

BREAKFAST - 95 K - **FREE** with your stay

21% Government Tax & Service Charge will be added to your bill



Included are: Fresh fruits or fruit juice, toast, butter & jam and tea or Bali coffee (**Specialty COFFEE see Drinks Menu**)

TWO EGGS (free range eggs) please choose:

- **Scrambled Eggs (2)**: with tomatoes, spinach, shallots, onion, feta cheese
- **Omelet (2)** with tomatoes, spinach, shallots, onion, feta cheese, and herb
- **Over-Easy Eggs (2)**
- **Boiled Eggs (2)**

OR SWEET BREAKFAST CHOICES:

- **2 CINNAMON FRENCH TOAST** with grated coconut & palm sugar
- **PANCAKES (3) - CHOOSE:** banana, pineapple, or plain
- **SUNRISE PORRIDGE:** with raisins, sliced banana, sunflower seeds, cashew nuts, cornflakes, chocolate flakes, served with your choice of milk,/ coconut milk/ soy milk
- **GRANOLA:** with cashews and raisins

SALADS - 65 K

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- **AVOCADO SALAD - if in season -**

With avocado, tomato, basil & ginger.

Dressing: Olive oil, apple cider vinegar & honey

- **HEALTHY CRUNCH**

Green salad, avocado, tomato, shredded carrots, shredded red beets, Jicama, red or green pepper (if available), Tempeh crunch, cashew nuts & sesame seeds

Dressing: Lime & Honey dressing **OR** Creamy Balsamic

- **CUCUMBER & TOMATO SALAD**

Cucumbers & Tomatoes, basil and sliced shallots

Dressing: Lime & Black pepper dressing **OR** Creamy Balsamic

- **PAPAYA & CUCUMBER SALAD**

Shredded green or sweet papaya with cucumber

Dressing: Tamarind with palm sugar & lime dressing & peanuts

- **CARROT SALAD**

Grated carrots with cashews and raisins in

orange juice **Dressing:** Lime & Honey dressing

OR balsamic vinegar

SOUPS - 65K

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- **PUMPKIN SOUP**
Chunky or smooth pumpkin soup with carrots & orange juice,
with Mango-Chutney
- **CLEAR Vegetable Soup**
With cauliflower, potatoes, carrots and cabbage in clear broth
- **CREAMY Vegetable Soup**
With cauliflower, potatoes, carrots and cabbage blended to a
creamy soup with your choice of milk or coconut milk
- **LIGHT COCONUT LEMONGRASS SOUP**
With tomatoes, cabbage, celery, ginger and lemon grass
- **TOMATO SOUP**
Chunky blended OR clear tomato soup, with herbs and onions

MAIN COURSES

CREPES – 85 K

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- **SHAMBALA CREPE & CURRY VEGETABLES**
With mixed vegetables & Tempeh in coconut-curry sauce
- **SHAMBALA CREPE & STEAMED VEGETABLES**
Mixed steamed vegetables & Tempeh
With your choice of peanut sauce **OR** Tahini-lemon sauce
- **SHAMBALA CREPE with MASHED POTATOES, VEGETABLES & Tempeh** in coconut-curry sauce

RICE and VEGGIES – 85 K



RED RICE &VEGETABLES - all with Tempeh or Tofu

- **STEAMED** vegetables
- **WOK FRIED** vegetables
- **DEEP FRIED** vegetables in Tempura batter
- **COCONUT-CURRY SAUCE VEGGIES**, with lemongrass
- **VEGETABLE TEMPURA**: Assorted vegetables deep-fried in Tempura batter with Tempeh or tofu

With your choice of a SAUCE: Sour cream Sauce, Peanut or Sauce. Tahini Sauce

RED RICE SALAD

Red Rice with avocado, tomatoes, lemongrass, cucumber, raisins, and herbs

POTATOES& VEGGIES – 85 K

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PICK YOUR CHOICE OF STYLE OF POTATOES:

