

terra

Plant Based Food

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).

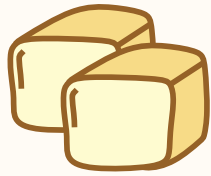
A place indeed where you can nourish your body, mind and soul, and learn through a new culinary experience. Our team will also source local and seasonal ingredients whilst actively encouraging protection of the environment.

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 - All our desserts are raw, which enhances its taste and nourishing value

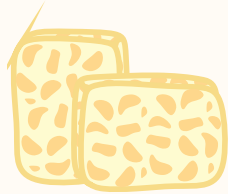
WHAT AMOUNT OF PROTEINS IN PLANT BASED FOOD



Tofu 15g



Sorghum 11,3g



Tempe 19g



Spinach 3g



Flax Seeds 18g



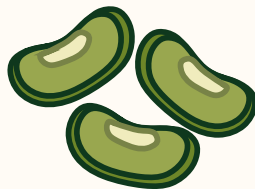
Pumpkin Seeds 24g



Almond 21g



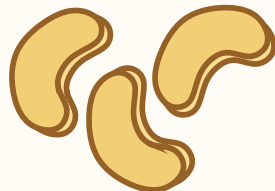
Peanut Butter 23g



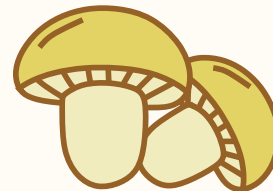
Mung Beans 45g



Tahini 22g



Cashews 18g



Mushroom 3,2g



Moringa 9,4g



Spirulina 57g

Open daily 8am-4pm

terra

All Day Breakfast

BOWLS

CHOCO GOOD MOOD 60K

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

GREEN FOREST 60K

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

MANGO MACHINE 60K

Banana & mango based smoothie with toppings
raw granolas, pumpkin seeds 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 PANCAKE 50K

Today's pancake served with home made chocolate sauce
and a scoop of ice cream of your choice

EXTRA PANCAKE +10K

COOKED

TOFU OMELET 70K

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

SMOKED SALMON TARTINE (3PC) 50K

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

AYURVEDIC HEALING KITCHARI 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

- 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.
- NO "TUNA" SALAD SANDWICH** **70K**
GF sourdough bread, tempe, "amazake" enzyme sauce, homemade sauerkraut, coconut bacon
- 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, marinated 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.
- BBQ JACKFRUIT WRAP ROLL** **60K**
Jackfruit pulled meat, fresh veggies, sauteed mushroom & spinach, raw papaya wrap & raw tomato ketchup, coconut bacon
- AYURVEDIC HEALING KITCHARI** **45K**
Ayurvedic Indian styled porridge with red rice, beans, spices and mixed veggies
- EXTRA SMALL MISO SOUP** **+15K**
EXTRA GLUTEN FREE BREAD (2) **+15K**
EXTRA ACTIVATED RICE **+15K**
EXTRA SMALL GARDEN SALAD **+15K**

Open daily 8am-4pm

terra A La Carte

SALAD COMBO 50K

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 (2)	+15K
EXTRA ACTIVATED RICE	+15K
EXTRA SMALL GARDEN SALAD	+15K

Open daily 8am-4pm

terra Drinks

Consider seasonality & availability of local produce

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

SMOOTHIE DRINKS 40K

PAPAYA DETOX

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

MANGO FIZZ

Mango, frozen bananas, fresh coconut milk

SUPER CHOCO

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

MORINGA GREEN

Moringa, banana, coconut milk, papaya, lime, ginger

PINK DRAGON

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

HEALING ELIXIRS 20K

PROBIOTICS COCONUT KEFIR

Mint & lime

KOMBUCHA


Ginger cinnamon, hibiscus rosemary or turmeric lemongrass

RAW JAMU SHOT

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

OTHER DRINKS

ICED MATCHA FRAPPE	60K	LATTE	35K
ICED LATTE FRAPPE	60K	ORGANIC COFFEE	25K
MATCHA LATTE	40K	CHINESE FLOWER TEA (FREE REFILL)	25K
REISHI MASALA CHAI	40K	INFUSED WATER/MINT LEMON 500ml	10K
GOLDEN LATTE	40K		
SHIRAJIT HOT CHOCOLATE	40K		
CAPPUCCINO	40K	OPTION ALMOND MILK FOR COFFEE	+10K

 terra_lombok



Pass 20% discount

Takeaway and delivery available. Ask our waiter.

Open daily 8am-4pm

terra Desserts

HOMEMADE ICE CREAM

ICE POPS 15K

Watermelon mint or pina colada

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

Coconut Original, Orange Chocolate, Charcoal Peanut

Extra banana bread (2) +15k

Consider seasonality & availability of local produce

RAW PASTRIES 40K

BANANA BANOFFIE PIE

Dates, banana, almond, coconut, vanilla, cashew, peanut

SNICKERS

Cashew, raw cacao, peanut, dates, lime, sun flower seeds

TIRAMISU

Raw cacao, coconut, banana, Irish moss, dates

CARROT CAKE

Dates, carrot, cashew, raisins, walnut, cinnamon, lime

SWEETS 25K

OJAS BALL/ASHWAGANDA, ORANGE, CACAO

Raw cacao, ashwaganda, cashew, pumpkin seeds, dates, raisin

IMMUNE BALL/REISHI, CINNAMON, GINGER

Cashew, dates, cinnamon, reishi powder

RAW LOMBOK DARK CHOCOLATE

Pure raw cacao, coconut sugar

OTHERS

AGED VEGAN BLUE CHEESE

40K

4 slices of cheese made from fermented cashew served with 4 raw crackers

Open daily 8am-4pm

Terra Shop

BAKERY

GLUTEN FREE SOURDOUGH BREAD

Loaf 400g 55k (order one day ahead)

BANANA BREAD

Loaf 400g 40k Slice 15k

BOTTLED DRINKS

COCONUT PROBIOTICS KEFIR

1 Liter 80k / Refill 40k

HOME MADE ALMOND MILK

1 Liter 100k / Refill 60k (order one day ahead)

KOMBUCHA (FLAVORED)

1 Liter 75k / Refill 35k

RAW COLD PRESSED JAMU

1 Liter 150k / Refill 120k

HOME MADE COCONUT MILK

1 Liter 60k / Refill 40k

SNACKS

RAW GRANOLAS

Pack 150g 45k

RAW COCONUT CHIPS

BBQ or INDIAN CRUNCH

RAW CRACKERS

10 pcs 30k

Pack 150g 30k

OTHERS

HOME MADE TAHINI

Bottle 200g 50k / Refill 30k

ANTIOXIDANT SAUERKRAUT

Bottle 250g 45k / Refill 30k

HOME MADE PEANUT BUTTER

Bottle 200g 45k / Refill 30k

AGED VEGAN BLUE CHEESE

Fermented cashew cheese (125g) 50k

ISLAND VIBES KIMCHI

Bottle 250g 45k / Refill 30k

COCONUT PROBIOTICS YOGHURT

Bottle 330ml 35k / Refill 25k (order one day ahead)

SOUVENIRS


TERRA T-SHIRTS 100k

Navy blue or light grey color

TERRA ECO BAGS

50k

 terra_lombok

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