

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

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English breakfast tea
Jasmine tea
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BREAKFAST

Sunday

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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

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

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

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

Waters & Elixirs

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

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DRINKS

Milk Shakes & Superfood Smoothies

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

Sakti Elixir Shots

Turmeric Liver Cleanser, Immune Booster and Moringa	50,000
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Iced Latte

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

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Sparkling Wine

	Glass 150ml	Bottle 750ml
Two Islands Sparkling Chardonnay Limestone Coast, Australia		480,000
Two Islands Reserve Pinot Noir Chardonnay Adelaide Hills, Australia		600,000

Rose Wine

Two Islands Rose Limestone Coast, Australia	125,000	550,000
Sun Goddess Pinot Grigio Romato Friuli, Italy		800,000

White Wine

Two Islands Sauvignon Blanc Adelaide Hills, Australia	125,000	550,000
Black Cottage Pinot Gris Malborough, New Zealand	150,000	650,000
Casillero del Diablo Chardonnay Casablanca Valley, Chile		700,000
G7 The 7th Generation Chardonnay Loncomilla Valey, Chile	150,000	550,000
Amelia Park Trellis Sauvignon Blanc Semillon Margaret River, Australia	150,000	600,000
M A N Warrelwind Sauvignon Blanc Western Cape, South Africa		630,000
Beringer Founder's Estate Chardonnay Napa Valley, California		700,000

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Red Wine

Bodega Norton Barrel Select Malbec Mendoza, Argentina		650,000
Barton & Guestier Reserve Pinot Noir Bordeaux, France	130,000	620,000
M A N Bosstok Pinotage Stellenborsh, South Africa	140,000	600,000
Caldora Sangiovese Terre di Chieti IGT, Italy		680,000
19 Crimes Shiraz Barossa Valley, Australia		650,000
Iron Seven Joven Tempranillo Catalunya, Spain		600,000
M A N Jan Fiskaal Merlot Coastal, South Africa	140,000	620,000
Two Islands Grenache South Australia	125,000	550,000

Beer, Cider & Mineral Water

Bintang Zero		30,000
Prost Larger, Bali		35,000
Prost Alster, Bali		35,000
Singaraja, Bali		35,000
Singaraja Apidin, Bali		35,000
Albens Original Fuji Apple Cider (GF), Bali		70,000
Aqua Reflections Sparkling Water, 380 ml		35,000

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

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

Hot Elixirs & Tonics

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

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