



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 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 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


8:00AM - 9:30PM



SCAN HERE
FOR MENU PHOTO



Terra_lombok
plantbased

 terra_lombok

 Pass 10% discount

www.terra.health

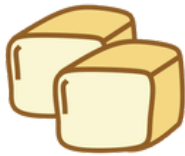
Subject to 10% government tax & 5% service charge



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Plant Based Food

WHAT AMOUNT OF PROTEINS IN PLANT BASED FOOD



Tofu 15g



Tempe 19g



Flax Seeds 18g



Almond 21g



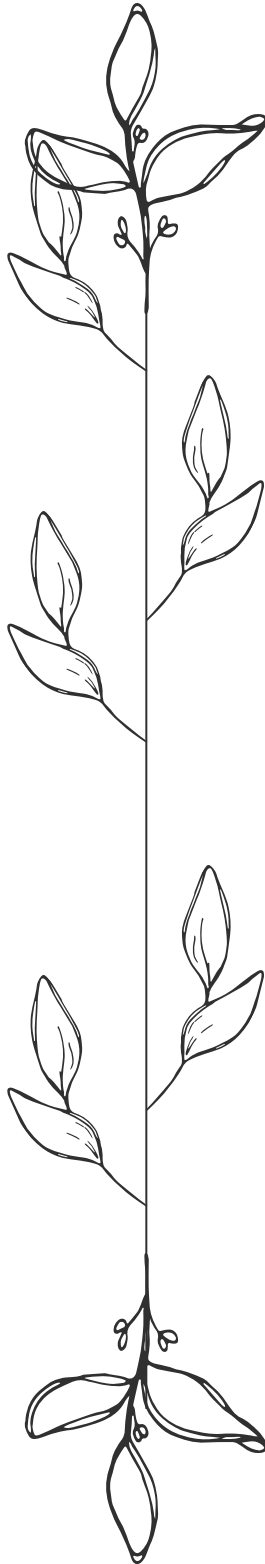
Mung Beans 45g



Cashews 18g



Moringa 9,4g



Sorghum 11,3g



Spinach 3g



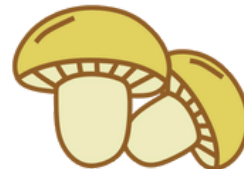
Pumpkin Seeds 24g



Peanut Butter 23g



Tahini 22g



Mushroom 3,2g



Spirulina 57g

DRINKS

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Plant Based Food



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, LIME, CUCUMBER	10K

CRAFT BEER

ISLAND BREWING PILSNER	50K
ISLAND BREWING SUMER PALE ALE	60K

0% UP-TAIL

KOMBUCHA SANGRIA	40K
COCONIBOTICS MOCK-TAIL	40K
PARADISE EMZIME	40K
OVERSEAS LOMBOK GINGER BEER	45K

ORGANIC COFFEE

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

EXTRA SHOT	15K
ALMOND MILK	10K
OATMILK	15K

“

Reishi

The most potent medical mushrooms. Strengthens immune system, vitality, antioxidant and anti-aging. 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.

”

Subject to 10% government tax & 5% service charge

Takeaway and delivery available. Ask our waiter.

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

PAPAYA DETOX

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

40K

MANGO FIZZ

Mango, frozen bananas, fresh coconut water

40K

SUPER CHOCO

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

40K

MORINGA GREEN

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

40K

PINK DRAGON

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

40K

MAKE ME AWARE

Espresso, banana, peanut butter, cinnamon, raw cacao, coconut milk

50K

COCONUT YOGURT LASSI

45K

Coconut yogurt, mint, lime, raw wild honey or palm nectar.

Chose flavor : mango or dragon fruits or avocado

HEALING ELIXIRS

PROBIOTICS COCONUT KEFIR 25K

Rosella or Blue pea flower with mint and pineapple

KOMBUCHA 25K

Ginger cinnamon, hibiscus rosemary or turmeric lemongrass

RAW JAMU SHOT 25K

Cold pressed 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, local lime



 Contains Honey

Subject to 10% government tax & 5% service charge

Takeaway and delivery available. Ask our waiter.

