

ORGANIC & COOKED FOODS

BURSTING WITH FLAVOR, NUTRIENTS & VITALITY!

COOKED BREAKFAST

TWO FREE RANGE EGGS ANY STYLE 27
BOILED, FRIED OR SCRAMBLED

SPINACH & FETA OMELETTE 33
FREE RANGE EGGS, SAUTÉED SPINACH WITH SHALLOTS & FETA

FLAX OAT PORRIDGE 31
OATMEAL WITH FLAX SEEDS, RAISINS, NUTS, CINNAMON
& SLICED BANANA

TOFU SCRAMBLE 31
SAUTÉED VEGGIES & TOFU, WITH MULTIGRAIN TOAST
OR RED RICE

BREAKFAST BURRITO 33
SCRAMBLED EGGS WITH AVOCADO, SALSA,
SOUR CREAM & CHEESE

INDIAN BREAKFAST WRAP 31
GREEN CHILI OMELETTE WRAPPED IN A FRESH TORTILLA
WITH YOGURT

GRIELLED VEGGIE EGG SCRAMBLE 34
FREE RANGE EGGS, VEGGIE & FETA

BIRCHER MUESLI 29
OATS & APPLES WITH SWEET SPICES, VANILLA YOGURT
& SEEDS SOAKED

BUBUR INJIN 19
TRADITIONAL BLACK RICE PUDDING WITH COCONUT CREAM
& SLICED BANANA

COOKED BOWL FOOD

VEGETARIAN TOFU & BEAN CHILI 29
SERVED WITH CHEDDAR CHEESE, SALSA,
SOUR CREAM & ORGANIC RED RICE

KITCHEREE 37
ORGANIC LENTILS & BROWN RICE STEWED WITH GINGER,
TURMERIC & FRESHLY MADE GARAM MASALA, FINISHED
WITH BROCCOLI FLORETS AND CORIANDER LEAF

MISO SOUP 23
WITH SPINACH, TOFU & CORIANDER ORGANIC

CURRY DHAL SOUP 24
ADD ORGANIC RED OR BROWN RICE

HERB TOMATO SOUP 24
SPRINKLED WITH PARMESAN CHEESE

SPICED PUMPKIN SOUP 24
SERVED WITH SOUR CREAM ON THE SIDE

STARTERS

STEAMED EDAMAME 14
SALTY SOY BEAN PODS

CRUNCHY TEMPE & TOFU CHIPS 28
SERVED WITH DUO OF BALINESE SAMBALS

VIETNAMESE SALAD ROLLS 35
RAW VEGGIES, TOFU & HERBS WRAPPED IN RICE
PAPER WITH PEANUT COCONUT SAUCE

HUMMUS & CHIPS 31

MAINS

VEGAN BURGER 47
A MIX OF GROUND CASHEWNUIT, SHIITAKE MUSHROOM, SEEDS
& SPICES SERVED IN A PITA WITH SALADS & ALL THE FIXINS!

LITTLE K MEZZE PLATE 49
HUMMUS, BEETS, FETA MARINATED, ARUGALA,
ROASTED PEPPER & PITA BREAD

GRILLED VEGETABLE WRAP 37
FLOUR TORTILLA SPREAD WITH PESTO FILLED WITH
SALAD, VEGGIE & FETA CHEESE

CHEESE QUESADILLA 37
MELTED CHEESE WRAPPED IN A TORTILLA SERVED WITH
SALSA & SOUR CREAM

GRILLED VEGGIE QUESADILLA 39
MELTED CHEESE WRAPPED IN A TORTILLA FILLED WITH SALAD
GRILLED VEGGIE & SERVED WITH SALSA & SOUR CREAM

VEGETARIAN SANDWICH 35
MELTED CHEESE WITH AVOCADO, CUCUMBER, TOMATO
& SPROUT ON MULTIGRAIN BREAD

CASHEW GINGER TOFU 37
MOIST TOFU POACHED WITH AROMATIC GINGER & SPICES
SERVED WITH ORGANIC RED RICE

ORGANIC RED RICE NASI GORENG 39
VEGETARIAN FRIED RICE WITH LOADS OF VEGGIES,
TOFU & TOASTED CASHEWS

GREEN FIEND 37
STIR-FRIED GREENS & TOFU IN A SOY-GINGER SAUCE
WITH ORGANIC RED RICE

MACROBIOTIC BOWL 33
RED RICE PILED WITH STEAMED VEGGIES, ROASTED SEEDS
& TOFU WITH TAHINI LEMON DRESSING

SEE OUR SPECIALS MENU

PRICES ARE
IN THOUSAND RPS

ORGANICALLY INSPIRED...
ALL PRICE ARE NETT
+ 3% FOR CREDIT CARD

RAW VEGAN & ORGANIC FOODS

BURSTING WITH FLAVOR, NUTRIENTS & VITALITY!

