

MENU

 **Amrita**
Nourished by Nectar

Organic Vegan Cuisine



“ By the purity of food one becomes
pure in mind;
by the purification of mind
one verily get remembrance of their own Divinity;
and by the attainment of the memory of
the Divine Within
all which produces sorrow is severed. ”

Chandogya Upanishad





WELCOME TO AMRITA

We Are A 100% Vegan Restaurant

From the sanskrit word meaning “nectar” at Amrita we celebrate delicious, vegan & organic international cuisine. Through conscious, ethical and humane choices we serve food that is good for you, good for our planet and good for all of it’s creatures.

Following the yogic principle of ahimsa (non-violence), a vegan diet contains no animal products.

Our menu is completely free of meat, dairy and eggs.



We source as much organic produce as we can to support the local farmers who help keep Bali pure for future generations. Our menu is about 70-80% organic and we use as many whole grains, healthy oils & natural sugars as possible.



All our food is prepared fresh & may take upto 30 mins to be served, so please order early.



Our menu is largely gluten-free, however we use soya sauce in alot of dishes. This icon indicates dishes which contain gluten.

We invite you to breathe, relax, enjoy the view & allow us to serve you as you completely let go.



A GUIDE TO CONSCIOUS EATING

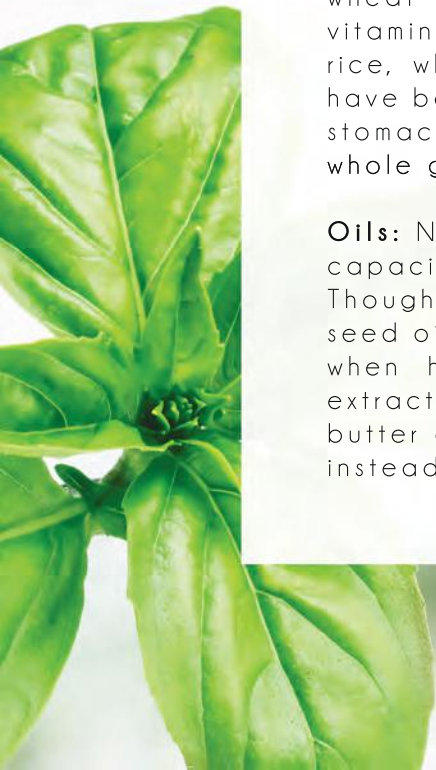
Did you know that everything we put into our bodies affects not only our physical health, but also our thoughts and emotions?


Developing a greater awareness of the foods we eat can be a revolutionary first step closer to discovering an optimal diet and a return to our natural state of healthy wholeness. A journey of 1000 miles begins with just one step. Here are some helpful guidelines to make your journey towards a balanced, holistic diet easier & full of deeper understanding...

Vegetables & Fruits: Eating more fresh fruits and vegetables is essential, and whenever possible choose organic. Although organic produce is generally more expensive than commercially grown produce, it is significantly higher in its content of vitamins, minerals, trace elements, and enzymes. In addition to avoiding the detrimental effects of chemical pesticides, insecticides, fertilizers, irradiation, and produce waxes, we actually get to enjoy the "real" taste of natural foods & derive their deeply healing benefits.

Grains: Whole grains that are free from excessive processing are the life-blood of a healthy diet. Grains such as brown rice, whole wheat flour, buckwheat, whole rye & quinoa contain more fiber, vitamins, minerals, and a variety of phytochemicals. Polished white rice, white bread & other heavily refined and processed grains have been largely stripped of their nutrients. Although they fill our stomachs, they deprive us of the essential nutrients their original whole grain counterparts offer.

Oils: Not all oils are created equal. Only a few oils have the capacity to retain their nutritional value after being heated. Though naturally pressed virgin olive oil, sunflower oil, and flax seed oil are excellent with salads, they lose their healing benefits when heated & used for cooking. Actively avoid chemically extracted oils, margarine, and shortenings. Sesame, coconut, butter and grapefruit seed oil are excellent choices to cook with instead.





Sweeteners: Brown sugar, rock sugar, sugar cane, coconut sugar, palm sugar, jaggery, agave, stevia and other natural sweeteners are easily assimilated by the body & do not adversely affect blood/sugar levels. Excessive use of refined and chemically processed sweeteners like white sugar & artificial sugars like aspartame & saccharine have many harmful effects for the body.




Meat, Dairy & Eggs: A vegan diet does not include these for humane, environmental and health reasons. Inorganic meat, dairy and egg products contain harmful hormones & chemicals which disturb our body, are harder to digest, contribute to environmental destruction and come from inhumane sources.

Plant Proteins: Beans, legumes, nuts & seeds are some of the most beneficial proteins available. For optimal assimilation soak all nuts, seeds, grains, and legumes before cooking and consuming.

