder	+25



# Drinks<sup>(2)</sup>

## Functional smoothies

Energy + focus	55
banana - spinach - almond milk - maca - chia seeds	
Gut health	65
pineapple - mango - fresh coconut water - probiotic powder (kefir) - L-glutamine	
Recovery	55
mixed berries - banana - oat milk - plant protein (15g) - honey	
Anti-stress	65
blueberries - almond butter - oat milk - ashwagandha - cacao nibs	
Skin + beauty	80
strawberry - kiwi - fresh coconut water - honey - collagen tripeptides (marine) - hyaluronic acid powder	
Protein powder (15g) / creatine (5g)	+15
Ashwagandha / maca / collagen tripeptides (marine)	+10
Mushroom mix (lion's mane - codryceps - reishi - turkey tale - chaga - maitake)	+20

## Juices & shots

Jamu shot	15
Wheatgrass shot	20
Olive oil & lemon juice shot	30
Carrot / apple / mint / lemon / ginger / ashwagandha	
Beet / cucumber / carrot / lemon / ginger	
Pineapple / ginger / turmeric	45
Papaya / pineapple / lime / mint	
*juices are cold pressed	

## Cool drinks

Electro-like	
fresh coconut water - lime juice - creatine (5g) - honey - Himalayan salt	
Digestive wonder	50
ginger - turmeric - aloe vera juice - lemon juice - apple cider vinegar - Himalayan salt	
Brasilian lemonade	
whole lemon - condensed milk - coconut sugar	
Sourbucha	45
peach or lychee	
Overnight ice tea	40
black tea - apple - lemon - basil - coconut sugar	
Mint lemonade	35
Fresh coconut water	30
San Pellegrino 750ml	70
Soda water	25
Filtered water	10

## Functional teas

Brain Booster	
green tea - peppermint - ginger - turmeric	
Flu Fighter	
green tea - hibiscus - liquorice - lemon - lemongrass - butterfly pea - chamomile	
Calming Blue	40
lemongrass - ginger - pandan - butterfly pea	
Hormonal Balance	
green tea - lemongrass - rose - pandan - cardamom - parsley - cinnamon	

## Broths

Chicken broth	
leek - celery - carrot - onion - garlic - sea salt - pepper - turmeric powder - clove	
Beef broth	60
leek - celery - carrot - onion - garlic - sea salt - pepper - turmeric powder - clove	