

lunch & dinner

starters

EDAMAME  	28
steamed salted soybean pods.	
Vietnamese Spring Rolls 	65
crunchy veggies, marinated tofu, roasted cashews & herbs wrapped in rice paper with cashew coconut sauce.	
HUMMUS PLATE  	60
choose from sourdough bread or crudite of carrot, cucumber & capsicum sticks.	
FUN NUGGETZ 	58
yummy, lightly crumbed pack of faux chicken nuggets, can't taste the difference!	

salads

CHOICE OF DRESSINGS:

HERB VINAIGRETTE • TAHINI LEMON
MISO GINGER DRESSING • LEMON VINAIGRETTE

EXTRA DRESSING ADD 20

KALE DETOX SALAD  	75
massaged kale with avocado, sliced carrots, red cabbage, poached beets, moringa & roasted walnuts tossed in a lemon vinaigrette.	
MEG'S MINI SALAD  	68
every veggie under the sun with tofu - tempeh crunch & toasted seeds, served with a dressing of your choice.	
VEGAN CAESAR SALAD 	78
crispy baby romaine leaves, vegan soy chicken, vegan caesar dressing, croutons with parmesan and coconut bacon on top.	
GRILLED VEGGIE SALAD  	78
herb-tossed eggplant, zucchini, red pepper, potato, green salad. ADD CHEESE 29 CHICKEN 23	
VEGAN GREEN BOWL  	65
avocado, broccoli, spinach, baby romaine, red cabbage, edamame, tofu.	
KAFE SOBA PLATE 	78
cold sesame soba noodles, teriyaki tofu, steamed bok choy, mixed salad & chopped veggies, served with homemade ponzu sesame sauce.	

pasta bowls

PESTO PASTA 	92
fusilli pasta tossed with pesto, cashew nuts, cashew cheese, and vegan parmesan cheese.	
POMODORO PASTA 	85
fusilli pasta with rosemary, tomato sauce, cherry tomatoes, and vegan parmesan cheese.	

(AVAILABLE AFTER 11AM)

bowl food

THAI GREEN CURRY BOWL  	75
classic Thai green curry with mixed veggies & tofu, served with rice. ADD CHICKEN 23	
MORINGA PUMPKIN CURRY  	73
pumpkin, tempeh, moringa leaves, potato, tomato in a Balinese coconut milk curry, served with rice.	
KITCHERE BOWL  	50
organic lentils & brown rice stewed with broccoli, spinach, coriander, ginger, turmeric, homemade garam masala & ghee.	
MEZZE PLATE	85
hummus, raita, sourdough, feta cheese, cucumber, carrot, tomato cherry, sauerkraut, and romaine.	
PUMPKIN SOUP  	65
served with garlic bread.	
HOME MADE CHICKEN SOUP 	60
potato, shredded chicken, carrot, broccoli, moringa leaves & mung bean sprouts. ADD RICE NOODLES 13	
HEARTY VEGETABLE SOUP  	58
potato, chickpeas, carrot, broccoli, moringa leaves & mung bean sprouts. ADD RICE NOODLES 13	
MISO SOUP 	50
shiitake mushroom, daikon, wakame, white miso, scallion, rice noodles, tofu.	
VEGAN VEGGIE BOWL  	75
steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice. Served with tahini lemon sauce. ADD CHICKEN 23 SAUERKRAUT 13	
SESAME DUSTED TEMPEH BOWL  	83
brown rice with a pumpkin seed crunch surrounded by sesame tempeh, hummus, avocado, broccoli, edamame, kale, cherry tomato, cucumber, gomasio, served with miso dressing.	
RAINBOW BUDDHA BOWL  	75
organic rice, fried tofu, roasted chickpeas, steamed broccoli, carrot, roasted beet, sauerkraut & radish with tahini lemon dressing.	
CHICKEN TERIYAKI RICE BOWL 	71
brown rice, broccoli, fresh carrot, and cabbage	
CHICKEN RICE BOWL 	68
Grilled chicken, avocado, cucumber, tomato, edamame, romaine with miso dressing	

bread food

SANDWICHES & WRAPS SERVED WITH SWEET POTATO CHIPS.	
THE REAL MUSHROOM BURGER 	85
mushroom patty, cashew cheese, creamed mushrooms, caramelized onion, rucola. ADD EGG 13 CHEESE 29	
GREAT VEGGIE BURGER 	80
veggie patty, avocado, caramelized onion, rucola, cashew cheese.	
GK'S TACOS  	80
with tempeh, tofu, guacamole, salsa, greens, chapati, onion, cheddar cheese. ADD CHICKEN 23	
NOURISH VEGGIE WRAP  	65
marinated veggies, avocado & feta cheese, wrapped in a green tortilla.	
CHICKEN CAESAR WRAP  	78
crispy baby romaine leaves, grilled chicken, boiled egg, vegan caesar dressing & parmesan all wrapped in a green tortilla with coconut bacon on the side.	

