

# BREAKFAST

Monday & Thursday

7 AM - 11 AM

## Choice of Fresh Juice

Green juice, watermelon lemonade or  
Tropical fruit: watermelon, papaya, pineapple or orange

## Seasonal Tropical Fruit

Served with fresh mint and coconut yoghurt

## Chia Porridge

Coconut chia porridge, chia seeds, goji berries, coconut milk  
and strawberry banana compote

or

## Vegetable "Nasi Goreng"

Organic red rice, seasonal vegetable and sambal matah

or

## Hash Brown Sweet Potato

Avocado, coconut sour cream and sambal matah

## Toast with Butter and Jam

Multi-grain or gluten-free bread served with our daily cashew butter  
and jam selection

## A Selection Fivelements Teas & Balinese Coffee

English breakfast tea  
Jasmine tea  
Fresh ginger tea  
Juria organic coffee by Dimattina  
Bali coffee

Set Price 199,000

### \*\*Additional Coffee

|            |        |
|------------|--------|
| Espresso   | 30,000 |
| Americano  | 35,000 |
| Cappuccino | 50,000 |
| Cafe Latte | 50,000 |
| Flat White | 50,000 |

### "Let Food be thy Medicine and Medicine be thy Food"

All menu items are dairy and egg free and are where possible prepared with gluten-free ingredients. Items that contain gluten are marked with **G**. Please inform your server if you have any allergies. Nut-free options are also available. All prices are in Indonesian Rupiah and are subject to 21% tax and service charge

# BREAKFAST

Tuesday & Friday

7 AM - 11 AM

## Choice of Fresh Juice

Green juice, watermelon lemonade or  
Tropical fruit: watermelon, papaya, pineapple or orange

## Seasonal Tropical Fruit

Served with fresh mint and coconut yoghurt

## Spice Granola

Spice granola, nuts, cinnamon, coconut milk and sliced banana  
or

## Red Rice Congee

Tofu teriyaki, curried cashew and cherry tomato  
or

## Fruit Crepes

Cashew wrap, fruit compote and chocolate sauce

## Toast with Butter and Jam

Multi-grain or gluten-free bread served with our daily cashew butter  
and jam selection

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# BREAKFAST

Wednesday & Saturday

7 AM - 11 AM

## Choice of Fresh Juice

Green juice, watermelon lemonade or  
Tropical fruit: watermelon, papaya, pineapple or orange

## Seasonal Tropical Fruit

Served with fresh mint and coconut yoghurt

## Superfood Dragon Bowl

Purple dragon fruit, banana, coconut, chia seeds, strawberry,  
sprouted nut granola and coconut yoghurt  
or

## Open Faced Sandwich

Cassava flour bread, cashew cream cheese, Asian pesto,  
tomato, cucumber and basil  
or

## Hash Brown Sweet Potato

Avocado, coconut sour cream and sambal matah

## Toast with Butter and Jam

Multi-grain or gluten-free bread served with our daily cashew butter  
and jam selection

## A Selection Fivelements Teas & Balinese Coffee

English breakfast tea  
Jasmine tea  
Fresh ginger tea  
Juria organic coffee by Dimattina  
Bali coffee

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# BREAKFAST

Sunday

7 AM - 11 AM

## Choice of Fresh Juice

Green juice, watermelon lemonade or  
Tropical fruit: watermelon, papaya, pineapple or orange

## Seasonal Tropical Fruit

Served with fresh mint and coconut yoghurt

## Fruit Crepes

Cashew wrap, avocado, vanilla cream and chocolate sauce  
or

## Banana Pancake

Strawberry, chocolate mousse and dragon fruit coulis  
or

## Vegetable "Nasi Goreng"

Organic red rice, seasonal vegetable and sambal matah

## Toast with Butter and Jam

Multi-grain or gluten-free bread served with our daily cashew butter  
and jam selection

## A Selection Fivelements Teas & Balinese Coffee

English breakfast tea  
Jasmine tea  
Fresh ginger tea  
Juria organic coffee by Dimattina  
Bali coffee

Set Price 199,000

### \*\*Additional Coffee

|            |        |
|------------|--------|
| Espresso   | 30,000 |
| Americano  | 35,000 |
| Cappuccino | 50,000 |
| Cafe Latte | 50,000 |
| Flat White | 50,000 |

