

Foot That Loves You Back

Terra is an inno<mark>vative, insp</mark>iring and 100% plant based restaurant in the heart of Kuta Lombok. All food is vegan and gluten free (51% raw & 49% cooked).

A place indeed where you can nourish your body, mind and soul, and learn through a new culinary experience. Our team will also source local and seasonal ingredients whilst actively encouraging protection of the environment.

Former teacher at the Japanese Macrobiotic School, our Chef Mamiko has worked i<mark>n fa</mark>mous establishments such a<mark>s</mark> Chez Panisse (California) with world reknowned chef and pioneer of the 'Slow Food Movement", Alice Waters, Sayuri Healing Food (Ubud) & Purple Valley Yoga Retreat (Goa).

OUR MENU PRINCIPLES

- 1 All our food is vegan and gluten free
- 2 20% of our vegetables come from our own organic garden
- 3 We use homemade coconut milk
- 4 We do "activate" our seeds & nuts as well as our rice, which increase their nutrient value.
- 5 We use superfood in all our smoothie drinks
- & bowls, and across our menu
- 6 All our desserts are raw, which enhances its taste and nourishing value

terra All Day Breakfast

BOWLS

CHOCO GOOD MOOD

70K

Raw cacao & banana based smoothie with toppings raw granolas, peanut butter and fruits

GREEN DETOX

70K

Spinach & papaya based smoothie with toppings raw granolas, spirulina crunch and fruits

MANGO MACHINE

70K

Banana & mango based smoothie with toppings raw granolas, pumpkin seeds, maca and fruits

BASIL SEED PORRIDGE

70K

Basil seeds, coconut milk with toppings raw granolas and fruits

EXTRA SUPERFOOD

+15K

Consider seasonality & availability of local produce

SWEET

GLUTEN FREE SOURDOUGH PANCAKE

50K

Chai flavored pancake served with home made chocolate sauce and a scoop of ice cream of your choice.

EXTRA PANCAKE

+15K

COOKED FOOD

SMOKED SALMON TARTINE (3PC)

70K

Raw papaya salmon, rosemary cream, sauerkraut, herbs, GF bread. Extra organic salad.

TOFU OMELET

60K

Moringa mushrooms, fresh herbs, organic leaves, sweet potato & GF bread or crackers. Extra organic salad.

AYURVEDIC PORRIDGE

50K

Ayurvedic Indian styled porridge with red rice, beans, spices and mixed veggies

MISO SOUP

40K

Home made miso paste, tofu, mushroom, seaweed & seasonal veggies.

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TEMPEH SUSHI (8PC)

70K

Roasted tempe, kimchi, activated black rice, veggies. Topped with wasabi mayonnaise. Extra organic salad.

SALMON PAPAYA SUSHI (8PC)

70K

Raw papaya salmon, sauerkraut, activated rice, veggies, tofu. Topped with wasabi mayo. Extra organic salad.

THAI GREEN CURRY

70K

Tempe, veggies, mushrooms in home made curry paste. Served with activated rice. Choose mild or spicy.

NO "TUNA" SALAD SANDWICH

70K

GF sourdough bread, tempe, "amazake" enzyme sauce, homemade sauerkraut, coconut bacon

BBQ JACKFRUIT WRAP ROLL

60K

Jackfruit pulled meat, fresh veggies, sauteed mushroom & spinach, raw papaya wrap & raw tomato ketchup, coconut bacon

AYURVEDIC PORRIDGE

50K

Ayurvedic Indian styled porridge with red rice, beans, spices and mixed veggies

RAW BLACK PIZZA

85K

Activated charcoal zucchini dehydrated base, rosemary sauce, marinated spinach with garlic, tomato, garden pesto. Topped with vegan parmigiano. Extra organic salad.

RAW THAI NOODLES

EXTRA SMALL GARDEN SALAD

85K

+25K +25K +15K

Zucchini noodles with Asian flavor sauce, raw "sauteed" veggies, raw coconut chips, sprouted beans on top.

