



## 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*

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 & organic 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



Open Daily 8:00am – 9:30pm

Lunch Menu From 10 am

Last Order 9 pm

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



#### LOMBOK FARM HOUSE

Vegetables



#### PERMACULTURE LOMBOK

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.



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ashtarilombok.com

# Healthy Breakfast

Start from 8 AM

## AVOCADO HUMUS ON TOAST | 85K DF

Home made sourdough bread with avocado, garden spinach, mushrooms, poached eggs or tempeh

## FRUIT PLATTER | 80K VDF

Seasonal fruits, granola, coconut yoghurt and honey or palm nectar

## SMOOTHIE AND FRUIT BOWL | 80K

VDF

### IMMUNITY BOWL



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

### SPIRULINA GREEN BOWL

Smoothie: garden Brazilian spinach, spirulina, seasonal fruits, banana & coconut milk  
Topping: basil seeds, cacao nibs, tape granola & seasonal fruits

### COCO MAGIC BOWL



Smoothie: Lombok cacao, peanut butter, banana, coconut milk & cinnamon powder  
Topping: basil seeds, cacao nibs, tape granola & seasonal fruits

Vegetarian DF Contains nut Favorite Spicy

Subject to 10% government tax & 5% service charge

# Sharing Platters & Starters

Start from 10AM

## SWEET POTATO CHIPS | 35K

Fried in pure coconut oil

Pick your homemade sauce

- Tomato chaat sauce
- Mayonnaise

## FRESH SUMMER ROLLS (X6) | 80K

Fresh vegetables & prawn or tempeh rolled with rice paper served with peanut sauce

## SAMOSAS (X3) | 50K

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

# Indian Curries

Start from 10AM

## BUTTER CHICKEN CURRY | 135K

Traditional North Indian curry using local artisan butter

## PALAK TOFU | 95K

Vibrant garden spinach curry seasoned with aromatic spices

## GOAT BRIYANI | 155K

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 | 140K

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

# Tikka

Marinated with spices & coconut yogurt sauce, grilled and served with coconut chutney

## CHICKEN TIKKA | 135K

## TOFU OR TEMPEH & VEGGIE TIKKA | 75K

# Side

## SOURDOUGH CHEESE NAAN | 50K

## SOURDOUGH BUTTER GARLIC NAAN | 35K

## SOURDOUGH PLAIN NAAN | 30K

## SOURDOUGH CHAPATI | 20K

Whole wheat flatbread

## WHITE OR RED RICE | 15K

Local rice steamed with pandan leaf

Vegetarian Dairy Free Gluten Free

Contains nut

Favorite

Spicy

# Historical Favorites

Start from 10AM

GRILLED MAHI-MAHI SASAK STYLE | 145K 

Served with white rice, sautéed water spinach, sambal

ASHTARI BEEF BURGER | 140K

Flavored local basil and spiced beef patty, artisan mozzarella cheese, homemade mayonnaise served with sweet potato chips

BEEF RENDANG | 135K 

Indonesian caramelized local beef stew, steam cassava from our garden served with green sambal

NASI GORENG | 75K

W/ Fried Chicken or Veggie

# Western Fusion

Start from 10AM

RAINBOW CHAKRA SALAD | 75K   

Salad leaves served with 6 toppings: sesame tempeh, avocado hummus, edamame, mushrooms, sweet potato, tomato served with Tape Dressing

CHICKEN TIKKA SANDWICH | 115K

Chicken Tikka, egg, artisan paneer cheese, artisan butter, whole wheat sourdough bread side sweet potato fried in pure coconuts oil

BUTTER CHICKEN WRAP ROLL | 115K 

Butter chicken and artisan mozzarella cheese, garden spinach wrap roll .

Subject to 10% government tax & 5% service charge

 Vegetarian  Dairy Free  
 Contains nut  Favorite

Gluten Free   
Spicy 

# Sweets

## BANANA CAKE | 75K

Moist and fluffy banana cake served with a scoop of iced cream and topped with crunchy cookie crumbles - a delightful blend of warm cake and cool sweetness

## CARROT CAKE | 75K

Soft spiced carrot cake served with ice cream on the side and finished with crispy cookie crumbles for a perfect texture contrast

## CHOCOLATE BROWNIES | 60K

Served with vanilla ice cream

## AFFOGATO | 65K

2 scoop of ice cream with espresso coffee butter

## REAL ARTISAN GELATO

(1 scoop | 30K) (2 scoop | 50K) (3 scoop | 65K)