- **MASHED POTATOES**
- **FRENCH FRIES** Farmer potatoes... fried like French Fries
- **POTATOE WEDGES** Farmer potatoes, fried with basil leaves, herbs & olive oil
- **POTATOE CROQUETTES** Mashed potatoes deep fried

PICK YOUR CHOICE OF VEGETABLES:

- **Steamed vegetables**
- **WOK-fried vegetables**
- **Deep-fried vegetables in Tempura batter**

PICK YOUR CHOICE OF TEMPEH: fried, steamed, or tempura style

With your choice of a SAUCE: Sour Cream Sauce, Peanut or Sauce. Tahini Sauce

SANDWICH CORNER – 85 K

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- **FOCACCIAIA SANDWICH**

Homemade Focaccia bread comes with lettuce, onion, tomato, and cucumber with feta cheese. **Comes with fried potatoes on the side**

- **CLUB SANDWICH**

Homemade Shambala bread with lettuce, cucumber, tomato, eggs, onion, and feta cheese. **Comes with fried potato wedges on the side**

- **MAKE YOUR OWN SANDWICH:**

CHOOSE FROM: Tomato, Onion, Avocado, Cucumber, Lettuce, Eggs, Cream Cheese, Mustard, Feta Cheese. **Comes with fried potatoes on the side**

- **EGG SANDWICH**

Homemade Focaccia bread comes with lettuce, onion, tomato, and cucumber with feta cheese. **Comes with fried potatoes on the side**

COFFEE & TEA SELECTION - 35 K

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- Americano
- Single
- Double Espresso 40 K
- Bali KOPI
- Cappuccino
- Coffee Latte
- Mocha

A POT of HOT or COLD TEAS

EARL GREY TEA

Peppermint Tea, Chamomile Tea, or Green Tea

HOMEMADE CHAI TEA without Caffeine

GINGER & CINAMON with lime juice, ginger, honey & cinnamon

GINGER & LEMON & HONEY

FRESH JUICES – 25 K- 45 K

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MIXED FRUIT JUICES with ice and honey 35 K

- ORANGE JUICE, PINAPPLE JUICE
- WATER MELON or PAPAPYA Juice with CASHEWS and honey
- WATERMELON & CUCUMBER JUICE

MIXED VEGGIE JUICES with ice and honey 8 OZ 45 K

- VITAMIN A BOOST: CARROT, LIME & GINGER
- IMMUNE BOOST: APPLE, CARROT, CELERY & GINGER
- BALI TRADITIONAL JAMU JUICE: TURMERIC, APPLE, CARROT
- DETOX: BEETROOT, CARROT, APPLE, MINT

MIXED JUICE TEMPTATIONS: 45 K

- Mixed papaya, pineapple, banana, with squeezed lime honey
- Pineapple Juice, lemon juice, banana and syrup

REFRESHING LIME Juice 35 K

HEALTHY SHAKES - 40 K

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MILK SHAKES - with you choice of milk, Soy milk, Coconut milk

- BANANA
- CHOCLATE
- VANILA

NO-MILK SHAKES

- CHOCLATE BLISS: Banana, cacao, vanilla and coconut milk
- AVOCADO JUICE dripped with chocolate
- CASHEW CHOCLATE HONEY BLISS: with banana and coconut milk

DESSERTS – 40 K

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- **BANANA PLATTER:** Banana in a pancake batter with honey or chocolate sauce
- **SHANGRILA SUNSET Crêpe:** Crêpe with mixed fruit, chocolate sauce & ice cream
- **CINAMON FRENCH TOAST** with butter & jam, surrounded by grated coconut, served with palm sugar
- **PANCAKES:** Pancakes with your choice of: Banana, pineapple, or plain
- **BANANA SPLIT ICE CREAM** Banana with your choice ice-cream & chocolate sauce
- **FRUIT SALAD** Mixed Fruits with yogurt, honey, raisins and cashews
- **CARROT or BANANA CAKE**, ask for Gluten Free 30 K
- **TIRAMISU** (if available) 30 K