



terra

Plant Based Food

Terra is an innovative, inspiring and 100% plant based restaurant in the heart of Kuta Lombok. All food is plant based and mostly gluten free .

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 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 plant based and mostly 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 home made fermentation seasoning (miso, coconut yogurt, shio-koji) to enhance flavors. No MSG added in our food


DAILY OPEN

8AM - 9PM



Terra_lombok
plantbased

 terra_lombok

 Pass 20% discount

www.terra.health

Subject to 10% government tax & 5% service charge



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WHAT AMOUNT OF PROTEINS IN PLANT BASED FOOD



Tofu 15g



Tempe 19g



Flax Seeds 18g



Almond 21g



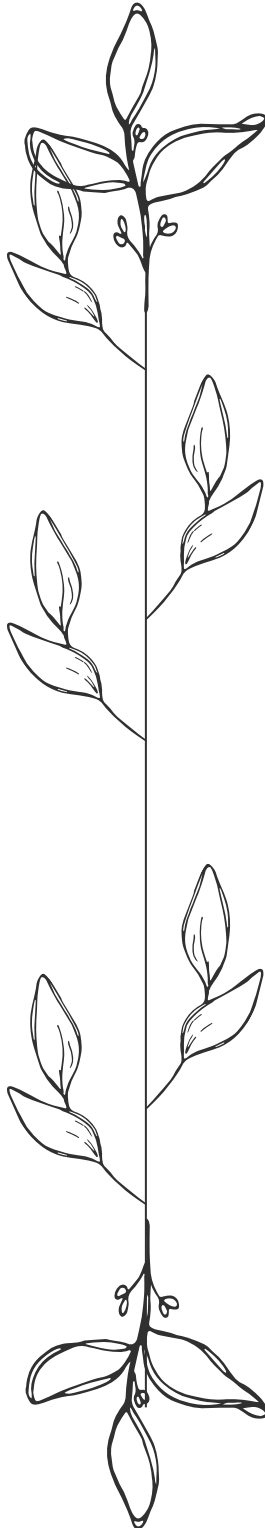
Mung Beans 45g



Cashews 18g



Moringa 9,4g



Sorghum 11,3g



Spinach 3g



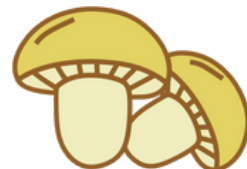
Pumpkin Seeds 24g



Peanut Butter 23g



Tahini 22g



Mushroom 3,2g



Spirulina 57g



All Day Breakfast

BOWLS

COCO GOOD MOOD

60K

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

GREEN FOREST

60K

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

MANGO MACHINE

60K

Banana & mango based smoothie with toppings
raw granolas, cashew nut and fruits

FRUITS SALAD

60K

Topping: raw granola and basil seed porridge, choose
coconut milk or coconut yogurt.

Extra ice cream +20K

EXTRA SUPERFOOD

+15K

Consider seasonality & availability of local produce

SWEET

GLUTEN FREE SOURDOUGH PANCAKE

75K

Today's pancake served with scoop of ice cream and
seasonal fruits. choose chocolate or raw wild honey.

EXTRA PANCAKE

+10K

EXTRA RAW HONEY

+15K

EXTRA COCONUT YOGURT

+15K

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All Day Breakfast

TOFU OMELET

70K

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

AVOCADO HUMUS ON TOAST

65K

avocado humus with gluten-free bread, sautéed spinach and mushrooms, sauerkraut

SMOKED SALMON TARTINE (3PC)

50K

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

AYURVEDIC HEALING KITCHARI

50K

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

MISO SOUP

50K

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



A La Carte

RAW

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 SPICY THAI NOODLES

75K

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

THREE VEGAN CHEESE TASTER

40K

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

EXTRA GLUTEN FREE BREAD (2)

+15K

EXTRA ACTIVATED RICE

+15K



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A La Carte

GREEN FALAFEL PLATE

80K

Green falafel, green humus, baba ganoush, sorghum tabbouleh, cashew mayonnaise, sauerkraut, dukkha, gluten free bread

TERIYAKI TEMPEH BURGER

70K

GF sourdough bun, teriyaki tempeh, sauerkraut, wasabi, 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 wasabi mayonnaise, avocado, veggies served with raw coconut BBQ chips

GREEN CREAMY HERB NOODLE

65K

Rice noodle, fresh garden herbs (Thai basil, chive, thyme, oregano) pumpkin seeds, cashew nuts

"TONKOTSU" SOUP NOODLE

65K

Rice noodle, home made miso, chili oil, Nori sea weeds, coconut, tahini | extra topping kimchi +10K

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

SOUTH INDIAN PLATE/IDLI

60K

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

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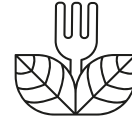
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A La Carte



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 GLUTEN FREE BREAD (2)

+15K

EXTRA ACTIVATED RICE

+15K

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Desserts

HOME MADE ICE CREAM

ICE POPS 15K

Watermelon mint or pina colada

ICE CREAM SCOOP X1 25K, X2 40K

Coconut or Matcha

NICE CREAM BOWL 40K

(peanut, cacao & seasonal fruits)

Ultimately the healthiest dessert ever.