stir-fried

CAULIFLOWER FRIED RICE  	67
cauliflower, torch ginger, green peas, sweet corn, bokchoy, carrot, tofu and tempeh.	
RED NASI GORENG  	67
our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews. ADD CHICKEN 23 FRIED EGG 13	
GK PAD THAI 	75
chicken breast and rice noodles, with green onion, carrot, bean sprout and egg in a made from scratch thai inspired tamarind sauce	
PAD THAI VEGETABLE 	71
rice noodles stir-fried with veggies, tofu, egg, mung bean sprouts & ground cashew in homemade pad Thai sauce.	
CASHEW GINGER TOFU 	58
tofu & mixed veggies sautéed in aromatic spices, served with red rice.	

EXTRAS & ADD-ONS

MINI FRUIT PLATE	29	GRILLED CHICKEN	23	HUMMUS / AVOCADO / GUACAMOLE	29
SOURDOUGH	20	VEGAN GRILLED CHICKEN	33	YOGHURT	29
GLUTEN-FREE BREAD	25	TOFU / TEMPEH	15	COCONUT YOGHURT	27
CHAPATI / GREEN TORTILLA	20	SAUTÉED SPINACH / MUSHROOMS / COMBO	23	CHEESE / SOUR CREAM	29
RICE(brown/red) / RICE NOODLES	13	SAUTÉED POTATOES	29	SALAD DRESSING / SALSA	23
COCONUT BACON	29	SAUERKRAUT / PICKLES	13	STEAMED PUMPKIN	13

desserts

raw vegan

HOMEMADE MIXED BERRY CHEESE CAKE	58
LUST LEMON TART	58
CHOCOLATE CHEESE CAKE	58
CHOCOLATE SPIRULINA MINT SLICE	63
ENERGY BALLS	33

A CHOICE OF:
SPIRULINA / MORINGA / SESAME DATE /
CHOCOLATE CHILI / COCONUT LEMON

bakery

CHOCOLATE BROWNIE  	38
COCONUT CARAMEL CAKE  	38
CHOCOLATE ZUCCHINI CAKE  	38
CHOCO-COCONUT BLISS CAKE  	38
BANANA BREAD  <img alt="gluten-free icon" data	

all day breakfast

SUPER SIZED TROPICAL BOWL <small>VG GF</small>	58
seasonal fresh fruits. ADD MUESLI 29 COCONUT YOGHURT 27	
YOGHURT BOWL <small>VG</small>	58
yoghurt with granola, strawberry, banana, toasted coconut.	
MORINGA OAT PORRIDGE <small>V</small>	58
with coconut milk & sliced banana.	
THE HONEST PANCAKE <small>GF</small>	69
GF flour, strawberry jam, banana, and strawberry with coconut whipped cream	
FRENCH TOAST <small>VG</small>	56
with caramelized banana, strawberry & cashew butter.	
MORNING ROSTI <small>VG</small>	56
potato rosti, cheddar cheese, grilled tomato, scrambled egg.	
SCRAMBLED TOFU & AVOCADO <small>VG GF</small>	65
with turmeric, avocado, scallion, toasted sourdough.	
TWO EGGS ANY STYLE <small>VG GF</small>	53
poached, fried, boiled, scrambled or omelette on sourdough toast. ADD A THIRD EGG 13	
DUXELLE SCRAMBLED <small>VG GF</small>	56
scrambled egg, mushroom duxelle, toasted sourdough.	
SPINACH & MUSHROOM OMELETTE <small>VG GF</small>	65
made with 2 eggs topped with feta and served with sourdough toast.	
BREAKFAST WRAP <small>VG</small>	85
2 scrambled eggs with guacamole, black beans, salsa, sour cream, and cheese served open-faced in a flour tortilla.	
BURRITO <small>V</small>	85
black bean, brown rice, pesto, grilled veggies, avocado with salsa and guacamole.	
AVOCADO TOAST <small>VG GF</small>	58
sourdough toast topped with smashed avocado and an egg any style.	

