

## 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.

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.

Terima kasih / Tampi asih



## 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.

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

#### 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

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.

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

### **OUR TRUSTED LOCAL NETWORK OF FARMERS AND PRODUCERS**



DAHA ORGANIC FARM Vegetables, free-range egg, free range chicken



BERAS MERAH LOMBOK Red rice, Vegetables



SAIFANA ORGANIC FARM Cashew nut, Vegetables



LOMBOK FARM HOUSE Vegetables



PERMACULTURE LOMBOK Cacao, Vegetables



ORGANIKA FARM DELIVERY Vegetables

We believe in being transparent about where our ingredients coming from. Our menu currently consists of more than 70% local and sustainable ingredients, and we are aiming to become 100%.

Thank you for your strong support.





# All Day Breakfast





## SMOOTHIE AND FRUIT BOWL VIDE X 111

## IMMUNITY BOWL | 65K

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

#### SPIRULINA PROTEIN BOWL | 70K

Smoothie: garden Brazilian spinach, spirulina, mango, banana, coconut milk Topping: basil seeds, cacao nib, Terra's raw granola & seasonal fruits

#### COCO MAGIC BOWL | 70K

Smoothie: Lombok cacao, peanut butter, banana, coconut milk,

cinnamon powder

Topping: basil seeds, cacao nib, Terra's raw granola & seasonal fruits

#### FRUIT BOWL | 50K

Seasonal fruits bowl.

\*adds extra 15K

- -Raw Granola
- -Raw Honey
- -Coconut Yogurt

Extra eggs +20K

Peanut Butter 10K

Humus +20K

Cheese +20K Butter +15K

Dosa 30K

Sourdough Bread (x2) + 15K

#### THE HUNGRY FARMER | 100K

Free-range eggs for omelet, roasted halloumi cheese, shred chicken, and green salad, sauteed mushroom & spinach, sourdough bread

## MASALA DOSAI 75K WOF X

Fermented sourdough crapes from south India using mix of beans & local organic

Dosa studded delicately sparked potato and taro, served with sambahar, Raita coconut chutney and tomato chaat Extra Cheese or Butter | +10K

## AVOCADO ON TOAST (X2) | 50K V DF

avocado humus on sourdough bread roast Extra poached eggs | +20K

# Happy Hour

#### **Morning Coffee**

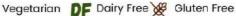
Latte/cappuccino + cookie 40k Long black/Americano/Espresso + cookie 30k Masala chai + cookie +35K

\*Cookies Sesame/Matcha/Cacao

| Until 11am |

Subject to 10% government tax & 5% service charge



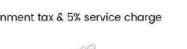




Favorite

















# International Flavours





# Starters & Sharing Platters

## ARTISAN CHEESE BOARD | 150K R

Organic cheese selection from Rosalie Bali & Mazaraat Kalyana (aged goat cheese) Black & white (cow cheese) Camembert (cow cheese) Tomme De Savoie (cow cheese) Blue Cheese (cow cheese) Served with sourdough bread, grass-fed butter, cashew nut, dates & apple

## FRESH SPRING ROLLS (X6) | 75K DF X VEGGIES & TEMPEH V

## HOMEMADE CHIPS | 30K DF 💥

(fried in pure coconut oil) Pick your chips W

- Sweet potato
- Green banana

Pick your homemade sauce

- Tomato chaat sauce
- Mayonnaise

# HOMEMADE SAUCES DF X

TOMATO CHAAT | 10K MAYONNAISE I 10K

> Our cheese & butter 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

## Mains

### BLACK CHICKEN BURGER | 80K |

Black charcoal buns, crispy chicken, roasted halloumi cheese sauerkraut, tomato chaat sauce & homemade mayonnaise Served with sweet potato or green banana

## BLACK JACK BURGER | 70K V DF

Black charcoal buns, jackfruit patty, sauerkraut, homemade mustard, tomato

Served with sweet potato or green banana chips

## NASI GORENG | 65K DF

Choose red rice or white rice, seasonal local, veggies, corn fritter, local egg

## Salads

## RAINBOW CHAKRA SALAD | 70K W DF 🗯

Full mix of green leaves served with 7 toppings (sesame tempeh, avocado, edamame, sauerkraut, mushrooms, sweet potato, tomato).