Nice cream is a alternative to ice-cream, fruit-based a good treat.
no added sugar and oil

Consider seasonality & availability of local produce

RAW PASTRIES 40K

BANANA BANOFFIE PIE

Dates, banana, almond, coconut, vanilla, cashew

SNIKERS

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

RAW CHEESE CAKE

Creamy layered vegan cheesecake. organic cashews and coconut yogurt, dates, activated raw nuts & seeds

SWEETS 25K

OJAS BALLL

Ashwaganda, raw cacao, orange, cashew nuts, pumpkin seeds, dates

IMMUNE BALL

Reishi, chinnamon, ginger, lime, coconut, chasew nut, pumpkin seed, dates

RAW DARK CHOCOLATE

Raw cacao, Lombok palm sugar, Lombok sea salt

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DRINKS

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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

PROBIOTICS COCONUT KEFIR

20K

Mint, lime, pineapple

KOMBUCHA

20K

Ginger cinnamon, hibiscus rosemary or turmeric lemongrass

RAW JAMU SHOT

20K

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

DETOX BLACK LEMONADE

40K

Coconut probiotics kefir, aloe vera, basil seeds, raw wild honey, activated bamboo charcoal

COCOBIOTIC MOCKTAIL

40K

Coconut probiotics kefir, pineapple, garden stevia leaf, sweet mint

OVERSEAS LOMBOK GINGER BEER

45K

Artisanal ginger soda made by fermentation process



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ICED MATCHA FRAPPE	60K
ICED LATTE FRAPPE	60K
MATCHA LATTE	40K
REISHI MASALA CHAI	40K
GOLDEN LATTE	40K
SHIRAJIT HOT CHOCOLATE	40K
FRESH COCONUT WATER	25K
INFUSED WATER/MINT LEMON	10K

TEA CEREMONY

FREE REFILL HOT WATER

CHINESE FLOWER TEA	25K
ORGANIC TEA FROM D'WAN MOUNTAIN IN BALI	
-ORGANIC BLACK TEA	40K
-ORGANIC GREEN TEA	40K
-ORGANIC OOLONG TEA	40K

CRAFT BEER

KURA KURA (ISLAND ALE) 330ML	65K
KURA KURA (LAGER) 330ML	65K

ORGANIC COFFEE

COLD BREW COFFEE	45K
HONEYMOON LATTE	40K
CAPPUCCINO	35K
LATTE	35K
LONG BLACK/AMERICANO	25K
ESPRESSO	25K

EXTRA SHOT	15K
ALMOND MILK	10K
OATMILK	15K

“

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.

”

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SHOP

BAKERY

GLUTEN FREE SOURDOUGH BREAD

Loaf 400g 55k (order one day ahead)

GLUTEN FREE COOKIES 20K

Soft cashew nuts cookie

Peanut butter cookie

Coconut cookie

BANANA BREAD

Loaf 400g 40k Slice 15k

BOTTLED DRINKS

COCONUT PROBIOTICS KEFIR

1 Liter 80K / Refill 50K

300ml 30K

KOMBUCHA (FLAVORED)

1 Liter 75K / Refill 40K

300ml 30K

HOME MADE COCONUT MILK

1 Liter 60K / Refill 40K

300ml 25K

HOME MADE ALMOND MILK

1 Liter 100K / Refill 70K (order one day ahead)

300ml 35K

COLD PRESSED (JAMU/JUICE)

1 Liter 150K / Refill 120K

300ml 55K

ICED MASALA CHAI LATTE

1 Liter 95K / 300ml 45K

SNACKS

RAW GRANOLAS

Pack 150g 45k

RAW CRACKERS

10 pcs 35k

RAW COCONUT CHIPS

BBQ or INDIAN CRUNCH

Pack 150g 35k

OTHERS

HOME MADE TAHINI

Bottle 200g 50k / Refill 40k

HOME MADE PEANUT BUTTER

Bottle 200g 45k / Refill 35k

COCONUT PROBIOTICS YOGHURT

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

ISLAND VIBES KIMCHI

Bottle 250g 50k / Refill 40k

ANTIOXIDANT SAUERKRAUT

Bottle 250g 50k / Refill 40k

AGED VEGAN CHEESE

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

BABAGANOUSH

200g | 50k

(order one day ahead)

AVOCADO HUMUS

200g | 50k

(order one day ahead)

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