

# BEACH GARDEN

*Organic Kitchen*

Food Menu

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*Welcome to Beach Garden! We take great pride in serving you homemade healthy comfort foods, made with love and the very best ingredients. Our fruits and vegetables are bought directly from organic farmers in Bedugul. Our eggs are organic and free range. Our cheeses are made by local artisan producers or imported. Our fish is sustainably line caught. Our chicken and pork are local and organic. Our beef is Australian grass fed organic. We serve a large range of home made smoothies, bowls, cold pressed juices and desserts. We only use filtered water on our premises. Clean foods are slower to produce and have lower yields than foods produced using industrial methods, thus it is more expensive. However, health is the new wealth, and we strongly believe that the only way to eat is in a manner that respects our planet and that nourishes our bodies.*

*Enjoy! Om Swastiastu!*

# Breakfast

## BALI FRUIT PLATTER

Generous assortment of seasonal tropical fruits..... 65  
V1, DF, NF, GF, R

## BANANA RICE FLOUR PANCAKE

Banana, cinnamon, dates, lime, coconut palm syrup..... 60  
V2, DF, NF, GF

## EXOTIC PORRIDGE

Oats, homemade coconut milk, banana, apple, goji berries,  
cinnamon, dates, masala chai..... 55  
V1, DF, GF

## GREEN MACRO BOWL

Steamed spinach and broccoli, avocado, grated carrot, radish, rucicola,  
hummus, sesame seeds, red rice and orange miso dressing..... 85  
V1, DF, NF, GF

## TWO EGGS ON TOASTED BREAD

Prepared to your liking, house salad on the side..... 45  
V2, DF, NF

## ROASTED VEGETABLE OMELET

Garlic and spinach, red paprika, feta cheese, served with  
crispy baby potatoes, roasted tomato and toasted sourdough..... 75  
V2, NF

## CLASSIC ENGLISH BREAKFAST

Two eggs prepared to your liking, crispy bacon, pork sausage,  
baked black beans, sautéed mushrooms and spinach, crispy potatoes,  
roasted tomato, tomato chutney and toasted sourdough..... 89  
DF, NF

## SMOKED HAM OMELET

Baked black beans and feta cheese, served with crispy baby potatoes,  
roasted tomato and toasted sourdough..... 85  
NF

## SMASHED AVOCADO TOAST

Radish, onion, micro greens and sesame seeds on toasted sourdough..... 60  
V1, DF, NF

## PAPAYA & FETA TOAST

Rucicola, almond flakes, micro greens and vegan herb sace..... 60  
V2, R

## BACON, LETTUCE, TOMATO SANDWICH

Crispy bacon, grilled chicken, lettuce, tomato,  
homemade mayo on toasted light bread..... 70  
DF, NF

## ADD ONS

Organic bacon, organic pork sausage, feta cheese,  
vegan mozzarella, yoghurt (coconut or regular), quinoa..... 25

Side of steamed veggies / baked beans / avocado..... 20

Fresh baked sourdough / pitta bread / rice paper bacon / sautéed spinach  
steamed broccoli / roasted tomato / sautéed mushrooms  
sautéed potatoes and onions / any sace..... 15

Butter, jam, egg, rice, tempeh..... 10

# Smoothies & Bowls

## PURPLE RAIN

Blueberries + Papaya + Frozen Acai + Coconut + Lime..... **79 / 99**  
Toppings: Dragonfruit + Blueberries + Papaya + Banana + Granola (Jar or Bowl)

## PERFECT PACHA

Papaya + Strawberries + Raspberries + Lime..... **69 / 89**  
Toppings: Dragonfruit + Watermelon + Strawberries + Star Fruit + Granola (Jar or Bowl)

## THE CLEAN GREEN

Spinach + Pineapple + Coconut + Mint + Ginger + Banana..... **59 / 79**  
Toppings: Papaya + Pineapple + Watermelon + Granola (Jar or Bowl)

## NUTTY PROFESSOR

Banana + Coconut + Peanut Butter + Dates + Cashews + Lime + Salt..... **69 / 89**  
Toppings: Papaya + Banana + Strawberries (Jar or Bowl)  
+ Granola + Cashews + Cacao Nibs

## CHOCAHOLIC

Papaya + Coconut + Raw Cacao + Dates + Maca..... **59 / 79**  
Toppings: Papaya + Banana + Mango + Granola (Jar or Bowl)

## MORE PASSION

Mango + Papaya + Passion Fruit + Coconut + Lime..... **59 / 79**  
Toppings: Papaya + Mango + Pineapple + Passion Fruit + Granola (Jar or Bowl)

## PAPAYA CREAM

Papaya + Coconut + Vanilla + Cashews + Lime + Cinnamon..... **59 / 79**  
Toppings: Papaya + Pineapple + Banana + Granola (Jar or Bowl)

