

***“There are things that are
“Essential” in our lives - it is
up to us to find them!”***

We are a mindful dining space devoted to Eco friendly & health-conscious people who appreciate the art of conversation.

At Essential we promote sustainability and minimum waste. We are different. We care.

We have composed a primarily plant-based menu with plentiful gluten free options and add-ons pescatarian.

Our cocktails are the healthiest choice in the world of cocktails. Using the purest essential oils on the planet, cold-pressed juices & local and fresh produce, our cocktails will impress you.

Our triple filtered house water is infused with fresh rosemary which improves digestion, enhances memory and concentration as well as protects the neurological system.

We serve it COMPLIMENTARY & with love.

Essential

Open everyday
for breakfast, lunch and dinner
8am - late

 essentialcanggu



Essential



Tapas

Single tapas 55k each

CREAMY HUMMUS

Drizzled with a lemon tahini dressing & paprika oil served with vegetable sticks & sourdough slices (V)

BRUSCHETTA

Trio of mushroom & kale OR tomato bruschetta served on sourdough bread (V)*

MISO EGGPLANT

Shredded eggplant baked with a tamarind miso glaze, sesame, ginger & fresh herbs. Toasted sourdough soldiers brushed with rosemary olive oil (V)*

PLANTAIN FRITTERS

Glazed corn, plantain, shiitake mushroom parcels baked in banana leaf (V,GF)

TEMPEH CROQUETTES (3)

Marinated tempeh & chive rice cakes in a crispy smoky coconut batter with Balinese sambal (V,GF)

CORN CHIPS & DIPS

Baked and seasoned corn chips with a trio of guacamole, tomato salsa & nut-free sour cream (V)

SWEET POTATO FRIES

Hand cut sweet potato fries with vegan nut-free mayonnaise (V,GF)

GREENS

Charred broccoli, asparagus edamame & toasted almonds drizzled with rosemary olive oil & soy (V)

ASPARAGUS TEMPURA

Lightly tempura fried asparagus spears with vegan nut-free mayonnaise & teriyaki sauce (V)

S&P SQUID

Flash fried squid rings dusted with mixed spices and served with homemade smoked mayo

CRUMBED FISH STRIPS

Mahi-Mahi fillets served with herbed Essential mayo

CHILLI COCONUT PRAWNS

Coconut & chilli pan seared tiger prawns with homemade spice sauce

Kids

All kids meal 50k each

PESTO SPAGHETTI

Spaghetti with pesto sauce

TOMATO SPAGHETTI

Spaghetti with hidden veggies tomato sauce

KIDS FISH BITES & CHIPS

Crumbed Mahi-Mahi bites and chips

Mains

GNOCCHI

Sweet potato dumplings pan fried with pesto, tomato and capsicum ragu (V,GF)
90k

TAROT ROOT HASH BROWNS

Baked tarot root hash cakes, vegan bacon, fermented carrots, portobello mushroom and mixed leaves (V,GF)
85k / Add Mahi- Mahi 130k

PESTO & SUNDRIED TOMATO SPAGHETTI

Homemade pesto & sundried tomato spaghetti pasta drizzled with Essential rosemary olive oil topped with toasted almond flakes
75k

GREEN GORENG

Charred broccoli, asparagus, soya bean fried rice served with asparagus tempura (V)*
70k

ESSENTIAL NASI GORENG

Our version of Bali's most iconic dish with a mix of seafood
90k

GRILLED FISH

Grilled Mahi-Mahi fillet served with a selection of greens drizzled with infused rosemary olive oil & soy
110k

ESSENTIAL SQUID AND PRAWN SALAD

Pan seared tiger prawns and flash fried squid, mixed leaves, cucumber, carrot, soybean, roasted coconut flakes & honey citrus dressing
90k

CAESAR SALAD

Cos lettuce with Caesar dressing, sourdough croutons, kimchi cashew dressing, fresh radish slices and lemongrass infused pickled cucumber (V)
70k

Dessert

CRÈME BRULEE

Classic island style brulee with crispy caramelised topping (V,GF)
65k

CAKE OF THE DAY

Served warm with strawberries (V)
55k

PASSION FRUIT MOUSSE

Creamy passion fruit mousse
55k

Coffee & tea

Cappuccino, Flat White , Latte, Long Black	35k
Piccolo	30k
Espresso	30k
Camomile, Japanese Green, English Breakfast	35k

*Choose from soy, almond (+5k), coconut or full cream milk.