HOW RAW FOOD IS PREPARED

DYHYDRATED UNDER 118°F (48°C) IN ORDER TO PRESERVE IMPORTANT ENZYMES AND NUTRIENTS. ALL OUR RAW FOOD IS VEGAN WHICH MEANS WE DON'T USE ANY ANIMAL PRODUCTS (NO MEAT, DAIRY, EGGS, ETC).

RAW VEGAN BREAKFAST

SUPER TROPICAL BOWL 23
FRESH SEASONAL FRUIT WITH LIME

ADD RAW MUESLI 8

LIVING GRANOLA 23
DATES, PINEAPPLE & SEEDS. WITH FRESH CASHEW MYLK

RAW APPLE CINNAMON MUESLI 25
SUNFLOWER & PUMPKIN SEEDS, APPLES, DATES & CINNAMON, DEHYDRATED UNTIL CRISP WITH FRESH CASHEW MYLK

RAW FLAX OUT PORRIDGE 29
HEALTHY "PORRIDGE" TOPPED WITH SLICED BANANA

RAW CINNAMON & BANANA PANCAKE 33
SERVED TOPPED WITH FRUIT & A DRIZZEL OF ORGANIC HONEY

RAW SWEETS

RAW KEYLIME PIE 31
RICH & CREAMY AVOCADO FILLING IN A CASHEW DATE CRUST

RAW CARROT CAKE 25
CARROT, WALNUT & RAISIN WITH A CASHEW CREAM ICING

RAW CHEESECAKE 29
DAIRY FREE CASHEW CHEESECAKE

RAW ENERGY BALLS 17
SPIRULINA BALLS, SESAME BALLS & CHOCOLATE CHILI BALLS

RAW CHOCOLATE CAKE 29
CREAMY & LIGHT WITH CASHEW & CHOCOLATE FILLING

RAW BLACK CURRANT PIE 31
DELICIOUS BLACK CURRANT PIE FOR SUPPORTING WHOLE BODY

RAW VEGAN MEALS

RAW LASAGNA 43
LAYERS OF ZUCCHINI "NOODLES", MARINARA SAUCE, CASHEW CHEESE & PESTO

RAW MINI PIZZA 45
FLAX CRUST TOPPED WITH CASHEW CHEESE, MARINARA SAUCE, KALAMATA OLIVE & BALSAMIC ONION SERVED WITH SALAD

RAW TACOS 45
ROOT VEGETABLE TACO FILLING ON ROMAINE LEAF, SERVED WITH CASHEW "SOUP CREAM", GUACAMOLE & TOMATO SALSA

RAW RAVIOLLI 43
MARINATED DAIKON, SUNFLOWER SEED CHEESE, SUNDRIED TOMATO SAUCE, DREZZEL WITH EXTRA VIRGIN OLIVE OIL

RAW THAI ROLLS 39
THAI STYLE CURRY ZUCCHINI ROLLS & JULIENNED VEGGIE. SERVED WITH FLAX CRACKER, TOMATO & NAM JIN SAUCE

RAW NASI GORENG 37
JICAMA "RICE" WITH VEGETABLES & BALINESE SPICE

ORGANIC SALADS (NOT VEGAN)

MEG'S BIG BOWL 43
ORGANIC GREENS, VEGGIES, SEEDS & AVOCADO WITH HERB VINAIGRETTE

ORGANIC ARUGALA SALAD 42
ARUGALA, APPLES, MUSHROOM, PARMESAN & BALSAMIC DRESSING

GRILLED VEGGIE & CRUMBLLED FETA SALAD 52
EGGPLANT, ZUCCHINI, RED PEPPER, BABY POTATOES & FETA TOSSED IN HERBED OLIVE OIL & SERVED WITH HERB VINAIGRETE

CRUCHY BEETROOT & WALNUT SALAD 47
HONEYED POACHED ORGANIC BEETS, FETA CHEESE & WALNUT WITH BALSAMIC VINAIGRETTE

GREEK SALAD 46
THE CLASSIC GREEK MIX OF CHOPPED CUCUMBER, GREEN PEPPER & TOMATO WITH KALAMATA OLIVES & CRUMBLLED FETA SERVED WITH A PITA