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# BREAKFAST KIDS

7 AM - 11 AM

## Choice of Fresh Juice

Tropical fruit juice: watermelon, papaya, pineapple, orange or mixed juice

\*\*\*

## Chia Porridge

Coconut chia porridge, chia seeds, goji berries, coconut milk, strawberry and banana compote

or

## Vegetable "Nasi Goreng"

Organic red rice, seasonal vegetables

or

## Spice Granola

Spice granola, nuts, cinnamon, coconut milk and banana

or

## Superfood Dragon Bowl

Purple dragon fruit, banana, coconut, chia seeds, strawberry sprouted nut granola and coconut yogurt

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# LUNCH

11 AM - 5 PM

## Pasta

### Pesto

Gluten-free pasta, basil pesto, broccoli, and peas

60,000

### Aglio Olio

Gluten-free pasta, garlic, olives, tomato salsa and cashew parmesan

65,000

### Carbonara

Gluten-free pasta, coconut milk, mushrooms, and sun-dried tomatoes

65,000

## Noodles

### Korean Noodle **G**

Carrot noodles, kimchi cream sauce and plant-based chadolbaegi

55,000

### Mie Jamur **G**

Moringa and spinach noodles, mushrooms, braised tofu, and bok choy

45,000

### Miso Ramen **G**

Moringa and spinach noodles, miso broth, mushrooms, seaweed, and nori chips

70,000

## Side Dishes

French fries

Mushroom stir fry

Grilled tofu or tempeh

Garlic greens stir fry

Side Fivelements salad

One-side dish

65,000

Two-side dish

110,000

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# LUNCH

11 AM – 5 PM

|   |         |
|---|---------|
| <b>Watermelon Gazpacho</b><br>Watermelon gazpacho soup with watermelon granita and herb oil   | 60,000  |
| <b>Cashew Mozzarella</b><br>Cashew tofu, Thai tomato vinaigrette and olive oil lime dressing  | 73,000  |
| <b>Balinese Lumpia</b><br>Balinese spring roll served with a tamarind dripping sauce and olive oil lime dressing                      | 58,000  |
| <b>Banana Blossom Spring Rolls</b><br>Served with miso chili sauce and olive oil lime dressing  | 66,000  |
| <b>Red Beet Caesar Salad</b><br>A plant-based Caesar dressing and pickled beet served with gluten-free bread                          | 88,000  |
| <b>Quinoa Salad</b><br>Quinoa salad, apple cider vinaigrette and spicy cashew   | 90,000  |
| <b>Scrambled Tofu</b><br>Cashew cheese, curried scrambled tofu, tomato salsa served with gluten-free bread                            | 75,000  |
| <b>Grilled Tempe Sandwich</b> <b>G</b><br>Multigrain bread sprinkled with balsamic reduction, and Asian pesto                         | 95,000  |
| <b>Smashed Avocado on Toast</b> <b>G</b><br>Roasted pumpkin hummus, stir-fry mushrooms and smashed avocado served on multigrain bread | 100,000 |
| <b>Fivelements Poke Bowl</b><br>Tempe & eggplant teriyaki, pickled cabbage, quinoa, avocado and tomatoes                              | 100,000 |

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## Chefs Tasting Menu

### A creative selection from our Chef with accompanied rejuvenating "Elixir"

Due to the nature and to ensure full enjoyment of our tasting menu, the menu is only served to all guests dining at the table.

Thank you for understanding. Bon Appetit.

|              |         |
|--------------|---------|
| Three-Course | 420,000 |
| Five-Course  | 570,000 |
| Seven-Course | 680,000 |

## Plate to Shares

**Vegetables Raw Tempura** 58,000

**Three Pickles** 58,000

A selection of three home-made seasonal pickle

**Scented Nuts** 56,000

A selection of 3 spice scented nuts

**A Nibbles Taster** 57,000

**French Fries** 65,000

Served with homemade tomato ketchup

## Side Dishes

Mushroom stir fry

Grilled tofu or tempeh

Garlic greens stir fry

Baked sweet potato


Organic red rice

Homemade kimchi

One-side dish 70,000

Two-side dishes 120,000

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## Soups

### "Soupe du Jour"

Please ask your server for the daily selection

67,000

### Mushroom Coconut Soup

Mushroom, coconut cream and red rice crackers

68,000

### Miso Soup

Soft tofu and wakame watercress

70,000

## Appetizers

### Balinese Green Urab-Urab

Organic greens, fresh herbs, coconut "bacon" and an aromatic Balinese dressing

82,000

### Kale Avocado Tartare

Cucumber, pineapple, fresh coriander and shallots

87,000

### Chickpea and Casava Flatbread

Raw carrot hummus, sauteed mushroom, pickled carrots, ginger torch sambal and herbs