bakery

BANANA BREAD <small>VG</small>	38
CARROT WALNUT CAKE <small>VG</small>	43
CHOCOLATE BROWNIE <small>VG</small>	38
COCONUT CARAMEL CAKE <small>V</small>	38
CHOCOLATE ZUCCHINI CAKE <small>VG</small>	38
CHOCO-COCONUT BLISS CAKE <small>V</small>	38

morning favorites

FROM MAIN MENU

SUBSTITUTE EGGS WITH TOFU VEGGIE SCRAMBLE	15
UPGRADE TO GF BREAD	20
KITCHERE BOWL <small>VG GF</small>	50
organic lentils & brown rice stewed with broccoli, spinach and a spice mix of ginger, turmeric & homemade garam masala, served with coriander & ghee.	
RED NASI GORENG <small>VG GF</small>	67
our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews. ADD CHICKEN 23 FRIED EGG 13	
VEGAN VEGGIE BOWL <small>VG GF</small>	75
steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice, served with tahini lemon sauce. ADD CHICKEN 23 SAUERKRAUT 13	

smoothie bowls

CHIA PUDDING <small>V</small>	56
chia seed, coconut milk, frozen fruit, smoothie, fresh fruit & granola. BERRYNANA (strawberry & banana)	
ACAI DELIGHT BOWL <small>VG GF</small>	85
acai, banana, strawberry, and granola.	
TROPICAL IMMUNE BOOST <small>V</small>	75
banana, papaya, pineapple, granola, dried coconut.	
SUPERCHARGER SMOOTHIE BOWL <small>VG GF</small>	75
coconut milk, banana, cacao, maca, seasonal fruit, granola & tahini.	

EXTRAS & ADD-ONS

MINI FRUIT PLATE	29	BREAKFAST POTATOES	29
YOGHURT / MUESLI	29	COCONUT BACON	29
COCONUT YOGHURT	27	SAUTÉED SPINACH / MUSHROOMS / COMBO	23
CHEESE / SOUR CREAM	29	AVOCADO / GUACAMOLE	29
TOAST WITH BUTTER & JAM	29	SALSA	23
SOURDOUGH	20	EGG	13
GLUTEN-FREE BREAD	25	(any style: fried, scrambled, poached or boiled.)	
BUTTER / JAM	13		
RICE (brown / red)	13		

V VEGAN

VG VEGETARIAN OPTION

GF GLUTEN-FREE

GGF GLUTEN-FREE OPTION

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES.

juices & shakes

LIVER DETOX SHOT	38
carrot & turmeric.	
TURMERIC CAYENNE SHOT	35
Turmeric, Lime, Ginger, Himalayan Salt, Apple cider, & Cayenne Pepper.	
SOMETHING GREEN	58
apple, celery, parsley & spinach.	
LIME MINT SLUSH	47
lime juice & mint leaf.	
ROSELLA REFRESHER	38
rosella tea, lime, and soda water.	
BEET RETREAT	58
apple, carrot, beet, ginger & lime.	
ENERGY DRINK	65
pineapple, apple, cucumber & ginger.	
CACAO MACA SHAKE	65
raw cacao, herbal maca Java, banana, coconut milk & soy milk.	

coffee

HOT / ICED	SIGNATURE BLEND	ARABICA BLEND	DECAF
AMERICANO	29	32	44
ESPRESSO	29	32	
DOUBLE ESPRESSO	35	37	
MACCHIATO		35	
CAPPUCCINO		39	62
CAFÈ LATTE		39	62
FLAT WHITE		39	
MOCHA LATTE		42	
SUBSTITUTES: ALMOND MILK / SOY / COCONUT / CASHEW +10 OAT MILK +15			
KOPI TUBRUK	20		

signature latte

HOMEMADE CHAI MASALA	56
MATCHA LATTE	47
MORINGA LATTE	47
morninga with homemade organic almond milk.	
GOLDEN LATTE	41
SHILAJIT CACAO ELIXIR	65
cacao, shilajit, ashwagandha, coconut milk, VCO, coconut nectar, cinnamon.	

tea

HOT GINGER LIME HONEY	38
BEFORE YOGA ENERGIZE	38
fresh lemongrass, ginger, pandan leaf with honey or palm sugar.	
SHU PU-ERH	38
origin Yunnan.	
YERBA MATE TEA	38
MANGOSTEEN TEA	35
GREEN TEA MORINGA	35
ROYAL EARL GREY	35
MINTY BREEZE	35
CHAMOMILE	35
JASMINE GREEN	35
ORGANIC BALINESE OOLONG	35
LEMONGRASS DELIGHT	35
ROSELLA TEA	35
TEMPLE OF ROSE	35
GINGSENG TEA	35

sea moss

ORIGINAL	35
PINEAPPLE	35
PASSION FRUIT	35