TRICOLOR SOBA PLATE 39
COLD JAPANESE BUCKWHEAT NOODLES IN A HOMEMADE PONZU SAUCE, TOPPED WITH CRUNCHY VEGGIES, GRILLED TOFU, SEEDS & NUTS

SOUP & SALAD SPECIAL

ADD A MISO SOUP TO YOUR SALAD FOR JUST Rp. 17,000

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AYURVEDIC SPECIALS

AYURVEDA, INDIA'S LIVING SCIENCE OF NATURAL MEDICINE - PREVENTING, HEALING & TRANSFORMING SINCE 3000 BC

THE AYURVEDIC RECIPES FOUND HERE HAVE BEEN FORMULATED ESPECIALLY FOR **LITTLE K** AS A HEALING MENU ASSOCIATED WITH THE KUSH AYURVEDIC REJUVENATION AND DETOX PROGRAMS.

WHETHER YOU ARE ON A KUSH PROGRAM OR NOT, YOU ARE WELCOME TO SAMPLE THESE HEALING FOODS. INFORMATION ABOUT OUR AYURVEDIC PROGRAMS, CUSTOMIZED FOR YOUR BODY/MIND TYPE, CAN BE FOUND AT THE RECEPTION.



AYURVEDIC FOODS

AYURVEDIC BREAKFAST WRAP 28

ORGANIC EGG WHITE OMELETTE FOLDED WITH VEGETABLES & CORIANDER LEAVES SEASONED WITH FRESHLY GROUND DIGESTIVE SPICES WRAPPED IN A WHOLE WHEAT CHAPATI. SERVED WITH RAITA & GINGER PICKLE.

RED LENTIL DHAL 29

A CLASSIC INDIAN MASOOR (SPLIT RED LENTIL) DAHL WITH MUSTARD SEED & GARAM MASALA. SERVED WITH RAITA & WHOLE WHEAT CHAPATI.

SAAG PANEER 28

CURRIED SPINACH WITH SOFT CUBES OF HOME MADE CHEESE (PANEER), SERVED WITH MANGO CHUTNEY & WHOLE WHEAT CHAPATI.

AYURVEDIC CLEANSING SOUP 27

A SOOTHING ORGANIC VEGETABLE & QUINOA SOUP, GENTLY SEASONED WITH A DIGESTIVE, DETOXIFYING AYURVEDIC MASALA.

KITCHEREE MRDU 37

A SIMPLE, EASILY DIGESTED 'STEW' OF ORGANIC RICE & SPLIT YELLOW LENTILS WITH A MILD & SPECIALLY PREPARED SPICE BLEND. GENTLY CLEANSSES & STEADIES THE DIGESTIVE FIRE

AYURVEDIC DRINKS: COOL

CLEAN GREEN WITH GOTU KOLA 32

GOTU KOLA, AMARANTHUS, MINT, PARSLEY & CORIANDER JUICE BLENDED WITH COCONUT WATER.

GOTU KOLA IS A MEDHYA RASAYANA, PROMOTING HEALTHY BRAIN FUNCTION

ROSE & CARDAMON LASSIE 29

HOMEMADE BUTTERMILK WITH NATURAL ROSEWATER & CARDAMON.

SOOTHES & REJUVENATES THE WHOLE BODY

NIMBU PANI 29

AYURVEDIC LEMONADE WITH BALINESE LIME, ALOE VERA, MINT, HONEY, & A DASH OF SPICE. SERVED WITH A HINT OF ICE.