*De-caffeinated coffee available

Cold pressed juices

HIGH ON C	40k
<i>Pineapple, orange, mint and ginger</i>	
CLEANSER	40k
<i>Strawberry, watermelon, celery, lemon</i>	
HYDRATE	40k
<i>Pineapple, watermelon, lime, mint, coconut water</i>	
WATERMELON COOLER	40k
<i>Watermelon, basil and lime</i>	

Smoothies

BERRY BLISS	55k
<i>Mixed berries, banana, coconut yogurt, orange juice</i>	
GO PEANUTS	55k
<i>Peanut butter, banana, soy milk, oats, cinnamon</i>	
COCO MANGO	55k
<i>Mango, pineapple, passionfruit, coconut milk</i>	

Healthy shots

IMMUNITY SHOT	30k
<i>Tumeric shot, ginger, lemon, cayenne pepper</i>	
DARK SECRET	30k
<i>Coconut water, coconut charcoal, lemon, ginger</i>	
MUCHAS GRASSIAS	30k
<i>Lemongrass, wheatgrass, ginger</i>	
WELLNESS	30k
<i>Organic apple cider, raw honey, lemon, triple filtered water</i>	

Soft drinks

Coke / Coke Zero	30k
Lemonade	30k
Soda Water	30k

<i>Kambucha "MOZAIC"</i>	glass / bottle 40k / 50k
<i>Probiotic and antioxidant boosting. Dragonfruit or Green Mango 330ml, >1% alc./vol</i>	

*Gluten-free option available V- Vegan GF – Gluten Free

All prices in 000's IDR and exclusive of tax and service charge. Cash only.

Breakfast

served until 2pm

PINK SMOOTHIE BOWL

Dragonfruit blended with banana and strawberry, granola, fresh coconut and island fruits (V,GF)

60k

SUNRISE SMOOTHIE BOWL

Mango blended with pineapple & passionfruit, granola, fresh coconut and island fruits (V,GF)

60k

TROPICAL FRUIT SALAD

Seasonal island fruits, coconut yoghurt topped with toasted coconut (V,GF)

60k

CINNAMON PORRIDGE

Warm cinnamon oat porridge, coconut milk, tropical fruits, seeds & baked coconut flakes (V,GF)

65k

CORN FRITTERS

Sweetcorn and zucchini fritters, roasted tomato, spinach and avocado salad (V,GF)

70k

SMASHED AVOCADO

Classic avocado on sourdough toast served with tomato toss and roasted almond flakes (V)

60k / Add on: egg of your choice +15k

ESSENTIAL BIG BREAKFAST

Plant based scrambled eggs, grilled tomatoes, hash brown, mushroom and vegan bacon served with sourdough (Eggs of your choice available on request) (V)

80k

CALIFORNIAN

Hash browns with poached egg & rocket Balinese sambal served on sourdough bread (vegan scrambled tofu available on request)

70k

CANGGU BENEDICT

Spinach and tomato benedict topped with Essential hollandaise sauce served on sourdough bread (vegan scrambled tofu available on request)

70k

EGGS & TOAST

Eggs of your choice served on sourdough bread (vegan scrambled tofu available on request)

55k

VEGAN OMELETTE

Tofu, kale, leek, tomato and fresh herbs served with sourdough bread (V)

80K

FARMER'S OMELETTE

Trio of Mushies, kale and red onion served with sourdough bread

80k

TOASTED BREAD

Toasted sourdough or gluten free bread with your choice of jam, vegemite OR peanut butter

35k

Sides

20k each

MUSHROOMS,

GRILLED TOMATOES

AVOCADO

VEGAN BACON

KALE OR SPINACH

BAKED COCONUT FLAKES

HASH BROWNS

SOURDOUGH / GLUTEN FREE SLICE

GRANOLA

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