



fivelements  
RETREAT

## Breakfast Set Menu

### Choice of Fresh Juice

Watermelon Lemonade or  
Tropical Fruit Juice: Watermelon, Papaya, Pineapple, Orange

### Seasonal Tropical Fruit Salad

Fresh Mint, Coconut Yoghurt

### Chia Porridge

Coconut Chia Porridge, Chia Seeds, Goji Berries, Coconut Milk, Strawberry Banana Compote  
or

### Vegetable "Nasi Goreng"

Organic Red Rice, Seasonal Vegetables, Sambal Matah \*Heated dish  
or

### Spice Granola

Spice Granola, Nuts, Cinnamon, Coconut Milk, Banana  
or

### Superfood Dragon Bowl

Purple Dragon Fruit, Banana, Coconut, Chia Seeds, Strawberry, Sprouted Nut Granola, Coconut Yoghurt

## Selection of Fivelements Retreat Tea's & Freshly Brewed Coffee

English Breakfast Tea  
Jasmine Tea  
Fresh Ginger Tea  
Juria Organic Coffee by Dimattina  
Arabica Coffee

Set Price  
190,000

"Let Food be thy Medicine and Medicine be thy Food"

All menu items are free of dairy and eggs, and are prepared with gluten-free ingredients. Please inform your server of any allergies. Nut-free option available.  
All prices are in Indonesian Rupiah and are subject to 21% tax and service charge



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## All Day Menu

### Plate to share

#### Vegetables Raw "Tempura"

55,000

#### 3 Pickles

A Selection of 3 Home-made Seasonal Pickles

55,000

#### Scented Nuts

A Selection of 3 Spice Scented Nuts

55,000

## Soups

#### "Soupe du Jour"

Please ask your Server for the Daily Selection

65,000

#### Miso Soup

Soft Tofu, Wakame, Watercress

65,000

#### Mushroom Coconut

Mushrooms, Lemongrass & Kaffir Lime, Fresh Herbs, Sesame Rice Cracker

70,000

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## All Day Menu

### Appetizers

#### Chickpea and Cassava Flatbread

Raw Carrot Hummus, Sauteed Mushroom, Pickled Carrots, Ginger Torch Sambal, Herbs

\*Heated dish

80,000

#### Southeast Asian Style "Tacos"

Young Jackfruit "Carnitas", Avocado, Ginger Torch Sambal, Coconut Sour Cream, Pickled Cabbage

90,000

#### Fivelements Superfood Salad

Organic Greens, Vegetables & Herbs, Avocado, Tamarillo, Ginger-Cacao Cashews, Noni and Spirulina Chips

80,000

### Main Course

#### Spicy Avocado Nori Roll

Jicama "Rice", Lapsang Smoked Tempeh, Sesame Chili Sauce, Pickled Vegetables, Teriyaki Sauce

100,000

#### Curry Laksa

Young Coconut Noodle, Smoked Tempeh, Asian Greens, Edamame, Sprouts, Shiitake, Herbs \*Heated dish

105,000

#### Shiitake Beetroot "Burger"

Caramelized Onion, Kimchi Mayonnaise, Umami Ketchup, Pickles, Jica a "Slaw" Sweet potato Chips

\*Heated dish

125,000

#### Fivelements Superfood Salad

Organic Greens, Vegetables & Herbs, Avocado, Tamarillo, Ginger-Cacao Cashews, Noni and Spirulina Chips

100,000

### Side Dishes

Garlic Greens Stir Fry

Organic Red Rice

Homemade Kimchi

1 side dish 65,000, 2 side dishes 110,000

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## All Day Dessert Menu

### Coconut Cashew Ice Cream

Please ask your server for our daily flavours  
40,000

### Raw Chocolate & Truffles, Pandan Ginger Tea

Choice of Fivelements Signature Raw Chocolates  
Please ask your server for our flavour selection  
Served with our Ginger Tea.  
Two pieces 50,000  
Five pieces 90,000

### Trio of Seasonal Sorbets with Tropical Fruits

Please ask your server for our daily flavours  
or

### Mocha Semifreddo

Dark Chocolate Mousse, Chocolate Ring, Cacao "Soil", Cardamom Vanilla Ice Cream, Dark Honey  
or

### Coconut Lime Cheese Cake

Ginger Torch Sorbet, Dragon Fruit, Local Flowers

Please select one of the above desserts and a Tea or Coffee for 90,000

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## Healthy Juices

### Pure Tropical Juices

Watermelon, Papaya, Pineapple, Tangerine, Mango, Banana  
80,000

### Watermelon Lemonade

Watermelon, Tangerine, Coconut Water, Lime, Honey  
80,000

### Electrozyme Tonic

Cucumber, Apple, Moringa, Celery, Lime,  
Coconut Water, Kale, Spirulina  
90,000

### Super Immunity Booster

Dark Leafy Greens, Cucumber, Pineapple, Orange, Ginger,  
Turmeric, Cilantro, Lime  
90,000

## Waters & Elixirs

### Ginger Spice

Ginger, Pineapple, Lime, Honey, Chili  
55,000

### Healing Roots Elixir

Coconut Water, Ginger, Turmeric, Tamarind, Lime,  
Black Pepper, Raw Honey  
70,000

### Sparkling Lemongrass & Ginger Tonic

55,000

### Rosella Kombucha

Rosella Hibiscus Infusion, Home Brewed Kombucha Tea, Lime  
55,000

### Fresh Young Coconut Water

25,000 Glass

40,000 Whole Coconut

### Equil Sparkling

45,000

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## Milkshakes & Superfood Smoothies

### Green Energy Smoothie

Greens, Banana, Pineapple, Coconut Water, Moringa, Lime  
65,000

### Balinese Superfood Smoothie

Raw Cacao, Banana, Coconut Milk, Aloe Vera,  
Borneo Bee Pollen, Goji Berry, Cinnamon, Coconut Sugar, Chia Seeds  
95,000

### Chocolate Mousse Shake

Raw Cacao, Coconut Milk, Coconut Meat, Coconut Sugar, Cinnamon  
75,000

### Himalayan Goji

Goji Berries, Coconut Milk, Vanilla, Banana, Ginger, Bee Pollen, Turmeric  
75,000

## Sakti Elixir Shots

Tumeric Liver Cleanser, Immune Booster, Moringa  
50,000

## Iced Latte

### Iced Chai Latte

Locally sourced Tea and Spices, Coconut Cream, Coconut Sugar  
55,000

### Iced Mochaccino

Coconut Cream, Cold Pressed Arabica, Chocolate Ice Cream,  
Coconut Sugar  
60,000

### Iced Matcha Latte

Premium Japanese Matcha Green Tea, Coconut Cream, Coconut Sugar  
65,000

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