

LUNCH

Chicken Schnitty Sandwich

69k

Tasty homemade chicken schnitzel on a bed of delicious coleslaw topped with grilled tomato, mayo & rucola - 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 & barbecue sauce

Grilled Chicken Open Sandwich

59k

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

Open Smashed Avocado Sandwich

59k

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

Tuna Sandwich

59k

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

Mushroom Sandwich

59k

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

Asian Chicken Salad

59k

Grilled chicken, cherry tomato, cucumber, red bell peppers, red onion, red chilli, coleslaw, mint & dressing

Mixed Green Salad

50k

Mixed green leaf salad topped with avocado, cherry tomato, cucumber & mixed seeds

Add grilled chicken

+ 15k

Greek Salad

59k

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

Quinoa Salad

65k

Quinoa, mixed salad leaf, avocado, red onion, cherry tomato, cucumber, carrot, feta, mixed nuts & seeds with lemon dressing

Nasi Goreng/Fried Rice

Served with fried egg & crackers

Vegetarian 39k

Chicken 44k

Mie Goreng/Fried Noodles

Served with fried egg & crackers

Vegetarian 39k

Chicken 44k

Mixed Stir Fried Vegetables

Served with rice

Vegetarian 40k

Chicken 45k

Pad Thai (Wrapped in egg)

Vegetarian 46k

Chicken 52k

JUST FOR THE KIDS

Chicken Nuggets

38k

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	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

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 & RAW Protein, topped with coconut flakes	62k

COFFEES

Espresso	22k
Double Espresso	28k
Long Black	28k
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

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

TEA POT

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

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

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	35k
Mango, pineapple & lime with crushed ice	
Lime Ginger Zinger	35k
Carrot, apple, slices of lime & fresh ginger	
Passion Punch	35k
Blend of fresh passion fruit, lime & tropical juices	

HOMEMADE CAKES

High Noon Special "All Day" 55k
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

