

EKO BOWLS

Granola	55k
Dragon fruit, banana, strawberry, pineapple, papaya & mango topped with our tasty granola, natural yogurt & honey	
Dragon Fruit	55k
Blended dragon fruit, banana & pineapple, topped with granola, banana, strawberries, mango & mixed seeds	
Greenie	59k
Blended avocado, spinach, kale, banana & spirulina, topped with muesli, nuts & seeds	
Berry Blue	63k
Blueberries, blended with banana & coconut milk, topped with sesame & chia seeds, blueberries, raspberries, kiwi fruit & coconut flakes	
Acai	75k
Acai berries blended with banana & topped with granola, mango, banana, strawberry, mixed seeds & nuts	
Charcoal	63k
Blended Pineapple, banana, kale, activated Charcoal powder, coconut milk, topped with granola, banana, blueberry, strawberry & shredded coconut	
Tumeric	59k
Blended mango, pineapple banana, chia seeds, tumeric powder & orange juice, topped with kiwi fruit, strawberry, coconut & mixed seeds/nuts	

EKO JARS

Chia, Mango & Strawberry	64k
Chia seeds soaked in soya milk, served with fresh strawberries & mango, topped with mixed seeds & coconut flakes	
Chia & Dragon Fruit	64k
Chia seeds soaked in soya milk, topped with blended dragon fruit, banana, pineapple & lime juice, topped with mixed seeds & coconut flakes	
Chia & Greens	64k
Chia seeds soaked in soya milk, topped with blended avocado, spinach, kale, banana & spirulina, topped with mixed seeds.	
Handmade Yogurt & Granola	64k
Delicious creamy handmade yogurt, layered with granola, mixed with fresh strawberries & mango, topped with berries, mixed seeds & coconut flakes	

BREAKFAST

Banana Pancakes	49k
Fluffy pancakes with caramelized banana, whipped walnut, candy walnuts & maple syrup	
Tropical Pancake Stack	67k
Feeling Hungry - 5 fluffy pancakes, layered with fresh tropical fruits & topped with whipped walnut cream & maple syrup	

Smashed Avocado	49k
Smashed avocado with feta, lime salt, fresh cherry tomatoes & dill on country grain toast Add poached or boiled egg (2) +12k	
Breakfast Burrito	69k
Grilled chorizo, caramelized onion & green pepper with scrambled egg, smashed avocado, topped with tomato salsa	
Breakie Roll	49k
Fresh bagel with poached egg, bacon, avocado & rocket	
Kale Feta Eggs	56k
Sautéed kale mixed with creamy feta, chilli flakes & fresh garlic served on country grain toast with poached eggs	
Potato Rosti	59k
Potato rosti, spinach, crispy bacon, feta & 2 eggs your way	
Zucchini & Green Peas Fritters GF	59k
Gluten free zucchini & green fritters with feta, topped with poached eggs, with baby rocket on the side with tzatziki yogurt dressing	
Savory Omelet	49k
With baby spinach, cheese, onion, tomato & mushroom, topped with rocula on sourdough toast	
Classic French Toast	48k
Toast dipped in rich custard batter, served with butter & maple syrup	

Add bacon	+15k	Add egg (2)	+12k
Eggs Benedict			
Poached eggs, spinach & homemade bacon & homemade hollandaise sauce, served on English muffin			
Bacon	65k	Salmon	75k
Big Breakie	72k		
Choice of 2 eggs (your way) served with bacon, spinach, grilled tomatoes roasted mushroom with sourdough toast + coffee or tea			
Toast	26k		
Sourdough toast with butter and homemade jam			
Eggs done your way	38k		
On sourdough or country grain toast			

SIDES

Avocado	15k
Feta Cheese	15k
Sauteed Tomato	15k
Sauteed Mushrooms	15k
Handcut Chips	20k
Baby Baked Potatoes	15k
Potato Rosti	15k
Sausages(2)	15k
Crispy Bacon	15k
Extra Eggs(2)	12k
Gluten Free Toast Available	