\*served warm

80,000

### Southeast Asian Style "Tacos"

Young jackfruit "carnitas", avocado ginger torch sambal, coconut sour cream and pickled cabbage

90,000

### Mushroom Dumplings

Shiitake, miso dashi, spinach, radish, and spring onions


92,000

### Fivelements Superfood Salad

Organic greens, vegetables & herbs, avocado, tamarillo, ginger-cacao cashew, noni and spirulina chips

85,000

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# DINNER

6 PM – 10 PM

## Main Course

|   |                           |
|---|---------------------------|
| <b>Spicy Avocado Nori Roll</b>  | 100,000                   |
| Jicama "rice", lapsang smoked tempeh, sesame chili sauce, pickled vegetables and teriyaki sauce                     |                           |
| <b>Tropical Garden "Pizza"</b>  | 105,000                   |
| Almond crust, chili tomato sauce, cashew cream cheese, pineapple, tamarillo, avocado and coconut "bacon"            |                           |
| <b>Curry Laksa</b>  | 105,000                   |
| Young coconut noodles, smoked tempeh, Asian greens, Shitake and herbs<br>*served warm                               |                           |
| <b>Shiitake Beetroot Burger</b>   | 110,000                   |
| Caramelized onions, kimchi mayonnaise, umami ketchup, pickles, jicama "slaw" and sweet potato chips<br>*served warm |                           |
| <b>Beetroot &amp; Red Rice "Risotto"</b>  | 125,000                   |
| "Ricotta" cheese, pickled beetroot, balsamic reduction and herb oil<br>*served warm                                 |                           |
| <b>Balinese Sampler (2 People)</b>  | 210,000                   |
| Tempeh satay, yellow tofu curry, red rice, urab, acar pickles and sesame crackers                                   | for one served<br>110,000 |
| *served warm  |                           |
| <b>Fivelements Superfood Salad (2 People)</b>   | 120,000                   |
| Organic greens, vegetables and herbs, avocado, tamarillo, ginger cacao cashews, noni and spirulina chips            |                           |

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## Dessert

### Coconut Cashew Ice Cream

40,000

Please ask your server for our daily flavours

### Raw Chocolate, Truffles and Ginger Tea

Choice of Fivelements signature raw chocolates

Please ask your server for our daily flavours

Served with pandan ginger tea

Two pieces

50,000

Five pieces

90,000

### Trio of Seasonal Sorbet with Tropical Fruits

Please ask your server for our daily flavours

or

### Mocha Semifreddo

Dark chocolate mousse, chocolate ring, cacao "soil",

cardamom vanilla ice cream and honey

or

### Pandan Coconut Panna Cotta

Strawberry, kayu manis leaves, dragon fruit gel and passion fruit sorbet

or

### Coconut Lime Cheese Cake

Ginger torch sorbet, dragon fruit fivelements garden flowers

or

### Chocolate Symphony


Mousse layer cake, white chocolate ice cream,

truffle and raw cacao syrup

Please select one of the above desserts with the choice of Tea or Coffee

95,000

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# KIDS MENU

11 AM – 10 PM

## Miso Soup

Tofu, seasonal vegetables and spring onion

## Sweet Potato Chips

Homemade cashew mayonnaise and tomato salsa

## Mac 'Fettucini' Cheese

Zucchini fettucini, cashew cheese and 'rawmesan'

## Vegetable Rice "Nasi Goreng"

Tofu, seasonal vegetables and organic red rice

## Dragon Corn Vermicelli

Vegetables, tofu, noodles and tomato

## Vegetable Curry

Tofu, seasonal vegetables and red rice

## Shiitake Beetroot Burger

Shiitake beetroot burger, sweet potato chips and jicama slow

## Dessert

### Ice Cream Sundae

Vanilla & chocolate ice cream, banana and chocolate sauce

### Tropical Fruit Sorbet

Please ask your server for our daily flavors

### Dark Chocolate Mousse

Cacao soil and seasonal sorbet

One Course

65,000

Two Courses

120,000

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# DRINKS

## Healthy Juice

|  |        |
|--|--------|
| <b>A Selection of Pure Tropical Juices</b><br>Watermelon, papaya, pineapple, tangerine, mango and banana             | 85,000 |
| <b>Watermelon Lemonade</b><br>Watermelon, tangerine, coconut water, lime and honey                                   | 85,000 |
| <b>Electrozyme Tonic</b><br>Cucumber, apple, moringa, celery, lime, coconut water, kale and spirulina                | 90,000 |
| <b>Super Immunity Booster</b><br>Dark leafy greens, cucumber, pineapple, orange, ginger, turmeric, cilantro and lime | 90,000 |
| <b>Cleanser</b><br>Beetroot, carrot, ginger, tangerine and celery  | 95,000 |
| <b>Green Juice</b><br>Kale, cucumber, green apple, parsley and celery  | 95,000 |