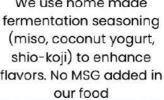
Dressing of the day

SOURDOUGH BREAD (X2) | 15K VDF

ORGANIC WHITE OR RED RICE | 15K W

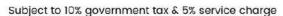
Steamed with pandan leaf

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





















# Contemporary Indian Cuisine Ashtari



For a full experience, we recommend our guests to add chapati or naan bread to their Indian main dish below

## GOAT BRIYANI | 135K 💥 🚻

A spiced mix of local goat meat and basmati rice. It's fiery and aromatic, and heady with black peppercorns, star anise, and cinnamon

## GOAT CURRY | 120K 🎉

Local goat meat cooked tender and juicy in a gravy made with onions, tomatoes, garlic, and aromatic spices

## TANDOOR CHICKEN | 100K 2 9 4

Chicken & veggies marinated with spices & coconut yogurt, grilled in tandoor and served with chutney

## PRAWN MASALA | 100K 🎉 🃣



Spicy prawn curry

## BUTTER CHICKEN CURRY | 90K 💥 🔐 💖

Traditional North Indian curry with organic artisan butter

## PANEER TIKKA | 85K W

Cubed paneer & veggies marinated with spices & coconut yogurt, grilled in tandoor and served with chutney

## PALAK PANEER/TOFU | 85K W 💥



Garden spinach & Indian cottage cheese curry Dairy free option: Tofu instead of paneer | 70K

## MALAI KOFTA | 70K V X

Paneer & potato balls (x4) in a rich creamy

## PUMPKIN CURRY | 60K V DF X

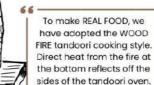


Pumpkin & coconut milk stirred in a mild mix of spices

## DAL TADKA | 60K ₩ DF ※



## Mung beans curry



Subject to 10% government tax & 5% service charge

# Starters & Sharing Platters

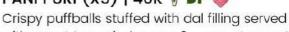
## FRIED CHICKEN | 70K DF 💥

Marinated with coconut yogurt and spiced, fried in coconut oil. served with homemade

mayonnaise

## PANI PURI (X5) | 40K ₩ **DF** >





with sweet tamarind sauce & coconut yogurt

## SAMOSAS (X3) | 45K V DF



Triangular-shaped pastry stuffed with taro potato filling, served with coconut chutney

## (Sides)

## OLIVE SOURDOUGH CHEESE NAAN I 55K W

Flatbread made in tandoor with artisan cheese, black olive and garden herb.

### SOURDOUGH CHEESE NAAN | 45K W

Flatbread made in tandoor with cheese

## SOURDOUGH NAAN | 30K W

Flatbread made in tandoor with garlic butter

## RAITA | 25K V DF W

Cucumber & coconut yogurt salad

## SOURDOUGH CHAPATI | 20KW DF

Whole wheat flatbread

## ORGANIC WHITE OR RED RICE | 15K W

Steamed with pandan leaf



## YOGI THALI I 80K V DF

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

## MASALA DOSA | 75K V DF X



Fermented sourdough crapes from south India using mix of beans & local organic rice.

Dosa studded delicately sparked potato and taro, served with sambahar, Raita coconut chutney and tomato chaat Extra Cheese or Butter | +10K

















# Desserts



## BANANA BREAD BY TERRA | 40K V DF X W

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

## RAW CHEESECAKE BY TERRA | 40K V DF X 19

Creamy layered vegan cheesecake made from Lombok organic cashews and terra's coconut yogurt, dates, activated raw nuts & seeds, no refined sugar

#### **REAL ARTISAN GELATO**

SORBET **V DF** Strawberry, Mango, Lemon

ICE CREAM by Terra V DF Coconut Original

GELATO Chocolate, Vanilla, Mint

1 scoop | 30K 2 scoop | 50K 3 scoop | 60K

AFFOGATO | 60K 🤎

2 scoop vanilla gelato with coffee on top

## COOKIES | 10K V/DFX

- -Matcha cookie
- -Cacao cookie
- -Sesame cookie

## terra

Plant Based Food

Terra is the plant-based sister of Ashtari. It serves innovative, inspiring and 100% plant based food in the heart of Kuta Lombok. They are producing many core ingredients for Ashtari Slow Food menu.





