

terra
food · health · science

Healing Station

SMOOTHIE BOWLS 75K

CHOCOLATE

+ Raw granola, peanut butter & fruits

GREEN MACHINE

+ Raw granola, pumpkin seeds & fruits

MANGO

+ Raw granola chocolate, pumpkin seeds & fruits

ADD EXTRA SUPERFOOD +15K

SALAD BAR 75K

WE ADD GREENS

Lettuce, rucicola, amaranth leaves, geagok

PICK UP YOUR PROTEIN

Tempeh, lentil, quinoa

+ CHOOSE 4 TOPPINGS

Dukkha, kimchi, beetroot, sweet potato, roast pumpkin,
tahini spinach, coconut bacon, Indian crunch, sauerkraut,
sambal matah

+ CHOOSE YOUR DRESSING

Kombucha basil, sesame, pumpkin ginger

+ GLUTEN FREE BREAD OR CRACKERS

DESSERTS

Raw Snikers 45k

Banana banoffie pie 45k

Carrot cake 45k

Tiramisu 45k

Coconut ice cream 1 scoop 25k 2 scoop 40k


Tropical ice pops 25k

Selection of desserts changes daily

www.terra.health

Open daily 8am-8pm
Closed on Thursday

Wifi password "Vegankuta"

 terra_lombok

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Drinks

SMOOTHIE DRINKS 45K

PAPAYA DIGEST

Papaya, frozen bananas, cashew milk, ginger, turmeric

SUPER MOOD CHOCOLATE

Frozen bananas, cashew milk, cacao, cinnamon, papaya,
lime, peanut butter

MANGO MACHINE

Mango, frozen bananas, coconut butter

GREEN DETOX

Spinach, frozen bananas, coconut water, papaya, lime,
ginger

COLD-PRESSED JUICES 45K

CLEAN JUICE

Cucumber, spinach, celery, lime, pineapple

HEART BEET JUICE

Beetroot, pineapple, ginger, carrot, lime

YELLOW SUBMARINE

Carrot, pineapple, turmeric, ginger

HEALING ELIXIRS 30K

ACV

Apple cider vinegar, water, cinnamon, coconut nectar

JAMU SHOT

Turmeric root, ginger root, orange, carrot, black pepper

KOMBUCHA

Fermented black tea

ACTIVATED CHARCOAL

Activated charcoal powder, coconut water, lime juice

HOT DRINKS

Hot Chocolate 45k

Organic Coffee 25k

Matcha latte 45k

Long Black or Deca

Chai Latte 45k

Tea 25k

Golden latte 45k

Black Earl Grey or Green

WINE

White wine, Aromo Chardonnay (Chile) 600k per bottle

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