



# terra

Plant Based Food



*Terra is an innovative, inspiring and plant based restaurant in the heart of Kuta Lombok. Our menu mostly are plant based and 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



SCAN HERE  
FOR MENU PHOTO



Terra\_lombok  
plantbased

 terra\_lombok

 Pass 20% discount

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



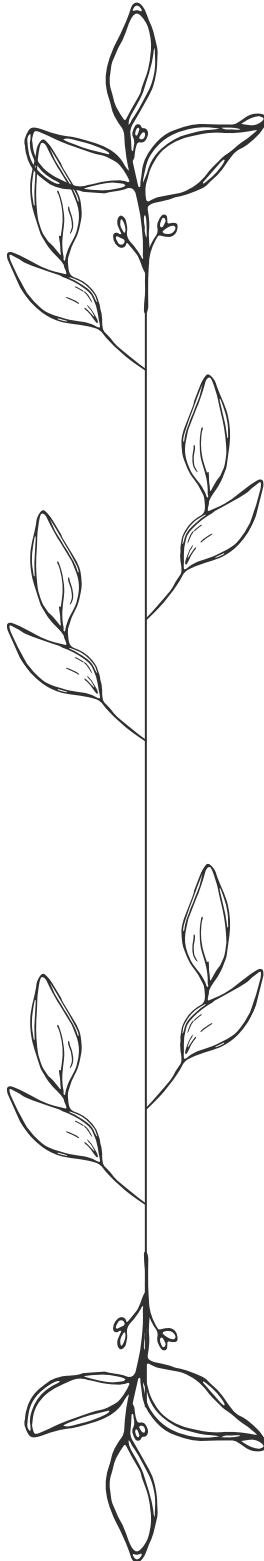
Mung Beans 45g



Cashews 18g



Moringa 9,4g



Sorghum 11,3g



Spinach 3g



Pumpkin Seeds 24g



Peanut Butter 23g



Tahini 22g



Mushroom 3,2g



Spirulina 57g

# 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 water

### 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

### COCOBIOVIC MOCKTAIL

40K

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

### OVERSEAS LOMBOK GINGER BEER

45K

Artisanal ginger soda made by fermentation process



 Contain Honey

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# DRINKS

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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	40K
-ORGANIC BLACK TEA	
-ORGANIC GREEN TEA	
-ORGANIC OOLONG TEA	

## CRAFT BEER

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

## ORGANIC COFFEE

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

<b>EXTRA SHOT</b>	<b>15K</b>
<b>ALMOND MILK</b>	<b>10K</b>
<b>OATMILK</b>	<b>15K</b>

“

### 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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The logo for Terra, featuring the word "terra" in a lowercase, sans-serif font.

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# 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**

 **Contain Honey**

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## All Day Breakfast

### **TOFU OMELET**

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

**70K**

### **AVOCADO HUMUS ON TOAST**

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

**70K**

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

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

**50K**

### **AYURVEDIC HEALING KITCHARI**

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

**50K**

### **MISO SOUP**

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

**50K**



## A La Carte

### **RAW**

#### **RAW BLACK PIZZA**

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

**85K**

#### **RAW SPICY THAI NOODLES**

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

**75K**

#### **THREE VEGAN CHEESE TASTER**

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

**40K**

#### **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 wasabi mayonnaise, sauerkraut, dukkha, gluten free bread
- TERIYAKI TEMPEH BURGER** **70K**  
GF sourdough bun, teriyaki tempeh, sauerkraut, cashew wasabi 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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## 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 CREAM (COCONUT OR MATCHA)

1 scoop 25K

2 scoop 40K

### NICE CREAM BOWL 40K

Ultimately the healthiest dessert ever.

Nice cream is a alternative to ice-cream, fruit-based a good treat.

no added sugar and oil

(peanut, cacao & seasonal fruits)

**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 BALL

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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# 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

L 85K | M 50K

### BABAGANOUSH

200g | 50k

(order one day ahead)

### AVOCADO HUMUS

200g | 50k

(order one day ahead)

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