## Waters & Elixirs

|  |                  |
|--|------------------|
| <b>Ginger Spice</b><br>Ginger, pineapple, lime and honey   | 57,000           |
| <b>Healing Roots Elixir</b><br>Coconut water, ginger, turmeric, tamarind, lime, black pepper and raw honey | 70,000           |
| <b>Sparkling Lemongrass &amp; Tonic</b>  | 55,000           |
| <b>Rosella Kombucha</b><br>Rosella hibiscus infusion, home brewed kombucha tea and lime                    | 55,000           |
| <b>Fresh Young Coconut Water</b><br>Glass<br>Whole Coconut   | 25,000<br>40,000 |

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# DRINKS

## Milk Shakes & Superfood Smoothies

|   |        |
|---|--------|
| <b>Green Energy Smoothie</b><br>Spinach, banana, pineapple, coconut water, moringa, honey and lime  | 68,000 |
| <b>Balinese Superfood Smoothie</b><br>Raw cacao, banana, coconut milk, aloe vera, Borneo bee pollen, goji berries, cinnamon, coconut sugar and chia seeds | 95,000 |
| <b>Chocolate Mousse Shake</b><br>Raw cacao, coconut milk, coconut meat, coconut sugar and cinnamon  | 77,000 |
| <b>Strawberry Vanilla Milshake</b><br>Coconut milk, banana and strawberries   | 75,000 |
| <b>Himalayan Goji</b><br>Goji berries, coconut milk, vanilla, banana, ginger, bee pollen and turmeric   | 78,000 |
| <b>Matcha Super Green</b><br>Coconut milk, spinach, matcha, moringa, spirulina, avocado and raw honey   | 80,000 |

## Sakti Elixir Shots

|  |        |
|--|--------|
| <b>Turmeric Liver Cleanser, Immune Booster and Moringa</b> | 50,000 |
|--|--------|

## Iced Latte

|   |        |
|---|--------|
| <b>Iced Chai Latte</b><br>Locally sourced tea and spices, cashew milk and coconut sugar                   | 55,000 |
| <b>Iced Moccachino</b><br>Cashew milk, cold pressed arabica coffee, chocolate ice cream and coconut sugar | 60,000 |
| <b>Iced Matcha Latte</b><br>Premium Japanese matcha green tea, cashew milk and brown sugar                | 65,000 |

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# DRINKS

## Sparkling Wine

|   | Glass<br>150ml | Bottle<br>750ml |
|---|----------------|-----------------|
| <b>Two Islands Sparkling Chardonnay</b><br>Limestone Coast, Australia         |                | 460,000         |
| <b>Two Islands Reserve Pinot Noir Chardonnay</b><br>Adelaide Hills, Australia |                | 580,000         |

## Rose Wine

|   |         |         |
|---|---------|---------|
| <b>Two Islands Rose</b><br>Limestone Coast, Australia   | 100,000 | 420,000 |
| <b>Sun Goddess Pinot Grigio Romato</b><br>Friuli, Italy |         | 750,000 |

## White Wine

|  |         |         |
|--|---------|---------|
| <b>Two Islands Sauvignon Blanc</b><br>Adelaide Hills, Australia                  | 100,000 | 420,000 |
| <b>Black Cottage Pinot Gris</b><br>Malborough, New Zealand                       | 125,000 | 600,000 |
| <b>Casillero del Diablo Chardonnay</b><br>Casablanca Valley, Chile               |         | 675,000 |
| <b>G7 The 7th Generation Chardonnay</b><br>Loncomilla Valey, Chille              | 120,000 | 500,000 |
| <b>Amelia Park Trellis Sauvignon Blanc Semillon</b><br>Margaret River, Australia | 125,000 | 615,000 |
| <b>M A N Warrelwind Sauvignon Blanc</b><br>Western Cape, South Africa            |         | 605,000 |
| <b>Beringer Founder's Estate Chardonnay</b><br>Napa Valley, California           |         | 650,000 |

