

# EKO BOWLS

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

# EKO JARS

<b>Chia, Mango &amp; Strawberry</b>	
Chia seeds soaked in soya milk, served with fresh strawberries & mango, topped with mixed seeds & coconut flakes	
	glass 46k jar 68k
<b>Chia &amp; Dragon Fruit</b>	
Chia seeds soaked in soya milk, topped with blended dragon fruit, banana, pineapple & lime juice, topped with mixed seeds & coconut flakes	
	glass 46k jar 68k
<b>Chia &amp; Greens</b>	
Chia seeds soaked in soya milk, topped with blended avocado, spinach, kale, banana & spirulina, topped with mixed seeds.	
	glass 46k jar 68k
<b>Handmade Yogurt &amp; Granola</b>	

Delicious creamy handmade yogurt, layered with granola, mixed with fresh strawberries & mango, topped with berries, mixed seeds & coconut flakes

jar 65k

# BREAKFAST

<b>Banana Pancakes</b>	49k
Fluffy pancakes with caramelized banana, whipped walnut, candy walnuts & maple syrup	
<b>Tropical Pancake Stack</b>	68k
Feeling Hungry - 5 fluffy pancakes, layered with fresh tropical fruits & topped with whipped walnut cream & maple syrup	

<b>Smashed Avocado</b>	49k
Smashed avocado with feta, lime salt, fresh cherry tomatoes & dill on grain toast	
Add poached or boiled egg (2)	+ 15k
<b>Breakfast Burrito</b>	69k
Grilled chorizo, caramelized onion & green pepper with scrambled egg, smashed avocado, topped with tomato salsa & watercress	
<b>Breakie Roll</b>	49k
Fresh bagel with poached egg, bacon, avocado & rocket	
<b>Kale Feta Eggs</b>	56k
Sautéed kale mixed with creamy feta, chilli flakes & fresh garlic served on grain toast with poached eggs	
<b>Potato Rosti</b>	64k
Potato rosti, spinach, crispy bacon, feta & 2 eggs your way	
<b>Tofu Scramble GF</b>	69k
Scrambled tofu with mushroom, green pepper, spinach & almond milk, served with roasted tomato, saute mushrooms with GF toast, topped avocado & feta	
<b>Zucchini &amp; Green Peas Fritters GF</b>	59k
Gluten free zucchini & green fritters with fetta, topped with poached eggs, with baby rocket on the side with tzatziki yogurt dressing	
<b>Savory Omelet</b>	49k
With baby spinach, cheese, onion, tomato & mushroom, topped with rocula on sourdough toast	
<b>Classic French Toast</b>	49k
Toast dipped in rich custard batter, served with butter & maple syrup	
Add bacon	+ 15k
Add egg (2)	+ 15k
<b>Eggs Benedict</b>	
Poached eggs, spinach, bacon & homemade hollandaise sauce, served on English muffin	
Bacon	65k
Salmon	75k
<b>Big Breakie</b>	72k
Choice of 2 eggs (your way) served with bacon, spinach, grilled tomatoes roasted mushroom with sourdough toast + coffee or tea	
<b>Toast</b>	26k
Sourdough toast with butter and homemade jam	

# SIDES

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

Gluten Free Toast Available



# LUNCH

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## 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

## 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

54k

Roast beetroot feta, spinach & cashew nuts with honey Dijon dressing

## Mixed Green Salad

48k

Mixed green leaf salad topped with avocado & mixed seeds

Add grilled chicken

+ 15k

## Greek Salad

49k

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

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### 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

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

## HEALTHY SHOTS

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

## SUPERFOOD EXTRAS

<b>Juices &amp; Smoothies</b>	10k
RAW Protein Isolate, RAW Paleo Protein, Maca, Cacao, Coconut Oil, Chia Seeds, Flax Seeds, Avocado, Bee Pollen, Spirulina	

## SMOOTHIES

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

## PROTEIN SHAKES

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

## COFFEES

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Espresso	22k
Double Espresso	28k
Long Black	26k
Macchiato	24k
Café Latte/Flat white/Cappuccino	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

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

## TEA POT

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

## KOMBUCHA

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### HAPPY KOMBUCHA

Sour Ginger (Ginger & lemon)  
Tarmonic (Turmeric, apple & lemon)  
Joy Berries (Mix berries)  
Mojito (Pineapple, peppermint, lemon & basil)  
Pink Chia Lemonade (Chia seeds, lime, vanilla, ginger & dragonfruit)

Glass 45k

## JAMU

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**"Miss Eka's Jamu"** 24k

Homemade jamu served over ice with a cinnamon stick

## MILK SHAKES

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

## COLD DRINKS

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

## COOLERS

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

## HOMEMADE CAKES

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**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