



## Joining the REAL FOOD revolution

*Dear Guest,*

### IT'S TIME TO CHANGE OUR RELATION TO FOOD

*We put a lot of energy and thought into what we source and from whom so that we can showcase the best items on our menu. If something is out of season or not available at the quality we need we just do not use it.*

*We love that people are becoming more inspired to support a local farmer from their own community than they are to buy out-of-season ingredients from big box stores. Choosing to source ingredients locally helps our community in many ways. It boosts taste, freshness, and nutritional quality as well as mitigates environmental damage since items do not have to travel as long from our local farms to our table.*

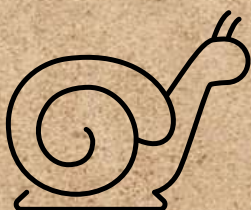
*Our menu features many things picked right from our garden. It grows better thanks to the compost from our kitchen.*

*By making the most of the equatorial climate of the Nusantara archipelago, we have created a menu rich in local ingredients, exploring different Asian cuisines from Indonesia to India, and more.*

*Please do not hesitate to contribute. Kindly leave our team your constructive feedback and drop positive reviews on our social media. We are on a journey.*

Terimah kasih / Tampi asih

*Ashtari Team*







## Joining the REAL FOOD revolution

### SLOW FOOD PHILOSOPHY

Envisions a world in which all people can access and enjoy real food that is good for them, good for those who grow it locally and sustainable for the planet.

#### REAL FOOD

Everything from our produce, to our eggs, meats, and veggies is sourced as local as possible. Our menu is constantly changing depending on what is fresh and locally available.

#### LOCAL CONNECTION

Food is part of our cultural identity. The slow food movement aims to keep the connection between the food we eat and the land it comes from.

#### SUSTAINABLE PLANET

In preserving our cultural heritage, the slow food movement also preserves our physical environment by supporting local communities and promoting sustainable systems such as organic and biodynamic agriculture.

Slow Food Opposes  
Fast Food



### OUR TRUSTED LOCAL NETWORK OF FARMERS AND PRODUCERS



Saifana organic farm is one of our trusted producers in Lombok. They send us veggies, coffee beans and cashew they harvest in an ethical way.



We buy our organic rice from Beras Organic Lombok, a local and trusted farmer.



Permaculture expert and "green" lecturer at the university, the owner grows several crops for us such as cacao and vanilla beans

We believe in being transparent about where our ingredients coming from. Our menu currently consists of more than 90% local and sustainable ingredients, and we are aiming to become 100%.

Open Daily 8 am-9 pm  
Lunch Menu From 11 am  
Dine-in, Take Away, Group Buffet  
Delivery Kuta, Selong Belanak, Gerupuk  
Last Order 830pm  
Free Shuttle For Bookings

+62 (0) 811-3884-838  ashtarilombok

 ashtarilombok.com



# Sharing is Caring



## SALAD LAB

### SALAD OF THE BLUE OCEAN | 80

Enjoy some fresh seafood mixed with garden salad, & edamame, topped with passion fruit & raw crackers

Dressing: tape (fermented sweet rice) dressing

### RED BEET SALAD | 70

Enjoy a full plate of roasted beet & garden salad, topped with artisan feta cheese, mango, avocado, herbs, walnuts

Dressing: Tarragon mustard vinaigrette

### RAINBOW CHAKRA SALAD | 70

Green leaves mix, sesame tempeh, avocado, edamame, sauerkraut, mushroom, steamed sweet potato, tomato, raw coconut chips, dressing of the day

Our pizza dough is made of whole wheat flour & sourdough culture, with no artificial yeast

## SOURDOUGH PIZZAS

1. Pick your vegan pizza base

### INDO PESTO | 75

Local basil & peanut pesto, tomato slices & local mushrooms

### PAPAYA MARGHERITA | 75

Papaya sauce, sliced onion, local basil, olive

### JACKFRUIT RENDANG | 75

Jackfruit pieces with delicious rendang sauce & sambal matah

2. Pick your cheese: artisan triple cheese or homemade vegan cheese

3. Add extra topping: Prawns or Chicken | +15

## HOMEMADE CHIPS WITH LOVE

### ISLAND SALSA BOWL | 40

Green banana chips with prawn avocado salsa

### SNACKS SIDE | 20

1. Pick your chips

- Sweet Potato and/or banana chips (fried in pure coconut oil)

2. Pick your homemade sauce

- Honey Mustard

Coconut yogurt, raw honey

- Mayonnaise

Our cheese comes from local grass-fed milk, which means the cows are raised organically being fed grass or forage without genetically modified corn, antibiotics or growth hormones

Prices are quoted in '000 Rp  
Subject to 11% government tax & 5% service charge



Gluten Free



Vegan



Vegetarian



Favorite



Spicy



# Asian Cuisine



## NUSANTARA CLASSICS

### REVISITED AYAM TALIWANG | 95 (LOMBOK)

Woodfire spicy grilled local chicken with white or red rice, urap-urap, and sauteed water spinach