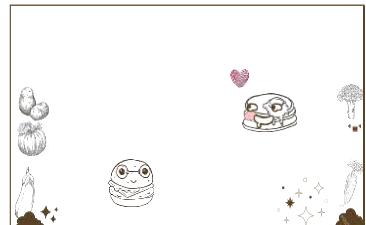
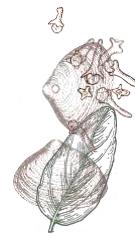
- Chocolate Gelato
- Vanilla

**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.

Subject to 10% government tax & 5% service charge



# Drinks

## BLEND ORGANIC COFFEE

Choose cow or homemade coconut milk  
LONG BLACK/ AMERICANO/ ESPRESSO | 30K  
LATTE | 40K  
CAPPUCCINO | 40K  
MOCHACCINO | 40K  
MACCHIATO | 40K  
Espresso with steam milk foam  
ICED LATTE | 40K  
ICED CAPPUCCINO | 40K  
ICED BLACK COFFEE | 30K

## LASSI

### MINT HONEY LASSI | 55K DF

Lombok raw honey, garden mint,  
Terra's coconut yogurt:  
- Banana mango lassi  
- Pink banana lassi  
- Banana avocado lassi

### POWER BOOST LASSI | 60K DF

Banana, Passion fruit, strawberry, coconut yogurt,  
coconut milk, honey, sweet mint

## TEA CEREMONY

"Free hot water refill"

### ORGANIC TEA | 40K

-Organic Oolong tea  
-Organic Green tea  
-Organic Black tea

## ORGANIK GARDEN HERBAL TEA

- HOLY HERBAL TEA | 35k  
Tulsi, Pandan Leaf, Lemongrass, Ginger,  
Pineapple  
- BLUE MAGIC TEA | 35k  
Bluepea Flower, Sweet Mint

## HEALTHY DRINKS

### MAKE ME AWARE SMOOTHIE | 55K DF

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

### FRESH JUICE (SEASONAL) | 40K

Watermelon, Mandarin, Banana, Soursop, Mango,  
Papaya, Mix fruits

### JAMU | BY GLASS 30K (BOTTLE 100K)

Authentic turmeric based herbal healing drink, balinese  
style

### COCONUT "RIGHT" FROM THE TREE | 25K

### MATCHA LATTE | 50K

### OVERSEAS LOMBOK GINGER BEER | 45K

Artisanal ginger soda made by fermentation process

## SOFT DRINKS

### "DIRTY SUGAR" BEVERAGE | 25K

Coke, Sprite, Tonic water, Soda water

### SPARKLING WATER 750ML | 70K

### WATER JUG 500ML/JUG 1L | 10/15K

## MOCKTAIL 45K

### VIRGIN SUHU

Soda water, honey, lemongrass, lime

### GINGER MINT COOLER

Ginger, mint leaf, lime, soda water

### FROSTY MANGO LIME

Fresh mango, kaffir lime, honey

### KOMBUCHA | 25K

# Beers

## CRAFT BEERS

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

ISLAND BREW (PALE ALE) 330ML | 70K

ISLAND BREW (PILSENER) 330ML | 65K

BINTANG 620ML | 55K

BINTANG 330ML | 35K

BINTANG RADLER | 35K

# Cocktail Drinks

## COCKTAILS | 87K

MARGARITA CLASSIC

Tequila, triple sec, lime

FROZEN MANGO MARGARITA

Tequila, triple sec, mango, lime

ESPRESSO MARTINI

Vodka, coffee liqueur, organic coffee

MOJITO

Rum, soda water, mint leaf, lime, sugar

PINA COLADA

Rum, coconut liquor, pineapple, coconut milk

STRAWBERRY MINT ROSCA

Vodka, Triple Sec, Strawberry, Mint, Lime, Simple Syrup

## LIQUOR & SPIRITS BY SHOT (Straight or On the rock)

VODKA "9" 50K

RUM "BLANCO WHITE" 50K

GIN "EAST INDIES" 50K

TEQUILA "VIBE" 50K

# Wine List

## RED WINE

BY GLASS | BOTTLE

PINOT NOIR "MOUNT ROZIER"  
SOUTH AFRICA

105K | 475K

SHIRAZ "WOLFBLOSS"  
AUSTRALIA

777K | 777K

MALBEC "MAYACABA"  
ARGENTINA

950K

TEMPRANILLO "PROTOS CRIANZA"  
SPAIN

700K

## WHITE WINE

BY GLASS | BOTTLE

SAUVIGNON BLANC "MOUNT ROZIER"  
SOUTH AFRICA

105K | 475K

CHARDONNAY "MI TERRUNO"  
ARGENTINA

777K | 777K

PINOT GRIGIO "CORTE GIARA"  
ITALY

777K | 475K

## ROSÉ WINE

ROSE "MOUNT ROZIER"  
SOUTH AFRICA

475K

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