LUNCH

Chicken Schnitty Sandwich 65k Tasty homemade chicken schnitzel on a bed of delicious cold slaw topped with tomato chutney & wholegrain mayo & rocula – served with hand cut chips	Greek Salad 48k Baby romaine lettuce, tomato, cucumber, red onion, feta, black olives & avocado
Eko Burger 69k 100% ground beef, lettuce, tomato, onion rings, bbq cheese, aioli & homemade 1000 island mayo- served with hand cut chips	Quinoa Salad 58k Quinoa, mixed salad leaf, avocado, cucumber, tomato red onion, cashews & mixed seeds
Chicken Burger 69k Pan seared chicken with smashed avocado, tomato, cucumber sprouts, carrot & lettuce- served with hand cut chips	Nasi Goreng/Fried Rice Served with fried egg & crackers Vegetarian 35k Chicken 39k
Zucchini Burger 69k Tasty zucchini patty topped with lettuce, tomato, onion & shredded red cabbage & carrot, with tzatziki yogurt dressing - served with baby baked potatoes	Mie Goreng/Fried Noodles Served with fried egg & crackers Vegetarian 38k Chicken 43k
Pulled Pork with Crisps 69k Slow cooked pulled pork on a charcoal Baquette served with coleslaw & topped with barbeque sauce	Mixed Stir Fried Vegetables Served with rice Vegetarian 32k Chicken 37k
Grilled Chicken Open Sandwich 55k Marinated grilled chicken, sautéed mushrooms & onions, tomato, cucumber and mixed salad with aioli – served with baby baked potatoes	Pad Thai (Wrapped in egg) Vegetarian 40k Chicken 46k
Open Smashed Avocado Sandwich 48k Smashed avocado on country grain sourdough, with mixed lettuce, cherry tomato & balsamic dressing - served with baby baked potatoes	JUST FOR THE KIDS
Melted Mushroom Sandwich 48k Sautéed mushrooms & onions with melted cheddar cheese, grilled tomato & aioli - served with baby baked potatoes	Chicken Nuggets 35k Served with hand cut fries
Tuna Delight Sandwich 48k Tuna, onions, bell peppers, cucumber, tomato, lettuce & cheddar cheese - served with baby baked potatoes	Beef Burger 38k Beef patty, lettuce, tomato & tomato sauce & Mayo
Pesto Penne Pasta with Grilled Chicken 59k Penne pasta and grilled chicken, with Eko homemade pesto	Spaghetti Meatballs 35k Tasty meatballs and spaghetti with homemade tomato sauce
Spaghetti Meatballs 59k Tasty meatballs and spaghetti with homemade tomato sauce	
Spinach & Baked Beetroot Salad 49k Roast beetroot feta, spinach & cashew nuts with honey Dijon dressing	
Mixed Green Salad 45k Mixed green leaf salad topped with avocado & mixed seeds Add grilled chicken + 15k	

FRESH JUICES

Fresh Young Coconut	25k
Greenie Green apple, spinach, celery, ginger & lime	39k
Dragon Fruit Dragon fruit, watermelon, strawberry & vanilla	39k
Detox Carrot, celery, beetroot, lemon & ginger	39k
Jungle Juice Coconut water, mango, banana	39k
Love It Spinach, Pineapple & apple	39k
Eko Fresh Watermelon, apple, mint & coconut water	39k
Fibre Active Avocado, apple, lemon	39k
Feel Good Orange, mango, pineapple & papaya	39k
Easy Tropical Pineapple, mango, banana & apple	39k
Energise Apple, orange, cucumber & lime	39k
Minty Orange, pineapple, mint	39k
Coconut Raw Fresh young coconut water blended with coconut flesh, lime & ice	39k
Make Your Own Orange/Watermelon/Pineapple/Papaya	39k

