

Welcome to BALI ECO DELI

This booklet includes our menu and our friendly staff will take and prepare your order shortly. Meanwhile, here is a little bit of reading to better understand what we do. It's ok to look at the menu first and get back to reading after ! :)

What happen to the recyclable wastes you produce and collect ?

BALI **ECO** DELI has set up a small recycling program on the island. Every month, with the support of other businesses¹, we collect & send to Bali hundreds of big rice bags full of recyclables. Logistic costs us a bit of time & money (about 50\$ / month) to pay for the bags & to transport the recyclables to mainland. We have a deal with the recycling company we work with : Bali Recycling picks-up our bags in Sanur, they do their job, we do not pay for the pick up service.

We do this at a very small scale compared to what could be done on the island ... but hopefully, after months of meetings we finally have some other businesses on the island doing their part. This is just the beginning and we really hope to get more & more businesses onboard to make a difference.

Any plan in the future ?

Our new location includes many eco-friendly features such as rain water harvesting system, grey water recycling unit, solar hot water & full LED lights. In the coming months we will set-up the first & only full organic garden on the island & 150 SQM of solar panels targeting to get off-grid by 2016. Oh ... and we will get more seating very soon also ! :)

Finally, we wish you a wonderful stay on the island & bon appétit !



¹ Additional villa & businesses owners on the island willing to join are welcome ! For further informations, please send an email to noplastic@baliecodeli.net

Delicacies, Light meals & Snacks

All day Breakfast & Snacks

Tropical fruits platter	25
Selection of sliced fresh tropical fruits	
Fruits salad with tropical muesli & yogurt	35
Chopped fresh tropical fruits served with toasted tropical muesli & natural yogurt	
Fresh yogurt with honey, tropical muesli, flax seeds & coconut	40
Natural yogurt topped with honey, toasted tropical muesli, flax seeds & coconut flakes	
Morning dates packed smoothie	40
Soya milk blended with dates, ground flax seeds, cashew nuts, Asian spices & banana	

Light Meals & Fresh Salads

Watermelon & feta salad	50
Watermelon, cucumber, feta cheese, black olives & fresh mint	
Sweet peppers & cucumber salad	50
Sweet peppers, cucumber, tomatoes, sweet corn, feta cheese, fresh mint & basil	
Organic wild rice & veggies salad	50
Organic wild rice, sweet peppers, cucumbers, sweet corn, tomatoes, olives & fresh herbs	
Bulgur tabbouleh salad	50
Bulgur wheat, parsley, tomatoes, spring onions, juiced lime, fresh mint & basil	
Salad Mezze	50
Not sure of which salad to choose ? Try a mix of them in one bowl	

Each salad is made to order only from fresh ingredients. Please allow 10 to 20 minutes preparation time. They are lightly seasoned with a mix of extra virgin olive oil, herbs, sea salt, cracked pepper & Asian spices. Please feel free to ask our friendly staff if you need more seasoning to accomodate your tastes !

Home baked Sweet & Yummy Treats

Chocochips, cashew & cocoa or Muesli, coconut & cinnamon cookies	7
Banana bread with nuts, chocochips & cinnamon sugar	15
Dark chocolate, cashew & coconut brownie	20
Ginger bread with sesame & flax seeds	20
Apple & cinnamon sweet & light cake	25
Extra for vanilla ice cream by the scoop (not available for take-away orders)	12

Most of the ingredients we use come from Indonesian Fair-Trade & Organic farms. Sweets & treats are baked daily. The rest is made-to-order only. Thanks for your patience during peak hours. Due to the tropical climate, cakes & cookies are stored in fridge when not immediately served after baking. Thus, they are served cool. They can be warmed-up upon request (but we ❤ them chilled !)

Hot drinks, Espresso mixes & Teas

Premium Espresso drinks

Espresso	14
Espresso Macchiato	16
Single shot espresso marked with a touch of milk	
Espresso Doppio	22
Double shot espresso	
Long Black	24
Hot water topped with double shot espresso	

Premium Espresso mixes

Caffè Latte	24
Single shot espresso topped with steamed milk	
Flat White	24
Steamed milk topped with single shot espresso	
Cappuccino	24
Single shot espresso & steamed milk topped with milk foam	
Sweet Cappuccino	26
Regular cappuccino topped with pure cocoa & cinnamon powder	
Caramel Latte	28
Single shot espresso mixed with caramel sauce topped with steamed milk	
Caffè Mocha	28
Single shot espresso mixed with dark chocolate sauce topped with steamed milk	
Extra for double shot espresso	8
Extra for soya milk	8

All our Espresso Drinks are prepared by trained staff using a blend of freshly roasted beans (local & South American origins).
Drinks are prepared with filtered mineral water & fresh milk only. Our Rancilio grinder & machine are cleaned twice daily.

Premium Teas from Twinings & Dilmah

Twinings Green Tea & Mint or Darjeeling	18
Dilmah 100% pure Ceylon Blackcurrant, Caramel, Lychee, Peach or Strawberry	18
Extra for milk	4
Extra for soya milk	8

All listed prices are in thousands IDR, including taxes & service. However, tips are always appreciated. Thank you :)
Take-away orders are subject to a 5% surcharge. Printed on recycled paper. We don't like plastic but we ❤️ trees !

Cold drinks, Juices & Smoothies

Iced Teas, Espresso mixes & Shakes

Iced Green Tea & Mint, Peach Tea or Lemongrass & Ginger	18
Lightly sweeten with Vanilla sugar, served over crushed ice	
Iced Long Black	26
Chilled water topped with ice cubes & a double shot of Espresso	
Iced Caffè Latte	26
Espresso & chilled milk blended with crushed ice	
Iced Cappuccino	28
Espresso & chilled milk blended with crushed ice topped with milk foam, cocoa & cinnamon powder	
Iced Caramelatte or Iced Caffè Mocha	30
Espresso mixed with caramel or dark chocolate sauce & chilled milk blended with crushed ice	
Super Sweet Shake	30
Your choice of brownies, cookies, apple cake or banana bread blended with vanilla ice cream & milk	

Fresh Juices, Blends & Smoothies

Slow Juiced fruits & veggies - no water neither sugar added. 100% pure fresh juice.	
Cucumber, Pineapple or Watermelon	20
Carrot, Orange, Tomato or mixed juice	24
Limonana	28
Frozen mint lemonade sweeten with honey	
Strawberry Watermelon Agua Fresqua	28
Blended freshly frozen watermelon & strawberries & fresh mint	
Watermelon Lime Chiller	28
Blended freshly frozen watermelon, squeezed lime & fresh mint	
Cucumber Mint Chiller	28
Blended freshly frozen cucumber, squeezed orange & fresh mint	
Pineapple Orange Chiller	28
Blended freshly frozen pineapple, squeezed orange & fresh mint	
Tropical Boost Smoothie	30
Blended tropical fruits, tropical muesli & soya milk	
Purple Boost Smoothie	35
Blended mixed berries, banana, tropical muesli & soya milk	
Morning dates packed smoothie	40
Soya milk blended with dates, ground flax seeds, cashew nuts, Asian spices & banana	

We ❤️ plastic only when it leaves the island ! Bring us some plastic for recycling & get 10% OFF your bill !