## KOMODO DRAGON

Dragonfruit + Coconut + Pineapple..... **69 / 89**  
Toppings: Dragonfruit + Mango + Banana (Jar or Bowl)  
+ Pineapple + Passion Fruit + Granola

## YOGURT

Strawberries + Blueberries + Dairy Free Coconut Yoghurt..... **79 / 99**  
Toppings: Dragonfruit + Banana + Blueberries + Granola (Jar or Bowl)  
(regular yoghurt available)

## ADD ONS

Papaya, Watermelon..... **5**

Sesame Seeds, Passion Fruit, Coconut Flakes, Pineapple, Banana..... **8**

Homemade Granola, Chia Seeds, Spirulina..... **10**

Mango, Strawberries..... **12**

Cashews, Cacao Nibs, Dragonfruit, Almonds, Blueberries, Goji, Bee Pollen, Maca..... **15**

All prices subject to 10% sales tax & 5% service

# Starters

## BEACH GARDEN SHARING PLATTER

*A selection of our best vegetarian bites, fresh vegetables and dips, served on our giant signature wooden platter. An Instagram favorite (2 to 3 people)..... 55*  
V2

## RAINBOW SPRING ROLL

*Rice paper, sweet chili sauce, asparagus, mango, red paprika, red cabbage, rice noodles..... 55*  
V1, DF, NF, GF, R

## RAW NORI ROLL

*Jicama and cauliflower rice, avocado, papaya, spring onion, mint, cucumber, yellow pepper, miso sauce, soy sauce, wasabi pickled ginger..... 55*  
V1, DF, NF, GF, R

## SWEET MISO EGGPLANT

*Roasted with miso dressing and topped with sesame seeds..... 55*  
V1, DF, NF, GF

## FALAFEL SLIDER

*Crispy falafels in homemade pita bread, cherry tomatoes and shallots, curried coconut flakes, tarragon and coconut mint sauces..... 55*

## CRISPY SNAPPER FINGERS

*Coated in almond flakes and herbs, served with wasabi mayo..... 55*  
DF

## SPICY TUNA MAYO

*Served on a crispy rice cake, with avocado, ponzu sauce and micro greens..... 55*  
DF, NF, GF

## JAPANESE STYLE BUTTER FISH

*Sesame glazed, served over fennel puree, topped with coriander, tarragon and ponzu drizzle..... 55*  
DF, NF, GF

## CRISPY DUCK BAO BUN

*Roasted duck, steamed asparagus, pickled daikon and Korean plum sauce..... 55*  
DF, NF

# Salads & Soups

## MIXED GREEN SALAD

Assorted lettuce, avocado, red pepper, fresh herbs and vinaigrette..... 49  
V1, DF, NF, GF, R

## WATERMELON & MINT SALAD

Watermelon cubes, fresh mint, feta cheese,  
almond flakes and balsamic reduction..... 45  
V2, GF, R

## PAD THAI

Raw spiralled zucchini, carrot, spring onion, peppers,  
thai basil, coriander, spicy peanuts and peanut sauce..... 69  
V1, DF, GF

## RAW PESTO LINGUINE

Vegan pesto, spiraled zucchini, sundried tomatoes, carrot,  
cucumber, broccoli, argula basil and vegan parmesan..... 75  
V1, DF, GF, R

## WARM PUMPKIN & CRISPY CHICKPEA SALAD

Argula, sundried tomatoes, spinach, pumpkin, asparagus,  
walnuts, feta cheese and balsamic reduction..... 85  
V2, GF

## BEACH GARDEN. QUINOA SALAD

Coconut sesame tempeh, lettuce, sprouts, beetroot,  
carrot, zucchini, pumpkin seeds and orange miso dressing..... 89  
V1, DF, NF, GF

**DAILY COLD SOUP**..... 55  
Side of light bread

**DAILY HOT SOUP**..... 65  
Side of light bread

# Pastas

## LENTIL BOLOGNESE LINGUINE

Crispy tempeh and cauliflower, tomato sauce, fresh basil and vegan parmesan..... 49  
V2, DF

## VEGETABLE PESTO TAGLIATELLE

Zucchini, snow peas, broccoli, onion, cherry tomatoes and vegan parmesan..... 49  
V2, DF

## SEAFOOD LINGUINE

White wine, tomato sauce, fresh herbs..... 49  
DF, NF

## BEEF RAGU PENNE

Tomato sauce with beef broth, striploin, basil and parmesan..... 49  
NF

# Mains

## JACKFRUIT CURRY

Madras curry coconut sauce, long beans, poppadoms, mango salsa and brown rice..... 07  
V1, DF, NF, GF

## TOBAN YAKI MUSHROOM & SWEET MISO SAUCE

Mushroom medley served in an iron pot served on a bed of white rice topped with vegetables and candlenuts..... 07  
V1, DF, GF