REFRESHES & CLEANSSES DIGESTIVE SYSTEM

AYURVEDIC DRINKS: WARM

VATA RELAXING TEA 18

SOOTHES DIGESTION, WARMS THE BODY

PITTA COOLING TEA 18

PURIFIES BLOOD, RELIEVES INFLAMMATION

KAPHA ENERGIZING TEA 18

DECONGESTS, INCREASES ENERGY

DETOX TEA 18

CLEANSSES & REGULATES THE DIGESTIVE SYSTEM

EXTRAS

CUCUMBER CORIANDER RAITA 9

SWEET & SOUR MANGO CHUTNEY 9

GINGER TURMERIC PICKLE 7

WHOLE MEAL CHAPATI 7

ORGANIC RICE 7

GHEE (CLARIFIED BUTTER) 7

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JUICE'S

- MIX OF ANY VEGETABLE IN SEASON, YOUR CHOICE 30
 CARROT, BEET, APPLE, CUCUMBER, PARSLEY, CELERY, GINGER, SPINACH & HERB
- LIME MINT SLUSH SM 17 XL 23
- POPEYE - SPINACH, APPLE, CUCUMBER 23
- RED ROCKET - CARROT, BEET, GINGER 27
- SOMETHING GREEN - APPLE, CELERY, PARSLEY & SPINACH 29
- CARROT CLEANSER - WITH FRESH GINGER & LIME 26
- BLOOD CLEANSER - BEET, CUCUMBER, CARROT & CELERY 25
- ENERGY COCKTAIL- PINEAPPLE, APPLE, CUCUMBER & GINGER 23
- THE DAY AFTER (HANGOVER HELPER) 25
 TANGERINE, BANANA & SPIRULINA
- VITAMIN C BLAST WITH A TWIST 23
 BALI ORANGES, CARROT, PINEAPPLE, PAPAYA & BASIL
- ALOE, APPLE, GINGER 24
- COCONUT SPLASH 24
 COCONUT WATER & VANILLA BEAN SYRUP
- BEET BLUSH 30
 BEET, CARROT, APPLE, LIME & GINGER
- RASPBERRY LEMONADE 28
 RASPBERRIES & LIME

TEAS

ALL TEAS STEEPED WITH REVERSE OSMOSIS H₂O

CHAI MASALA - HOT OR ICED 15

LOCAL TEA POT 16

PASIR NANGKA / BLACK

GOURMET TEA POT 16

ROOIBOS AFRICAN RED, EARL GRAY, PEPPERMINT,
 GREEN TEA MANGO, JASMINE

ICED TEAS

BLACK TEA - WITH LIME 16

HERBAL TEAS 16

SODA'S

- ALOE VERA SODA 24
 GINGER, ALOE, LIME, HONEY, MINT & SODA
- LEMONGRASS SPRITZER 19
 LEMONGRASS SYRUP & SODA
- VANILLA LIME SODA 24
 VANILLA BEAN SYRUP, LIME & SODA
- LAVENDER SPRITZER 23
 LAVENDER SYRUP WITH SODA ON TOP
- LIME SQUASH 19
 SODA WITH LIME, SLIGHTLY SWEETENED

COFFEES

- ESPRESSO 13
- MACHIATO 15
- AMERICANO - HOT OR ICED 16
- CAPPUCCINO - HOT OR ICED 17
- CAFE LATTE - HOT OR ICED 18
 WITH SOY MILK ADD 8
- NUT MYLK LATTE - WITH VANILLA CASHEW MYLK 22
- KOPI TUBRUK - TRADITIONAL BALINESE COFFEE 10

SMOOTHIES, SHAKE'S & LASSIE'S

- SUPER SMOOTHIE 27
 FRESH COCONUT WATER BLENDED WITH PAPAYA, CUCUMBER,
 SPINACH & A DASH OF RAW HONEY
- SUPER ANTI-OXIDANT SHAKE 37
 RAW ORGANIC CASHEW, CAO-CAO, HONEY, FLAX & BANANA BLENDED
 WITH HAND PRESSED SOY MILK (GREAT FOR CLEANSING)
- BANANA SPICE SMOOTHIE 22
 BANANA, HAZELNUT & NUTMEG SPICE
- CACAO MACA SHAKE 34
 RAW CACAO, MACA, COCONUT MILK & SOY MILK
- FIBER FRUIT SMOOTHIE 35
 RASPBERRIES, BANANA, PLAIN YOGURT & OAT
- BLACKCURRANT SMOOTHIE 33
 BLACKCURRANT, BANANA, APPLE & HONEY
- ESPRESSO SOY SHAKE 23
 FRESH BREW ESPRESSO BLEND WITH SOY MILK
- HONEY LASSIE 25
 RAW HONEY WITH YOGURT
- CARDAMON LASSIE 25
- ROSE & CARDAMON LASSIE 28
 YOGURT WITH NATURAL ROSEWATER & CARDAMON

HEALTHY ELIXERS

- FRESH WHEATGRASS SHOT 16
 SERVED WITH SLICE OF LIME
- LIVER DETOX CARROT & TURMERIC SHOT 11
- BELLY JUICE 28
 ALOE VERA, APPLE, TURMERIC & HONEY
- "I AM TARZAN !" WITH LIME 15
 YOUNG COCONUT WATER (SERVED WITH ICE UPON REQUEST)
- HOT GINGER LIME HONEY 17

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