

# terra

Plant Based Food

[www.terra.health](http://www.terra.health)

*Terra is an innovative, inspiring and 100% plant based restaurant in the heart of Kuta Lombok. All food is vegan and gluten free (50% raw & 50% 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 in famous establishments such as Chez Panisse (California) with world renowned 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\_lombok



Pass 20% discount



Open daily 8am-9pm Closed on Thursday

# terra

## All Day Breakfast

### BOWLS

#### **CHOCO GOOD MOOD 60K**

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

#### **GREEN DETOX 60K**

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

#### **MANGO MACHINE 60K**

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

#### **BASIL SEED PORRIDGE 60K**

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 +10K**

### COOKED FOOD

#### **SMOKED SALMON TARTINE (3PC) 45K**

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 45K**

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

#### **MISO SOUP 35K**

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



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## A La Carte

### **TEMPEH SUSHI (8PC) 60K**

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

### **SALMON PAPAYA SUSHI (8PC) 60K**

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

### **THAI GREEN CURRY 60K**

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

### **NO "TUNA" SALAD SANDWICH 60K**

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 45K**

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 75K**

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

### **EXTRA SMALL MISO SOUP +15K**

### **EXTRA GLUTEN FREE BREAD +25K**

### **EXTRA ACTIVATED RICE +15K**

Spirulina gomaschio flavoured

### **EXTRA SMALL GARDEN SALAD +15K**



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# terra A La Carte

## SALAD COMBO 45K

### 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**

**+15K**

**EXTRA GLUTEN FREE BREAD**

**+25K**

**EXTRA ACTIVATED RICE**

**+15K**

Spirulina gomaschio flavoured

**EXTRA SMALL GARDEN SALAD**

**+15K**



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# terra Drinks

Consider seasonality & availability of local produce

## SMOOTHIE DRINKS 40K

### 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 20K

### 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

40k

Hot maca chocolate

40k

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 15K

Watermelon mint or pina colada

### HAPPY SCOOP X1 25K, X2 40K, X3 50K

Coconut Original  
Orange Chocolate  
Charcoal Peanut

**Consider seasonality & availability of local produce**

## RAW PASTRIES 40K

### BANANA BANOFFIE PIE

Dates, banana, almond, coconut, vanilla

### SNIKERS

Almond, raw cacao, peanut, dates, lime

### TIRAMISU

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

### CARROT CAKE

Dates, carrot, cashew, raisins, lime

## SWEETS 25K

### 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 60k / refill 30k

### KOMBUCHA (FLAVORED)

750ml 50k / refill 25k

### FRESH COCONUT MILK

750ml 55k / refill 35k

## SNACKS

### RAW GRANOLAS

Pack 150g 40k

### INDIAN CRUNCH

Pack 150g 20k

## OTHERS

### HOME MADE TAHINI

Bottle 200g 50k / Refill 30k

### HOME MADE PEANUT BUTTER

Bottle 200g 45k / Refill 25k

### GLUTEN FREE SOURDOUGH BREAD

Loaf 400g 45k (order one day ahead)

## SOUVENIRS

### TERRA T-SHIRTS

Navy blue or white grey color

M 100K / XL 150K

### TERRA ECO BAGS

50K