## TOBAN YAKI FISH & SWEET MISO SAUCE

Glazed butterfish served in an iron pot on a bed of white rice topped with vegetables and candlenuts..... 07  
DF, GF

## LEMON CORIANDER SNAPPER

Lemon fish sauce, zucchini, broccoli, bok choy, topped with coriander..... 07  
DF, NF, GF

## AHI TUNA POKE BOWL

Soy ginger lime marinade, avocado, seaweed, pickled ginger, pickled cucumber, brown rice and wasabi mayo..... 07  
DF, NF, GF

## SEARED SESAME COATED TUNA

Sweet potato chips, aioli, mixed salad, ponzu sauce, wasabi and pickled ginger..... 07  
DF, NF, GF

## OCTOPUS RISO NERO

Charbroiled on a bed of black rice risotto, served with asparagus and scallions ..... 07  
DF, NF, GF

## BEACH GARDEN. NASI GORENG

Chicken wings, fried egg, vegetables, pickles, brown rice and sambal..... 07  
DF, NF, GF

## CRISPY HARLEM CHICKEN

Leg and breast, coleslaw, boiled cassava and gravy..... 07  
DF, NF, GF

## STRIPLOIN AU POIVRE

200 grams of salt & pepper crusted organic Australian prime beef with Chef's infused chimichurri sauce and green salad..... 07  
NF, GF

## ASIAN STYLE CRISPY PORK

Marinated in Chef's special 6 spice blend..... 07  
DF, NF, GF

## CRISPY FISH TACOS

Two homemade wheat tortillas, snapper fillet coated in almond flakes and fresh herbs, avocado, jicama slaw salad, coriander and mango salsa..... 07  
DF

## CAJUN CHICKEN TACOS

Two homemade wheat tortillas, lettuce, sweet corn, avocado emulsion, jicama slaw salad and harissa sauce..... 07  
DF, NF

## BEACH GARDEN VEGGIE BURGER

Quinoa, mushroom, beetroot and cashew patty, grilled pineapple, lettuce, tomato, teriyaki sauce, vegan mozzarella, sweet potato chips and tomato chutney..... 07  
V2, DF

## CLASSIC BEEF BURGER

Caramelized onion, tomato, lettuce, pickled cucumber, tangy classic sauce, cheddar cheese and aioli..... 07  
NF

## ROASTED VEGETABLE FLATBREAD PIZZA

Zucchini, eggplant, shallots, tomato sauce, fresh basil and feta cheese..... 07  
V2, NF

## HAM & MUSHROOM FLATBRE PIZZA

Melted mozzarella, tomato sauce and arugula..... 07  
NF

# Sides

<i>Steamed Organic Brown Rice</i> .....	55
<i>V1, DF, NF, GF</i>	
<i>Steamed Organic white Rice with Crispy Garlic</i> .....	55
<i>V1, DF, NF, GF</i>	
<i>Golden Fried Cassava with Aioli &amp; Tomato Sauce</i> .....	55
<i>V2, DF, NF, GF</i>	
<i>Sweet Potato Chips with Aioli &amp; Herb Sauce</i> .....	55
<i>V2, DF, NF, GF</i>	
<i>Mashed Roasted Potatoes with Baked Garlic, Spices &amp; Herbs</i> .....	55
<i>V1, DF, NF, GF</i>	
<i>Mashed Carrots with Potatoes &amp; Shallots</i> .....	55
<i>V2, NF, GF</i>	
<i>Sautéed Mushrooms Medley with Cashews</i> .....	55
<i>V1, DF, GF</i>	
<i>Steamed Fennel with With Dill &amp; Olive Oil</i> .....	55
<i>V1, DF, NF, GF</i>	
<i>Steamed Spinach with Kenari Nuts</i> .....	55
<i>V1, DF, GF</i>	
<i>Smoked Eggplant &amp; Zucchini</i> .....	55
<i>V1, DF, NF, GF</i>	

# Sweets

See our fridges for a section of homemade cakes, chocolates, bars, balls and icecreams.  
Paletas Ice Cream (please see selection by the entrance).

## GELATO OR SORBET

Ask your waiter for our selection available, vegan options..... 25

## BALI FRUIT PLATTER

Generous assortment of seasonal tropical fruits..... 65

*V1: Vegan V2: Vegetarian Df: Dairy Free NF: Nut Free GF: Gluten Free R: Raw*



[www.intherawbali.com](http://www.intherawbali.com) / [hello@intherawbali.com](mailto:hello@intherawbali.com)  
Facebook: [@intherawbali](https://www.facebook.com/intherawbali) / Instagram: [@intherawbali](https://www.instagram.com/intherawbali)



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Reservations +62 812-3677-2723

Facebook: @beachgardenorganickitchen / Instagram: @beachgarden\_organickitchen

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