More Holistic Health Tips

- Heat food on a stove-top or oven. Microwaves destroy the nutritional value of foods and are a source of cancer.
- When considering drinking liquids with foods, finish your drink at least 20 minutes before eating - then drink no more than ½ cup with meals. This prevents the dilution of digestive juices with excess liquids and helps assimilation.
- Stop eating when you feel like you can take 5 more spoonfuls. This leaves some space in your belly at the end of your meal and will reduce over-eating, as food expands in the belly after consumption and promotes better digestion.
- Avoid deep-fried foods or eat them sparingly, as most are cooked in saturated fats which are harmful to health.
- Grow to love green leafy vegetables, mung beans, seaweed, coconut, miso, turmeric, sea salt, sprouts & herbal teas - they are all great for you!

MAY YOU LIVE A LONG, HEALTHY & HAPPY LIFE!





HEALING DRINKS

Ginger, Lemon & Nectar Tea

great for upset stomachs, this spicy and sour hot tea is sweetened by local palm nectar

30⁰⁰⁰ Rp

Fresh Coconut Juice

everyone's favorite, pure coconut juice fresh of the tree

25⁰⁰⁰ Rp

Fresh Fruit Juices

choose from papaya, pineapple or banana juice

30⁰⁰⁰ Rp

Seasonal Fresh Fruit Juices

if it's in season choose from mango, strawberry, dragon fruit or orange juice

35⁰⁰⁰ Rp

Jamu Juice

an indigenous healing tonic that includes fresh tumeric juice, tamarind and palm sugar - major immune booster

40⁰⁰⁰ Rp

prices do not include 21% service & tax





ELIXERS

Brahmi Brain Juice

fresh gotu kola leaves mixed with coconut water and orange juice which enhances mental clarity, intelligence, and memory

40⁰⁰⁰ Rp

Detox Juice

carrot, orange, pineapple, carrot and fresh tumeric are combined to purify the body of toxins

35⁰⁰⁰ Rp

Moringa Smoothie

a super food, moringa is packed with essential vitamins, minerals and tastes great combined with banana and cashew milk

40⁰⁰⁰ Rp

Chocolate Smoothie

cocoa, banana, cinnamon and coconut are blended together to make this ultra awesome tonic


45⁰⁰⁰ Rp

Strawberry & Peanut Butter Smoothie

if you like peanut butter and jam, you are going to love this

40⁰⁰⁰ Rp

prices do not include 21% service & tax



BREAKFAST

Granola with Coconut Milk

toasted oats, coconut flakes, seeds, nuts, palm sugar and cinnamony sweet spices with a side of fresh coconut milk

45⁰⁰⁰ Rp

Fruit Salad

a big bowl of bite size pieces of fresh seasonal fruits

35⁰⁰⁰ Rp

Tofu Scramble with Fakin' Bacon

*crumbled tofu sauteed with tumeric, onions, coriander, & bell peppers accompanied by slices of smokey coconut "bacon"
(add ~~to~~ toast 20,000 Rp)*

40⁰⁰⁰ Rp

Buckwheat Pineapple Pancakes

3 gluten free, banana pancakes topped with caramelized pineapple, a sprinkling of crunchy cashews and roasted coconut flakes, served with palm syrup.

45⁰⁰⁰ Rp

Toast, Jam & Cashew Butter

3 healthy multigrain slices served with an assortment of jams and savory cashew nut butter

40⁰⁰⁰ Rp

prices do not include 21% service & tax



APPETIZERS

Samosas with Chutney

3 gluten-free samosas stuffed with peas, cauliflower and Indian spices served with goji chutney & coconut/mint chutney

45⁰⁰⁰ Rp

Tangy Jicama with Dips

raw, seasoned jicama thinly sliced and served with a tamarind dip & a kefir lime dip

35⁰⁰⁰ Rp

Tempura Florets

crispy gluten-free battered cauliflower florets deep fried in coconut oil served with a creamy cashew ranch dressing

45⁰⁰⁰ Rp

Chatuspada Zucchini Wraps

pumpkin, tofu & chickpeas wrapped in slices of zucchini spiced with a fusion of Asian spices, served with a coconut/mint sauce

40⁰⁰⁰ Rp

Gado-Gado

an Indonesian classic of steamed veggies and fried tempeh/tofu served with a spicy peanut dipping sauce

40⁰⁰⁰ Rp

prices do not include 21% service & tax





SOUPS

Thai Temple Soup

assorted veggies and mushrooms in a divine coconut broth infused with authentic thai spices

45⁰⁰⁰ Rp

Avant Garde Pumpkin

sweet oven roasted pumpkin & leek topped with crunchy pumpkin and sunflower seeds

45⁰⁰⁰ Rp

Zen Soup

the classic Japanese favorite, miso broth with silken tofu, seaweed, veggies and topped with spring onion

50⁰⁰⁰ Rp

Roasted & Red

a hearty, deep red soup made from oven charred bell peppers and tomatoes seasoned to perfection

35⁰⁰⁰ Rp

Cream of Broccoli

a medley of broccoli, cashew and creamy potatoes spiced with roasted garlic & select spices

