

# 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 businesses<sup>1</sup>, 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 !



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<sup>1</sup> Additional villa & businesses owners on the island willing to join are welcome !  
For further informations, please send an email to [noplastic@baliecodeli.net](mailto:noplastic@baliecodeli.net)

# Delicacies, Light meals & Snacks

## All day Breakfast & Snacks

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

## Light Meals & Fresh Salads

<b>Watermelon &amp; feta salad</b>	<b>50</b>
Watermelon, cucumber, feta cheese, black olives & fresh mint	
<b>Sweet peppers &amp; cucumber salad</b>	<b>50</b>
Sweet peppers, cucumber, tomatoes, sweet corn, feta cheese, fresh mint & basil	
<b>Organic wild rice &amp; veggies salad</b>	<b>50</b>
Organic wild rice, sweet peppers, cucumbers, sweet corn, tomatoes, olives & fresh herbs	
<b>Bulgur tabbouleh salad</b>	<b>50</b>
Bulgur wheat, parsley, tomatoes, spring onions, juiced lime, fresh mint & basil	
<b>Salad Mezze</b>	<b>50</b>
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

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

*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

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

## Premium Espresso mixes

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

<b>Twinings Green Tea &amp; Mint or Darjeeling</b>	18
<b>Dilmah 100% pure Ceylon Blackcurrant, Caramel, Lychee, Peach or Strawberry</b>	18
<b>Extra for milk</b>	4
<b>Extra for soya milk</b>	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

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

## Fresh Juices, Blends & Smoothies

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