

EKO BOWLS

Granola	62k
Dragon fruit, banana, strawberry, pineapple, papaya & mango topped with our tasty granola, natural yogurt & honey	
Seasonal Tropical Fruit	45k
A seasonal selection of locally sourced tropical fruits	
Dragon Fruit	62k
Blended dragon fruit, banana, pineapple & papaya, topped with granola, banana, strawberries, mango & mixed seeds	
Greenie	65k
Blended avocado, spinach, kale, banana & spirulina, topped with muesli, nuts & seeds	
Berry Blue	65k
Blueberries, blended with banana & coconut milk, topped with sesame & chia seeds, blueberries, kiwi fruit & coconut flakes	
Acai	75k
Acai berries blended with banana & pineapple, topped with granola, mango, banana, strawberry, mixed seeds & nuts	
Charcoal	65k
Blended Pineapple, banana, kale, activated Charcoal powder, coconut milk, topped with granola, banana, blueberry, strawberry & shredded coconut	
Turmeric	65k
Blended mango, pineapple banana, chia seeds, turmeric powder & orange juice, topped with kiwi fruit, strawberry, coconut & mixed seeds/nuts	

EKO JARS

Chia, Mango & Strawberry	
Chia seeds soaked in soya milk, served with fresh strawberries & mango, topped with mixed seeds & coconut flakes	
	glass 49k jar 69k
Chia & Dragon Fruit	
Chia seeds soaked in soya milk, topped with blended dragon fruit, banana, pineapple & lime juice, topped with mixed seeds & coconut flakes	
	glass 49k jar 69k
Chia & Greens	
Chia seeds soaked in soya milk, topped with blended avocado, spinach, kale, banana & spirulina, topped with mixed seeds.	
	glass 49k jar 69k
Handmade Yogurt & Granola	
Delicious creamy handmade yogurt, layered with granola, mixed with fresh strawberries & mango, topped with berries, mixed seeds & coconut flake	
	glass 49k jar 69k

BREAKFAST

Banana Pancakes	58k
Fluffy pancakes with caramelized banana, whipped walnut cream, candy walnuts & maple syrup	
Tropical Pancake Stack	75k
Feeling Hungry - 5 fluffy pancakes, layered with fresh tropical fruits & topped with whipped walnut cream & maple syrup	

Smashed Avocado	56k
Smashed avocado with feta, lime salt, fresh cherry tomatoes & dill on grain toast	
Add poached or boiled egg (2)	+ 15k

Smashed Avocado & Mushrooms	67k
Smashed avocado on grained toast with sauté mushrooms and chilli	

Breakfast Burrito	69k
Grilled chorizo, caramelized onion & green pepper with scrambled egg, smashed avocado, topped with tomato salsa & watercress	

Breakie Roll	58k
Fresh bagel with poached egg, bacon, avocado & rocket	

Kale Feta Eggs	59k
Sautéed kale mixed with creamy feta, chilli flakes & fresh garlic served on grain toast with poached eggs	

Potato Rosti	66k
Potato rosti, spinach, crispy bacon, feta & 2 eggs your way	

Tofu Scramble GF	69k
Scrambled tofu with mushroom, green pepper, spinach & almond milk, served with roasted tomato, sautéed mushrooms with GF toast, topped avocado & feta	

Zucchini & Green Peas Fritters GF	59k
Zucchini, pea & feta fritters, topped with poached eggs, baby rocket & tzatziki yoghurt dressing	

Savoury Omelet	58k
With baby spinach, cheese, onion, tomato & mushroom, topped with rucola on sourdough toast	

Classic French Toast	65k
Toast dipped in rich custard batter, topped with strawberries, banana, whipped walnut cream, candy walnuts, a scoop of vanilla ice cream & maple syrup	

Add bacon + 20k Add egg (2) + 15k

Eggs Benedict	
Poached eggs, spinach, bacon & homemade hollandaise sauce, served on English muffin	

Bacon	69k	Smoked Salmon	79k
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Big Breakie	85k
Choice of 2 eggs (your way) served with bacon, spinach, grilled tomatoes roasted mushroom with sourdough toast + coffee or tea	