### FISH OF THE DAY | 75 (LOMBOK)

Local style cooked fish (ask the waiter), served with white or red rice, sauteed water spinach

We use home made fermentation seasoning (miso, coconut yogurt, shio-koji) to enhance flavors.  
No MSG added in our food

## SLOW FOOD CREATIONS

Served with sweet potato or green banana chips

### BLACK SPICY CHICKEN BURGER | 70

Black charcoal buns, crispy chicken, sauerkraut & homemade mayonnaise

### GREEN VEGAN BURGER | 60

Moringa buns, jackfruit patty, sauerkraut, homemade mustard, papaya ketchup & coconut yogurt tartar sauce

## SIDES

### OSENG JANTUNG PISANG | 40

Stir-fried banana blossom served with garlic, shallots, chilies, and leeks

### Sauteed Water Spinach | 25

### Urap-urap (Indonesian Salad) | 25

### Moringa Soup (Sasak Style) | 25

### Organic Red Rice | 15

Our food is halal; it means we make sure the meat comes from animal, which is killed according to Islamic law and we never serve pork

# All Day Breakfast

## SMOOTHIE YOUR MORNING

### IMMUNITY BOWL | 65

Smoothie: aloe vera, strawberry, dragon fruit, fresh coconut milk, papaya & banana  
Topping: basil seeds, cacao nib, raw granola & seasonal fruit

### GREEN FOREST BOWL | 65

Smoothie: moringa, fresh coconut milk, banana, ketuk leaf & papaya  
Topping: basil seeds, cacao nib, raw granola & seasonal fruit

Prices are quoted in '000 Rp  
Subject to 11% government tax & 5% service charge



Gluten Free



Vegan



Vegetarian



Favorite



Spicy





# Indian Cuisine



## MAINS

### TANDOOR PANEER TIKKA | 85

Cubed paneer & veggies marinated with coconut yogurt and spices grilled in a tandoor. Come with coriander chutney

### PRAWN MASALA | 80

Spicy prawn curry

### BUTTER CHICKEN CURRY | 70

Traditional North Indian curry with organic artisan butter

### PALAK PANEER | 70

Local spinach & Indian cottage cheese curry

### PUMPKIN CURRY | 60

Stir pumpkin and coconut milk in high heat and add a flurry of local spices

### DAL TADKA | 60

Mung beans curry

## SET

### YOGI THALI | 80

Platter of different Indian small dishes: dal, veggies curry, chutney, raita salad, achar. Served with one chapati

## SMALL BITES WITH LOVE | 40

### PANI PURI

Crispy puffballs (6) filling with dal, sweet tamarind sauce, coconut yogurt

### INDIAN SPICY FRIED CHICKEN

5 pieces of fried chicken with mayonnaise

## SIDES

### SOURDOUGH NAAN | 25

Right from tandoori oven with garlic butter

### RAITA | 25

Cucumber & coconuts yogurt salad

### SOURDOUGH CHAPATI | 15

Whole wheat flatbread



To make REAL FOOD, we have adopted the WOOD FIRE tandoori cooking style. Direct heat from the fire at the bottom reflects off the sides of the tandoori oven.

Tandoori oven available at  
12.00~15.00 and 18.00~20.00

Prices are quoted in '000 Rp  
Subject to 11% government tax & 5% service charge



Gluten Free



Vegan



Vegetarian



Favorite



Spicy





# Thirsty Options



## ORGANIC TEA SELECTIONS | 30

Free hot water refill

### BLUE MAGIC HERBAL TEA

Blue pea flower and sweet mint from our garden

### HOLY HERBAL TEA

Tulshi, pandan leaf, lemongrass from garden

### INDONESIAN GREEN TEA

### INDONESIAN OOLONG TEA

We source our organic tea leaf from Dwan mountain tea in Bali

## COLD BREW COFFEE

Made by steeping coffee in water for a number of hours at cold or ambient temperature.

### ICED LATTE | 35

Choose cow or homemade coconut milk

### ICED COFFEE | 30

Our coffee beans come from Saifana organic farm in Lombok

## HEALTHY DRINKS

### MAKE ME AWARE SMOOTHIE | 50

Organic coffee shot, fresh coconut milk, banana, terra peanut butter, cacao powder, cinnamon

### MINT HONEY LASSI | 40

Lombok raw honey, garden mint, homemade coconut yogurt, mango & banana lassi or pink banana lassi

### MASALA CHAI | 30

Organic black tea with Indian spices in fresh coconut or cow milk

## Desserts

### BANANA BREAD | 40

2 slices of homemade banana bread served with 1 scoop coconut ice cream, no refined sugar

### RAW CHEESECAKE | 40

Creamy layered mango vegan cheesecake made from Lombok organic cashews and homemade coconut yoghurt, no refined sugar

Prices are quoted in '000 Rp  
Subject to 11% government tax & 5% service charge