EXTRA SMALL MISO SOUP	
EXTRA GLUTEN FREE BREAD	
EXTRA ACTIVATED RICE	
Spirulina gomaschio flavoured	

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+15K

Open daily 8am-9pm Closed on Thursday

terra A La Carte

SALAD COMBO 75K

INCLUDES 1 PROTEIN, 4 TOPPINGS, 1 DRESSING + GREEN LEAVES BASE + GF BREAD OR RAW CRACKERS

1 - PROBIOTIC

BEAN SPROUT, SAUERKRAUT, CARDAMON BEETROOT, ROASTED SWEET POTATO, RAW COCONUT BBQ CHIPS & ORGANIC GREEN LEAVES Served with KOMBUCHA BASIL DRESSING

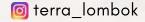
2 - PROTEIN

ROASTED TEMPE, SAUERKRAUT, TAHINI SPINACH, ROASTED ROSEMARY PUMPKIN, DUKKHA & ORGANIC GREEN LEAVES Served with BEET ORANGE DRESSING

3 - SEXY SPICY

SORGHUM, KIMCHI, TAHINI SPINACH, SAMBAL MATAH, RAW INDIAN COCONUT CHIPS & ORGANIC GREEN LEAVES Served with TAHINI DRESSING

EXTRA SMALL MISO SOUP **EXTRA GLUTEN FREE BREAD** EXTRA ACTIVATED RICE Spirulina gomaschio flavoured **EXTRA SMALL GARDEN SALAD**





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+25K

+25K

+15K

+15K

terra Drinks

Consider seasonality & availability of local produce

SMOOTHIE DRINKS 45K

PAPAYA MACA

Papaya, banana, turmeric, coconut milk, ginger, maca, lime

MANGO MACA

Mango, frozen bananas, fresh coconut milk, maca powder

SUPER CHOCO

Banana, fresh coconut milk, raw cacao, cinnamon, papaya, lime

SPIRULINA GREEN

Spinach, banana, coconut milk, papaya, lime, ginger, spirulina

DRAGON CHIA

Dragon fruit, banana, soursop, chia seeds, coconut water

COLD PRESSED JUICES 45K

(cold pressed means slow pressed, be patient for your order)

CLEAN JUICE

Cucumber, spinach, celery, pineapple, mint, lime

HEART BEET JUICE

Beetroot, pineapple, ginger, carrot, lime

YELLOW SUBMARINE

Carrot, pineapple, turmeric, ginger, black pepper, lime

HEALING ELIXIRS 25K

PROBIOTICS WATER KEFIR MOJITO

Mint & lime

KOMBUCHA

Fermented black tea: blue magic, ginger cinnamon, hibiscus rosemary or turmeric lemongrass

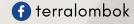
RAW JAMU SHOT

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

HOT DRINKS

Matcha latte, reishi chai latte, golden latte	45k
Hot maca chocolate	45k
Organic coffee 25k / latte 35k / cappuccino	40k
Choose coconut or almond milk	
Chinese flower tea (free refill)	25k

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Terra Desserts

HOME MADE ICE CREAM

ICE POPS 25K

Watermelon mint or pina colada

HAPPY SCOOP X2 40K, X3 50K

Coconut Original
Orange Chocolate
Charcoal Peanut

Consider seasonality & availability of local produce

RAW PASTRIES 45K

BANANA BANOFFIE PIE

Dates, banana, almond, coconut, vanilla

SNIKERS

Almond, raw caco, peanut, lime

TIRAMISU

Almond, raw cacao, coconut meat, banana, Irish moss

CARROT CAKE

Dates, carrot, cashew, raisins, lime

SWEETS 20K

CHOCO MACA ENERGY BALL

Raw cacao, maca, almonds, pumpkin seeds, dates, raisin

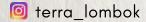
REISHI IMMUNE ENERGY BALL

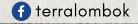
Almond, dates, cinnamon, reishi powder

RAW DARK MACA CHOCOLATE

Pure raw cacao, coconut sugar, maca

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terra Shop

BOTTLED DRINKS

PROBIOTICS WATER KEFIR MOJITO

750ml 80k / refill 35k

KOMBUCHA (FLAVORED)

750ml 80k / refill 35k

FRESH COCONUT MILK

750ml 60k / refill 30k

SNACKS

RAW GRANOLAS

Pack 150g 45k

INDIAN CRUNCH

Pack 150g 25k

OTHERS

HOME MADE TAHINI

Bottle 200g 50k / Refill 30k

HOME MADE PEANUT BUTTER

Bottle 200g 50k / Refill 30k

GLUTEN FREE SOURDOUGH BREAD

Loaf 400g 50k (order one day ahead)

SOUVENIRS

TERRA T-SHIRTS

M 150K / XL 200K

Navy blue or white grey color

TERRA ECO BAGS

50K

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