

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).

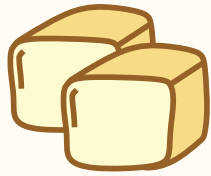
A place indeed where you can nourish your body, mind and soul, and learn through a new culinary experience. Our team will also source local and seasonal ingredients whilst actively encouraging protection of the environment.

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

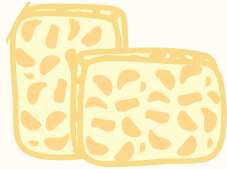
WHAT AMOUNT OF PROTEINS IN PLANT BASED FOOD



Tofu 15g



Sorghum 11,3g



Tempe 19g



Spinach 3g



Flax Seeds 18g



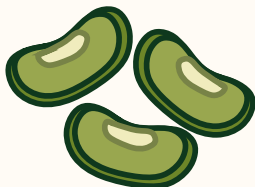
Pumpkin Seeds 24g



Almond 21g



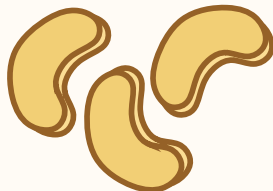
Peanut Butter 23g



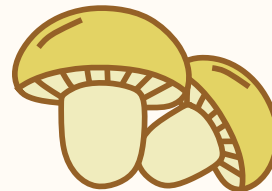
Mung Beans 45g



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.

Open daily 8am-4pm

terra 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.

TERIYAKI TEMPEH BURGER

70K

GF sourdough buns , teriyaki tempeh, sauerkraut, cashew mayonnaise, veggies served with raw coconut BBQ chips
* This menu contain soy sauce

JACKFRUIT BURGER

70K

GF sourdough buns, jackfruit patty, tahini butter, sauerkraut, raw tomato ketchup, cashew mayonnaise, avocado, veggies served with raw coconut BBQ chips

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, sauted mushroom & spinach, raw papaya wrap & raw tomato ketchup, coconut bacon

IDLI PLATE

60K

3 color idli /Indian steam rice and beans bread beet, black, moringa.Today's chutney,Today's sambahar

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 60K

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

DETOX BLACK LEMONADE

Lemon, raw honey, activated charcoal

Open daily 8am-4pm

terra DRINKS

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

OPTION ALMOND MILK FOR COFFEE +10K

Reishi

The most potent medical mushrooms.
Good immune strengthens, vitality
,anti, oxidant, anti ageing Reishi
brings us equanimity and deep insight
for the long run.

Shirajit

Highest concentrated earth mineral
including fulvic acid and humic acids,
known as the conqueror of mountains
and destroyer of weakness good for
the immune system, strengthening &
recovery.

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

Ice Cream : Coconut, Matcha

Nice Cream : Peanut, Cacao, Seasonal Fruits

AFFOGATO COFFEE OR MATCHA 50K

2 scoop of coconut ice cream with espresso coffee or matcha shot

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 yogurt, banana, Irish moss, dates

CARROT CAKE

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

RAW CHEESE CAKE

Cashew, dates, sunflower seed, coconut yogurt, seasonal fruits, 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 DARK CHOCOLATE

Raw cacao powder, raw cacao butter, palm sugar, sea salt

OTHERS

THREE VEGAN CHEESE TASTER

40K

Fermented cashew cheese (blue cheese, olive & dried tomato, raisin dill) with raw clackers, dried fruits

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

GLUTEN FREE COOKIES 20K

Soft cashew nuts cookie

Peanut butter cookie

Coconut cookie

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

Pack 150g 30k

RAW CRACKERS

10 pcs 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 CHEESE

Blue cheese, Olive & Dried tomato,
Rasin & Dill 50k

ISLAND VIBES KIMCHI

Bottle 250g 45k / Refill 30k

COCONUT PROBIOTICS YOGHURT

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