

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

Eko Burger

69k

100% ground beef, lettuce, tomato, onion rings, bbq cheese, aioli & homemade 1000 island mayo- served with hand cut chips

Chicken Burger

69k

Pan seared chicken with smashed avocado, tomato, cucumber sprouts, carrot & lettuce- served with hand cut chips

Zucchini Burger

69k

Tasty zucchini patty topped with lettuce, tomato, onion & shredded red cabbage & carrot, with tzatziki yogurt dressing - served with baby baked potatoes

Pulled Pork with Crisps

69k

Slow cooked pulled pork on a charcoal Baquette served with coleslaw & topped with barbeque sauce

Grilled Chicken Open Sandwich

55k

Marinated grilled chicken, sautéed mushrooms & onions, tomato, cucumber and mixed salad with aioli – served with baby baked potatoes

Open Smashed Avocado Sandwich

48k

Smashed avocado on country grain sourdough, with mixed lettuce, cherry tomato & balsamic dressing - served with baby baked potatoes

Melted Mushroom Sandwich

48k

Sauteed mushrooms & onions with melted cheddar cheese, grilled tomato & aioli - served with baby baked potatoes

Tuna Delight Sandwich

48k

Tuna, onions, bell peppers, cucumber, tomato, lettuce & cheddar cheese - served with baby baked potatoes

Pesto Penne Pasta with Grilled Chicken

59k

Penne pasta and grilled chicken, with Eko homemade pesto

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

Greek Salad

48k

Baby romaine lettuce, tomato, cucumber, red onion, feta, black olives & avocado

Quinoa Salad

58k

Quinoa, mixed salad leaf, avocado, cucumber, tomato red onion, cashews & mixed seeds

Nasi Goreng/Fried Rice

Served with fried egg & crackers

Vegetarian 35k

Chicken 39k

Mie Goreng/Fried Noodles

Served with fried egg & crackers

Vegetarian 38k

Chicken 43k

Mixed Stir Fried Vegetables

Served with rice

Vegetarian 32k

Chicken 37k

Pad Thai (Wrapped in egg)

Vegetarian 40k

Chicken 46k

JUST FOR THE KIDS

Chicken Nuggets

35k

Served with hand cut fries

Beef Burger

38k

Beef patty, lettuce, tomato & tomato sauce & Mayo

Spaghetti Meatballs

35k

Tasty meatballs and spaghetti with homemade tomato sauce

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