40⁰⁰⁰ Rp

prices do not include 21% service & tax



SALADS

Amrita Artisan Salad

our signature salad, made with fresh romaine, kale cherry tomatoes, coconut bacon and creamy cashew ceasar dressing

65⁰⁰⁰ Rp

Thai Temple Salad

the classic green papaya salad with coconut meat, cherry tomatoes, green beans in a slightly sweet, spicy & lemon dressing

65⁰⁰⁰ Rp

Crunchy Cucumber Rolls

raw carrots, bell peppers, jicama, sprouts and fresh coriander wrapped in cucumber and served with a creamy dill dip

55⁰⁰⁰ Rp

Roasted Vegetable Salad

assorted oven roasted veggies on a bed of lettuce with a classic olive oil & balsamic vinegrette

60⁰⁰⁰ Rp

prices do not include 21% service & tax





LIGHT MEALS

Jungle Jackfruit Tacos

tender jackfruit simmered in spices & wrapped in gluten-free soft tacos with lettuce, tomato and onions drizzled with a chipotle sauce and a side of mango salsa

90⁰⁰⁰ Rp

Kindness & Caring Bowl

a big bowl of brown rice, crunchy seeds, roasted veggies, fried tempeh, fresh lettuce, tomatoes & cucumber with a curry dressing

85⁰⁰⁰ Rp

Nourishing Nasi Noodles

the classic Indonesian noodle favorite known as Nasi Goreng, this vegan version is full of veggies and local spices

65⁰⁰⁰ Rp

Quantum Quesadillas

oven roasted veggies and cashew cheese wrapped in 2 gluten-free flour tortillas served with mango salsa & refried beans

75⁰⁰⁰ Rp

Pad Thai Fusion

Bangkok meets Bali in this local interpretation of Thailand's famous sweet, spicy and tangy noodle dish

80⁰⁰⁰ Rp

prices do not include 21% service & tax



MAIN COURSE



BBQ Bacon Burger

our signature veggie burger with bbq eggplant, coconut bacon, pickles, lettuce, tomato, onions, jackfruit/mung "burger," served with rainbow fries

80⁰⁰⁰ Rp

Spaghetti Marinara with "Meatballs"

gluten-free rice noodles in a savory thyme tomatoe sauce with jackfruit/chickpea "meatballs"

90⁰⁰⁰ Rp

Nasi Champur ala Bali

the classic Indonesian dish made vegan, this medley of exotic flavors features brown rice with tempeh satay, silken tofu, sauteed green beans/sprouts, melinjo nut crackers and brown rice

85⁰⁰⁰ Rp

Thai Green Curry

lemongrass, kefir lime, galangal & an assortment of thai spices are infused into a vegetable coconut curry, with brown rice

80⁰⁰⁰ Rp

Golden Indo Curry

a local favorite, this jackfruit & greenbean coconut curry features a unique blend of Balinese spices, served with brown rice

70⁰⁰⁰ Rp

Masala Magic

a melody of Indian spices are simmered in a coconut cream curry and select vegetables, served with brown rice

75⁰⁰⁰ Rp



SIDES & SNACKS

Rainbow Fries

deep fried purple potatoes, cassava and white potatoes served with homemade ketchup

35⁰⁰⁰ Rp

Mango Salsa & Crispy Tortillas

oven baked, gluten-free tortilla triangles with a sweet mango, salsa combined to create a unique twist of the Mexican classic

40⁰⁰⁰ Rp

Coconut Raita

a cooling side dish, perfect with curries, this cultured coconut meat is garnished with cucumber, cilantro, cumin & salt/pepper

35⁰⁰⁰ Rp

Brown Rice

a simple bowl of cooked brown rice

20⁰⁰⁰ Rp

Herbed Garlic Bread

2 slices of toasted garlic bread w/ oregano and thyme

30⁰⁰⁰ Rp

Chappatis

3 gluten-free, homemade multigrain chappatis

30⁰⁰⁰ Rp





DESSERTS

Coconut Crepes

our favorite "welcome" desert, these savory, gluten-free green crepes are filled with palm sugar and flaky coconut - super yum

45⁰⁰⁰ Rp

Oh My Goji

goji berries, cashew butter and local cocoa powder are mixed with natural sugars and sweet spices to blow your mind

55⁰⁰⁰ Rp

Chocolate Brownie with Banana Sorbet

cocoa, palm sugar, vanilla and walnut make a bottom layer of pure delish', it's then topped by a layer of frozen banana sorbet

50⁰⁰⁰ Rp

Chai Energy Bar

sweet spices, mixed with nuts, cocoa nibs and about a million other healthy and delicious things will make you buzz with joy

50⁰⁰⁰ Rp

Stewed Apples w/ Sorbet

fresh apples stewed in chai spices, topped with frozen fruit sorbet

45⁰⁰⁰ Rp

Deep Fried Bali Banana

rice-flour coated bananas with coconut flakes & palm sugar

40⁰⁰⁰ Rp

prices do not include 21% service & tax



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