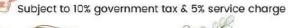
## ARTISAN CHEESE BOARD | 150K

Organic cheese selection from Rosalie Bali & Mazaraat

Kalyana (aged goat cheese)
Black & white (cow cheese)
Camembert (cow cheese)
Tomme De Savoie (cow cheese)
Blue Cheese (cow cheese)

Served with sourdough bread, grass-fed butter, cashew nut, dates & apple











#### BLEND ORGANIC COFFEE SELECTIONS

Choose cow or homemade coconut milk LONG BLACK/AMERICANO/ESPRESSO | 25K

LATTE | 35K

CAPPUCINO | 35K

MOCHACINO I 35K

MACHIATO | 30K

Espresso with steam milk foam

ICED LATTE | 35K

ICED CAPPUCINO | 35K

ICED BLACK COFFEE | 30K

#### CHAI & LASSI

MASALA CHAI | 30K 🤎



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

**ICED MASALA CHAI LATTE** 

Bottle 1L | 95K Glass | 40K

## MINT HONEY LASSI | 50K V DF

Lombok raw honey, garden mint, Terra's coconut yogurt

- Banana mango lassi
- Pink banana lassi
- Banana avocado lassi

## POWER BOOST LASSI | 55K V DF



Banana, Passion fruit, strawberry, coconut yogurt,coconut milk, honey, sweetmint

#### TEA CEREMONY

Free hot water refill for all tea above

## ORGANIC TEA FROM D'WAN MOUNTAIN TEA IN BALI I 40K

- -Organic oolong tea
- -Organic green tea
- -Organic Black tea

#### HOLY HERBAL TEA | 30K

Tulshi, pandan leaf, ginger, lemongrass from garden

#### BLUE MAGIC HERBAL TEA | 30K 🤎



Blue pea flower and sweet mint from our garden

#### **HEALTHY DRINKS**

## MAKE ME AWARE SMOOTHIE | 50K V DF

Organic coffee shot, fresh coconut milk, banana, Terra's peanut butter, cacao powder, cinnamon

#### OVERSEAS LOMBOK GINGER BEER 45K

Artisanal ginger soda made by fermentation process

## MIXED FRESH JUICE | 35K

### FRESH JUICE (SEASONAL) | 30K

Watermelon, mandarin, banana, soursop, mango, papaya

## COCONUT "RIGHT" FROM THE TREE | 25K KOMBUCHA (PER GLASS) | 20K 🤎

Fermented black tea by Terra

#### SOFT DRINKS

SPARKLING WATER 750ML | 65K "DIRTY SUGAR" BEVERAGE | 25K

Coke, Sprite, Ginger ale, Tonic water, Soda water WATER JUG JUG 500ML/JUG 1L | 10/15K LIME ICED TEA | 30K

#### MILKSHAKES 50K

#### CHOCOLATE BANANA MILKSHAKE 🤎



Chocolate gelato, milk, banana

#### STRAWBERRY MILKSHAKE

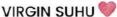
Strawberry gelato, milk, fresh strawberry

#### MOCKTAIL 40K

#### FROSTY MANGO KAFFIR LIME 🤎



Fresh mango, kaffir lime



Soda water, honey, lemongrass, lime

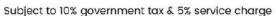
#### LIME SQUASH

Lime, syrup, soda water

#### GINGER MINT COOLER

Ginger, mint leaf, lime, soda water















Contains nut Favorite









Vegetarian DF Dairy Free & Gluten Free

# Cocktail Drinks



#### **CRAFT BEERS**

A beer made in a traditional or non-merchanized way by a small brewery

KURA KURA (ISLAND ALE) 330ML | 65K KURA KURA (LAGER) 330ML | 65K ALBENS APPLE CIDER 330ML | 50K BINTANG 620ML | 55K BINTANG 330ML | 35K HAINEKEN | 50K