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# DRINKS

## Red Wine

|   |         |         |
|---|---------|---------|
| <b>Bodega Norton Barrel Select Malbec</b><br>Mendoza, Argentina     |         | 600,000 |
| <b>Barton &amp; Guestier Reserve Pinot Noir</b><br>Bordeaux, France | 110,000 | 460,000 |
| <b>M A N Bosstok Pinotage</b><br>Stellenborsh, South Africa         | 120,000 | 480,000 |
| <b>Caldora Sangiovese</b><br>Terre di Chieti IGT, Italy             |         | 650,000 |
| <b>19 Crimes Shiraz</b><br>Barossa Valley, Australia                |         | 620,000 |
| <b>M A N Jan Fiskaal Merlot</b><br>Coastal, South Africa            | 125,000 | 605,000 |
| <b>Maset Origen Tinto Tempranillo</b><br>Catalunya, Spain           |         | 415,000 |
| <b>Two Island Grenache</b><br>South Australia                       | 100,000 | 420,000 |

## Beer, Cider & Mineral Water

|  |  |        |
|--|--|--------|
| <b>Bintang Zero</b>                                |  | 25,000 |
| <b>Prost Larger, Bali</b>                          |  | 35,000 |
| <b>Prost Alster, Bali</b>                          |  | 35,000 |
| <b>Singaraja, Bali</b>                             |  | 35,000 |
| <b>Singaraja Apidin, Bali</b>                      |  | 35,000 |
| <b>Albens Original Fuji Apple Cider (GF). Bali</b> |  | 65,000 |
| <b>Aqua Reflections Sparkling Water, 380 ml</b>    |  | 30,000 |

For the vintage please inquire with your server who will inform you of the specific vintage of the wine.

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# DRINKS

## HERBAL TEAS AND BLENDS

All Tea & Tisanes

45,000

### Fivelements Signature Blend

#### Apah

Rosella, coriander and sencha

#### Teja

Cinnamon, ginger, pepper and cloves

#### Bayu

White tea, cardamom and spearmint

#### Akasa

Chamomile, vanilla and cardamom

### Black Tea

#### Javanese Agung

One of Indonesia's finest quality teas, a medium-bodied black tea with spicy notes

#### Telaga Oolong

High quality Indonesian Oolong that has subtle fruity flavours. Oolong has long been viewed as key ingredient in weight management

#### Earl Grey

Classic black tea with oil of Bergamot lending to the intense citrus flavours

#### Ginger Black

Indonesian home-grown blend of black tea and dried ginger root

### Green Tea

#### Matcha

Fine Japanese ceremonial grade matcha, that is rich in antioxidants

#### Sencha Dewata

A locally produced full-flavored green tea that has wonderful fresh scent and vegetal characters. The tea is ideal to help lower your cholesterol, and boost your immune system

#### Jasmine

Classic floral scented tea with a sweet and subtle taste. Jasmine tea offers many medical benefits including as an aid for weight management

#### Ginger Green

Blend of green tea with local ginger root. The ginger assists in supporting the immune system

### Tisanes

#### Fruit Paradise

Tropical infusion including Hibiscus and Rosehip

#### Rooibos

A full-bodied red bush tea from South Africa which is smooth and gentle with natural sweetness

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# DRINKS

## Our Speciality Coffee

are harvested in the cool climate region of Kintamani and the Singaraja region of Bali

### Coffee Menu

|   |        |
|---|--------|
| <b>Espresso</b>   | 30,000 |
| <b>Americano</b>  | 35,000 |
| <b>Cappuccino</b><br>Served with your choice of almond, cashew or coconut milk    | 50,000 |
| <b>Cafe Latte</b><br>Served with your choice of almond, cashew or coconut milk    | 50,000 |
| <b>Flat White</b><br>Served with your choice of almond, cashew or coconut milk    | 50,000 |
| <b>"Kopi Bali" Organic Coffee</b><br>Black or with coconut sugar and coconut milk | 30,000 |
| <b>Juria Drip Coffee</b>  | 30,000 |
| <b>Decaf Coffee</b>   | 30,000 |

### Hot Elixirs & Tonics

|   |        |
|---|--------|
| <b>Matcha Latte</b><br>Premium Japanese green tea, coconut milk and coconut sugar                                 | 55,000 |
| <b>Chai Latte</b><br>Locally sourced tea and spices, coconut milk and coconut sugar                               | 50,000 |
| <b>Hot Chocolate</b><br>Coconut milk, raw cacao, vanilla and coconut sugar  | 50,000 |
| <b>Bali Spiced Chocolate</b><br>Coconut milk, raw cacao powder, coconut sugar and Balinese spices                 | 50,000 |
| <b>Mocha Latte</b><br>Cold pressed organic Arabica, coconut milk, raw cacao, coconut sugar, cardamom and cinnamon | 55,000 |

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