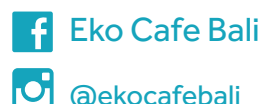
Eggs done your way	44k
On sourdough or mixed seed toast	

Toast	29k
Sourdough toast or mixed seed toast with butter, jam or peanut butter	

SIDES

Smoked Salmon	30k
Handcut Chips	20k
Baby Baked Potatoes	20k
Sausages(2)	20k
Crispy Bacon	20k
Avocado	15k
Feta Cheese	15k
Sauteed Tomato	15k
Sauteed Mushrooms	15k
Potato Rosti	15k
Extra Eggs(2)	15k

Gluten Free Toast Available



LUNCH

Chicken Schnitty Sandwich

78k

Tasty homemade chicken schnitzel on a bed of delicious coleslaw topped with grilled tomato, mayo & rucola - served with hand cut chips

Eko Burger

78k

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

Chicken Burger

78k

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

Zucchini Burger

75k

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

72k

Slow cooked pulled pork on a charcoal baguette served with coleslaw & barbecue sauce

Grilled Open Chicken 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 grain sourdough, with mixed lettuce, black olives, cherry tomato & balsamic dressing - served with baby baked potatoes

Tuna Sandwich

63k

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

Mushroom Sandwich

63k

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

Pesto Penne Pasta with Grilled Chicken

62k

Penne pasta and grilled chicken, with Eko homemade pesto

Spaghetti Meatballs

62k

Tasty meatballs and spaghetti with homemade tomato sauce

Asian Chicken Salad

62k

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, tomato, red onion, cucumber & mixed seeds

Add grilled chicken

+ 15k

Greek Salad

59k

Baby romaine lettuce, tomato, cucumber, red onion, feta, black olives, bell peppers, cashews & 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

Spaghetti Meatballs

38k

Tasty meatballs and spaghetti with homemade tomato sauce

Beef Burger

38k

Beef patty, lettuce, tomato & tomato sauce & Mayo

FRESH JUICES

Fresh Young Coconut	28k
Greenie Green apple, spinach, celery, ginger & lime	45k
Bright Eyes Pineapple, carrot, turmeric, ginger	45k
Dragon Fruit Dragon fruit, watermelon, strawberry & vanilla	45k
Detox Carrot, celery, beetroot, lemon & ginger	45k
Amazing Kale Kale, pineapple, apple	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	45k
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	55k
Banana Co Banana, cacao, coconut milk, chia seeds	55k
Island Days Mango, banana, strawberry, milk, yogurt, honey	55k
Berry Chia Blueberries, young coconut flesh, banana, coconut water & chia seeds	55k
Acai Mixed berries, banana, Acai & coconut water	55k
Pineapple Blush Pineapple, passion fruit, mango & dragon fruit	55k
Havana Passion fruit, mango, banana, milk, yogurt & honey	55k
Mango Green Spinach, kale, mango, banana & coconut water	55k
Berry Rush Mixed berries, milk, yogurt & honey	55k
Charcoal Pineapple, banana, kale, activated charcoal powder & coconut milk	55k
Green Goddess Mango, kiwi fruit, pineapple, spinach & coconut milk	55k
Breakfast Smoothie Banana, milk, yogurt, honey, rolled oats, toasted muesli with your choice of strawberry, mango or blueberry	58k

PROTEIN SHAKES

Peanut Butter & Cacao Peanut butter, banana, cacao, cinnamon, almond milk & RAW Protein	65k
Go for it Avocado, banana, coconut water, flax seeds, coconut flakes & RAW Protein	65k
Berry Collagen Mixed berries, banana, honey ,almond milk & RAW Collagen Protein	65k
Strawberry Chia Strawberries, Chia, Soy milk, honey & RAW protein	65k
Espresso Banana, shot espresso, skim/soy milk & RAW Protein	65k
Bananago Banana, mango, yogurt, milk, honey & RAW Protein	65k
Power Up Mixed berries, banana, flax seeds, coconut milk & RAW Protein, topped with coconut flakes	65k

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
Turmeric Latte	35k
Matcha Latte	35k
Charcoal 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