### **COCKTAILS | 80K**

#### **BLUE LAGOON**

Vodka, blue curacao, sprite, lime

SAN MIGUEL LIGHT | 45K

BINTANG RADLER | 35K

#### CAIPIRINHA

Rum, lime, sugar

#### **CAIPIROSKA**

Vodka, lime, brown sugar

#### **CUBA LIBRE**

Rum, coke, lime

#### MARGARITA CLASSIC

Tequila, triple sec, lime

#### FROZEN MANGO MARGARITA

Tequila, triple sec, mango, lime

#### ESPRESSO MARTINI

Vodka, coffee liqueur, organic coffee

#### **GREEN HAWAIIAN**

Rum, blue curacao, matcha, pineapple, coconut milk

#### LONG ISLAND

Gin, rum, tequila, vodka, triple sec, coke, lime

### MAITAI 🤎

Rum, pineapple, orange, syrup

### MANGO/STRAWBERRY DAIQUIRI

Rum, triple sec, lime, sugar, mango or strawberry

#### MOJITO

Rum, soda water, mint leaf, lime, sugar

#### PINA COLADA

Rum, coconut liquor, pineapple, coconut milk

#### WHISKEY SOUR

Royal brew house whiskey, sweet sour, bitters

#### SPANISH GIN | 120K

Archipelago gin, cucumber & citrus in Spanish way

#### LIQUOR & SPIRITS BY SHOT | BOTTLE

**VODKA** 

VODKA 9 50K | 350K SMIRNOFF VODKA 425K

**RUM** 

BLANCO WHITE RUM 50K | 350K WHITE RUM CAPTAIN MORGAN 425K SPICE RUM CAPTAIN MORGAN 425K

GIN

EAST INDIES GIN 80K | 750K

WHISKY

JACK DANIEALS WHISKEY

MR DOWELL'S WISKY

400K

ROYAL BREW HOUSE WHISKEY

75K | 675K

**TEQUILA** 

VIBE TEQUILA 50K | 350K JOSE CUERO TEQUILA 80K | 850K

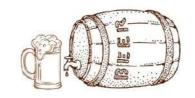
**OTHERS** 

APEROL 100K | 800K RICARD 100K | 985K BAILEYS 100K | 985K



Subject to 10% government tax & 5% service charge









**ROSÉ WINE** 

GABRIEL MEFFRE, COTE DU

BABICH, SAUV BLANC, NEW

RHONE BLANC, 2020

ZEALAND, 2018

**ITALY,2018** 



**RED WINE** 

2019

2017

**ITALY, 2019** 

FANTINI, MONTEPULCIANO,

TALL HORSE PINOTAGE, SOUTH

BABICH PINOT NOIR, NEW ZEALAND, 2018	475K	MAYACABA, MALBEC, ARGENTINA, 2015	925K
LA LA LAND, PINOT NOIR ROSE, AUSTRALIA 2020	400K	PENFOLD'S KOONUGA HILLS, CAB SAUV,2019	725K
WHITE WINE		PROTOS, CRIANZA, SPAIN, 2016	675K
VINA MAIPO VITRAL, CHARDONNAY, CHILE, 2018	475K	ALTANZA DOMINIO DE HEREDIA, RIOJA, 2016	575K
DOUGLASS GREEN, CHENIN BLANC, SOUTH AFRICA, 2021	425K	LINDEMAN'S BIN 99, PINOT NOIR, 2019	475K
PROTOS VERDEJO, SPAIN, 2019	525K	BABICH, MERLOT CAB SAUV, NEW ZEEALAND, 2017	475K
PHILIPPE DRESCHIER, RIESLING, 2017-2019	700K	ZOLLA, SALICE SALENTINO, ITALY,	450K

AFRICA, 2020 UNO SAUV BLANC, ARGENTINA, 450K **DESSERT WINE** GABBIANO, MOSCATO, ITALY CORTE GIARA, PINOT GRIGIO,

575K

475K

425K



400K

375K











CASA SILVA, CAB SAUV, CHILE, 2021



100K | 450K