HEALTHY SHOTS

Wheatgrass	20k
Spirulina	18k
Charcoal	18k
Turmeric	18k

SUPERFOOD EXTRAS

Juices & Smoothies	10k
RAW Protein Isolate, RAW Paleo Protein, Maca, Cacao, Coconut Oil, Chia Seeds, Flax Seeds, Avocado, Bee Pollen, Spirulina	

SMOOTHIES

Berry Chia Blueberries, young coconut flesh, banana, coconut water & chia seeds	45k
Mango Green Banana, milk, yogurt, honey, rolled oats, toasted muesli with your choice of strawberry, mango or blueberry	45k
Acai Mixed berries, banana, Acai & coconut water	45k
Apple N' Greens Apple, mango, banana & spinach	45k
Berry Beet Kiwi Mixed berries, beetroot, banana, flax seeds, coconut water, & kiwi fruit	45k
Pineapple Blush Pineapple, passion fruit, mango & dragon fruit	45k
Green Pina Colada Banana, pineapple, mango, spinach, coconut milk & lime juice	45k
Havana Passion fruit, mango, banana, milk, yogurt & honey	45k
Berry Rush Mixed berries, milk, yogurt & honey	45k
Breakfast Smoothie Banana, milk, yogurt, honey, rolled oats, toasted muesli with your choice of strawberry, mango or blueberry	50k

PROTEIN SHAKES

Avo Go Avocado, banana, coconut water, flax seeds, coconut flakes & RAW Protein	55k
Peanut Butter & Cacao Peanut butter, banana, cacao, cinnamon, almond milk & RAW Protein	55k
Espresso Banana, shot espresso, skim/soy milk & RAW Protein	55k
Bananago Banana, mango, yogurt, milk, honey & RAW Protein	55k
Green Machine Spinach, kale, strawberries, banana, coconut water & RAW Protein	55k
Power Up Mixed berries, banana, flax seeds, coconut milk & RAW Protein, topped with coconut flakes	55k

COFFEES

Espresso	22k
Double Espresso	28k
Long Black	26k
Macchiato	24k
Café Latte/Flat white/Cappucino	30k
Piccolo	26k
Café Mocha	32k
Hot Chocolate	30k
Iced Coffee	32k
Beetroot Latte	35k
Tumeric Latte	35k
Matcha Latte	35k
Charcoal Latte	35k
Blue Spirulina Latte	35k
Extra shot	+ 10k
Soy / Skim	+ 5k
Almond Milk / Coconut Milk	+ 10k
Syrup - Vanilla/Caramel/Hazelnut (Shot)	+ 5k

ICED TEAS

Lemon	25k
Passion Fruit	25k
Lemongrass	25k
Ginger	25k

TEA POT

Green Tea	22k
English Breakfast	22k
Rose French Vanilla	22k
Ginger Tea	22k

KOMBUCHA

HAPPY KOMBUCHA

Sour Ginger (Ginger & lemon)
Tarmonic (Turmeric, apple & lemon)
Joy Berries (Mix berries)
Mojito (Pineapple, peppermint, lemon & basil)

Glass 45k

JAMU

"Miss Eka's Jamu" 24k

Homemade jamu served over ice with a cinnamon stick

MILK SHAKES

With fresh milk and ice cream	32k
Vanilla / Strawberry / Banana / Chocolate	

COLD DRINKS

Coke / Diet Coke / Sprite / Soda	15k
Reflections Sparkling Water	18k
Aqua Water	8k
Bintang Small	25k

COOLERS

Mango Crush	29k
Mango, pineapple & lime with crushed ice	
Lime Ginger Zinger	29k
Carrot, apple, slices of lime & fresh ginger	
Passion Punch	29k
Blend of fresh passion fruit, lime & tropical juices	

HOMEMADE CAKES

High Noon Special "All Day" 49k
Coffee or tea with your choice of homemade cakes

Homemade cakes 35k
Choose a slice of anyone of our homemade cakes

Check our display for a selection of
Muffins/Chocolate slices, Cookies, Healthy Energy Snacks