EKO BOWLS Smashed Avocado 54k Smashed avocado with feta, lime salt, fresh cherry tomatoes & dill on grain toast Add poached or boiled egg (2) +15k Granola 62k Dragon fruit, banana, strawberry, pineapple, papaya & **Breakfast Burrito** 69k mango topped with our tasty granola, natural yogurt Grilled chorizo, caramelized onion & green pepper with scrambled egg, smashed avocado, topped with tomato salsa & watercress **Seasonal Tropical Fruit** 45k A seasonal selection of locally sourced tropical fruits Breakie Roll 56k Fresh bagel with poached egg, bacon, avocado & rocket **Dragon Fruit** 62k Blended dragon fruit, banana, pineapple & papaya, topped 59k Kale Feta Eggs with granola, banana, strawberries, mango & mixed seeds Sautéed kale mixed with creamy feta, chilli flakes & fresh garlic served on grain toast with poached eggs 65k Greenie Blended avocado, spinach, kale, banana & spirulina, 66k topped with muesli, nuts & seeds Potato rosti, spinach, crispy bacon, feta & 2 eggs your way 65k 69k Tofu Scramble GF Blueberries, blended with banana & coconut milk, topped Scrambled tofu with mushroom, green pepper, spinach & almond milk, served with roasted tomato, saute with sesame & chia seeds, blueberries, kiwi fruit & coconut mushrooms with GF toast, topped avocado & feta flakes Zucchini & Green Peas Fritters GF 59k Acai Zuchinni, pea & feta fritters, topped with poached eggs, Acai berries blended with banana & pineapple, topped with baby rocket & tzatziki yoghurt dressing granola, mango, banana, strawberry, mixed seeds & nuts 53k Savoury Omelet 65k With baby spinach, cheese, onion, tomato & mushroom, Blended Pineapple, banana, kale ,activated Charcoal topped with rocula on sourdough toast powder, coconut milk, topped with granola, banana, blueberry, strawberry & shredded coconut 59k Classic French Toast Toast dipped in rich custard batter, topped with 62k strawberries, banana, whipped walnut cream, candy Blended mango, pineapple banana, chia seeds, tumeric walnuts, a scoop of vanilla ice cream & maple syrup powder & orange juice , topped with kiwi fruit, strawberry, Add bacon + 20k Add egg (2) + 15kcoconut & mixed seeds/nuts Eggs Benedict **EKO JARS** Poached eggs, spinach, bacon & homemade hollandaise sauce, served on English muffin Bacon 69k Smoked Salmon 79k Chia, Mango & Strawberry Chia seeds soaked in soya milk, served with fresh Big Breakie strawberries & mango, topped with mixed seeds & Choice of 2 eggs (your way) served with bacon, spinach, grilled tomatoes roasted mushroom with sourdough toast coconut flakes glass 49k coffee or tea jar 69k Eggs done your way 44k Chia & Dragon Fruit On sourdough or mixed seed toast Chia seeds soaked in soya milk, topped with blended dragon fruit, banana, pineapple & lime juice, topped with mixed seeds & coconut flakes glass 49k 29k iar 69k Sourdough toast or mixed seed toast with butter, jam or peanut butter Chia & Greens Chia seeds soaked in soya milk, topped with blended avocado, spinach, kale, banana & spirulina, topped with glass 49k mixed seeds iar 69k SIDES Handmade Yogurt & Granola 30k 20k 20k 20k Smoked Salmon Delicious creamy handmade yogurt, layered with granola, Handcut Chips Baby Baked Potatoes mixed with fresh strawberries & mango, topped with berries, mixed seeds & coconut flake Sausages(2) Crispy Bacon Avocado glass 49k 20k jar 69k 15k Feta Cheese Sauteed Tomato **BREAKFAST** Sauteed Mushrooms 15k Potato Rosti 15k

Banana Pancakes 52k

Fluffy pancakes with caramelized banana, whipped walnut cream, candy walnuts & maple syrup

Tropical Pancake Stack 69k Feeling Hungry - 5 fluffy pancakes, layered with fresh

tropical fruits & topped with whipped walnut cream & maple syrup



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15k

Extra Eggs(2)

Gluten Free Toast Available

LUNCH

Chicken Schnitty Sandwich Tasty homemade chicken schnitzel on a bed of delicious coleslaw topped with grilled tomato, mayo & rucola - ser		Asian Chicken Salad Grilled chicken, cherry tomato, cucumber, red bell peppers, red onion, red chilli, coleslaw, mint & dress	59l sing
with hand cut chips Eko Burger 100% ground beef, lettuce, tomato, onion rings, bbq che		Mixed Green Salad Mixed green leaf salad topped with avocado, cherry tomato, cucumber & mixed seeds	50l
aioli & homemade 1000 island mayo- served with hand chips	:ut	Add grilled chicken	† 15k
Chicken Burger Pan seared chicken with smashed avocado, tomato, cucumber sprouts, carrot & lettuce- served with hand cichips	69k ut	Greek Salad Baby romaine lettuce, tomato, cucumber, red onion feta, black olives & avocado	59ŀ n,
Zucchini Burger Tasty zucchini patty topped with lettuce, tomato, onion shredded red cabbage & carrot, with tzatziki yogurt dres - served with baby baked potatoes		Quinoa Salad Quinoa, mixed salad leaf, avocado, red onion, cherry tomato, cucumber, carrot, feta, mixed nuts & seeds lemon dressing	
Pulled Pork with Crisps Slow cooked pulled pork on a charcoal baquette served v		Nasi Goreng/Fried Rice Served with fried egg & crackers	
coleslaw & barbecue sauce		Vegetarian 39k Chicker	1 44 k
Grilled Chicken Open Sandwich Marinated grilled chicken, sautéed mushrooms & onions		Mie Goreng/Fried Noodles Served with fried egg & crackers	
tomato, cucumber and mixed salad with aioli – served wibaby baked potatoes	ith	Vegetarian 39k Chicker	1 44
Open Smashed Avocado Sandwich Smashed avocado on country grain sourdough, with m lettuce, black olives, cherry tomato & balsamic dressing served with baby baked potatoes	59k ixed	Mixed Stir Fried Vegetables Served with rice	
	g -	Vegetarian 40k Chicker	1 45 k
·	59k	Pad Thai (Wrapped in egg)	
Tuna Sandwich Tuna, onions, bell peppers, cucumber, tomato, lettuce & cheddar cheese - served with baby baked potatoes	59K	Vegetarian 46k Chicker	1 52 k
Mushroom Sandwich	59k	JUST FOR THE KIDS	
Sauteed mushrooms & onions with grated cheddar chee grilled tomato & aioli - served with baked baby potatoes		Chicken Nuggets Served with hand cut fries	38k
Pesto Penne Pasta with Grilled Chicken Penne pasta and grilled chicken, with Eko homemade pe	59k esto	Beef Burger Beef patty, lettuce, tomato & tomato sauce & Mayo	38k
Spaghetti Meatballs Tasty meatballs and spaghetti with homemade tomato sauce	59k	Spaghetti Meatballs Tasty meatballs and spaghetti with homemade tom sauce	35k

FRESH JUICES

Fresh Young Coconut	28k
Greenie Green apple, spinach, celery, ginger & lime	45k
Bright Eyes Pineapple, carrot, tumeric, ginger	45k
Dragon Fruit Dragon fruit, watermelon, strawberry & vanilla	45k
Detox Carrot, celery, beetroot, lemon & ginger	45k
Bali Sunrise Watermelon, orange, pineapple, mint & lemon	45k
Love It Spinach, Pineapple & apple	45k
Eko Fresh Watermelon, apple, mint & coconut water	45k
Feel Good Orange, mango, pineapple & papaya	45k
Easy Tropical Pineapple, mango, banana & apple	45k
Energise Apple, orange, cucumber & lime	44k
Minty Orange, pineapple, mint	45k
Coconut Raw Fresh young coconut water blended with coconut flesh, lime & ice	45k
Make Your Own Orange/Watermelon/Pineapple/Papaya	45k

HEALTHY SHOTS

Wheatgrass	24k
Spirulina	20k
Charcoal	20k
Turmeric	20k

SUPERFOOD EXTRAS

Juices & Smoothies 15k

RAW Protein Isolate, Maca, Cacao, Coconut Oil, Chia Seeds, Flax Seeds, Avocado, Bee Pollen, Spirulina

SMOOTHIES

Go Green Spinach, banana, orange, coconut water, spirulina	52k
Banana Co Banana, cacao, coconut milk, chia seeds	52k
Island Days Mango, banana, strawberry, milk, yogurt, honey	52k
Berry Chia Blueberries, young coconut flesh, banana, coconut water & chia seeds	52k
Acai Mixed berries, banana, Acai & coconut water	52k
Pineapple Blush Pineapple, passion fruit, mango & dragon fruit	52k
Havana Passion fruit, mango, banana, milk, yogurt & honey	52k
Mango Green Spinach, kale, mango, banana & coconut water	52k
Berry Rush Mixed berries, milk, yogurt & honey	52k
Charcoal Pineapple, banana, kale, activated charcoal powder & coconut milk	52k
Green Goddess Mango, kiwi fruit, pineapple, spinach & coconut milk	52k
Breakfast Smoothie Banana, milk, yogurt, honey, rolled oats, toasted muesli with your choice of strawberry, mango or blueberry	55k
DDOTEINI CHAVEC	

PROTEIN SHAKES

Peanut Butter & Cacao Peanut butter, banana, cacao, cinnamon, almond milk RAW Protein	62k &
Go for it Avocado, banana, coconut water, flax seeds, coconut flakes & RAW Protein	62k
Strawberry Chia Strawberries, Chia, Soy milk, honey & RAW protein	62k
Espresso Banana, shot espresso, skim/soy milk & RAW Protein	62k
Bananago Banana, mango, yogurt, milk, honey & RAW Protein	62k
Power Up Mixed berries, banana, flax seeds, coconut milk \$ PAW Protein topped with coconut flakes	62k

COFFEES

Espresso	22k
Double Espresso	28k
Long Black	28k
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

MILK SHAKES

With fresh milk and ice cream	35k
Vanilla / Strawberry / Banana / Chocolate	
COLD DRINKS	
Coke / Diet Coke / Sprite / Soda	18k
Reflections Sparkling Water	22k
Aqua Water	10k
Bintang Small	28k
COOLERS	
Mango Crush Mango, pineapple & lime with crushed ice	35k
Lime Ginger Zinger Carrot, apple, slices of lime & fresh ginger	35k
Passion Punch Blend of fresh passion fruit, lime & tropical juices	35k

ICED TEAS

Lemon	28k
Passion Fruit	28k
Lemongrass	28k
Ginger	28k

TEA POT

Green Tea	25k
English Breakfast	25k
Rose French Vanilla	25k
Ginger Tea	25k

HOMEMADE CAKES

High Noon Special "All Day" Coffee or tea with your choice of homemade cakes	55k
Homemade cakes Choose a slice of anyone of our homemade cakes	35k

Check our display for a selection of

Muffins/Chocolate slices, Cookies, Healthy Energy Snacks

KOMBUCHA

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

"Miss Eka's Jamu" 25k

Homemade jamu served over ice