TEA CEREMONY

Free refill hot water

Enjoy organic tea experience in the ceremonial way with friends or yourself

ORGANIC TEA FROM BALI

WHITE PEONY Single origin white tea	40K
OOLONG TEA Single origin	40K
SENCHA Single origin green tea	40K
JASMINE GREEN Green tea, Jasmine flower	40K
ROYAL EARL GREY Black tea bergamot essence, vanilla	40K
TEMPLE OF ROSE Black tea, Rose petal	40K
BALI EMPIRE Single origin bali black tea	25K

GARDEN HERBAL TEA

ANTIOXIDANTS BLUE MAGIC TEA Blue pea flower, sweet mint	30K
HOLY HERBAL TEA. Tulsi leaf, lemongrass, pandan leaf	30K
ANTI-AGING ROSELLA TEA. Rosella, lemongrass, cinnamon, stevia leaf	30K

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All Day Breakfast

BOWLS

Start from 8 am

COCO GOOD MOOD

65K

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

GREEN FOREST

65K

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

MANGO MACHINE

65K

Banana & mango based smoothie with toppings raw granolas
and fruits

IMUNITY DRAGON

65K

Pink dragon fruits & sour sop ,banana, aloe vela
based smoothie with toppings raw granolas and fruits.

FRUITS SALAD

65K

Seasonal fruits &Topping: raw granola and basil seed
porridge, choose coconut milk or coconut yogurt.
Extra coconut ice cream +20K

EXTRA SUPERFOOD

+15K

SWEET

GLUTEN FREE SOURDOUGH PANCAKE

75K

3 pancake served with scoop of ice cream and seasonal
fruits. choose chocolate sauce or raw wild honey.

EXTRA PANCAKE

+10K

EXTRA RAW HONEY

+15K

EXTRA COCONUT YOGURT

+15K



Consider seasonality & availability of local produce



Contains Honey

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TERRA SALADS 70K

CHOOSE FROM
GF BREAD OR RAW CRACKERS
OR ACTIVATED RED RICE

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 - METABOOST

SORGHUM, KIMCHI, TAHINI SPINACH, SAMBAL MATAH,
RAW INDIAN COCONUT CHIPS
& ORGANIC GREEN LEAVES
Served with TAHINI DRESSING



EXTRA GLUTEN FREE BREAD (2) +15K

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All Day Breakfast

Start from 8 am

TOFU OMELET **75K**

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

AVOCADO HUMUS ON TOAST **70K**

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

SMOKED SALMON TARTINE **65K**

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

AYURVEDIC HEALING KITCHARI **55K**

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

MISO SOUP **55K**

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



A La Carte

Start from 11am

RAW

RAW BLACK PIZZA **105K**

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

THREE VEGAN CHEESE TASTER **55K**

Fermented cashew cheese with raw clackers, dried fruits

EXTRA GLUTEN FREE BREAD (2) **+15K**

EXTRA ACTIVATED RICE **+15K**



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A La Carte

Start from 11am

- GREEN FALAFEL PLATE** **85K**
Green garden herb falafel, avocado humus, baba ganoush, sorghum tabbouleh, cashew wasabi mayonnaise, sauerkraut, dukkha, gluten free bread
- TEMPEH KIMCHI SUSHI** **75K**
Roasted tempe, kimchi, activated black rice, veggies. Topped with wasabi mayonnaise. Side small miso soup
- "SALMON" PAPAYA SUSHI** **75K**
Raw papaya salmon, sauerkraut, activated rice, veggies, marinated tofu. Topped with wasabi mayo. Side small miso soup.
- JACKFRUIT BURGER** **75K**
GF sourdough buns, jackfruit patty, tahini butter, sauerkraut, raw tomato ketchup, cashew wasabi mayonnaise, avocado, veggies served with raw coconut BBQ chips
- TERIYAKI TEMPEH BURGER** **75K**
GF sourdough bun, teriyaki tempeh, tahini butter ,sauerkraut, cashew wasabi mayonnaise, veggies served with raw coconut BBQ chips *This menu contain soy sauce
- TAHINI MISO RAMEN NOODLE** **70K**
Home made miso,tahini, chili oil soup with rice noodle.Nori sea weeds, sprout beans, mushroom| extra kimchi +10K
- GREEN CREAMY HERBAL NOODLE** **70K**
Rice noodle, fresh garden herbs (Thai basil, chive, thyme, oregano) pumpkin seeds, cashew nuts
- GREEN CURRY** **70K**
Tempe, veggies, mushrooms in home made curry paste. Served with activated rice. Choose mild or spicy.
- BBQ JACKFRUIT PAPAYA WRAP ROLL** **65K**
Jackfruit pulled meat, fresh veggies, sauted mushroom & spinach, raw papaya wrap & raw tomato ketchup, raw coconut chips
- SOUTH INDIAN PLATE/IDLI** **65K**
Idli /Indian style sour dough steam bread from local rice and beans, served with Today's chutney, Today's curry soup

Subject to 10% government tax & 5% service charge

Takeaway and delivery available. Ask our waiter.



Desserts

HOME MADE ICE CREAM

ICE CREAM/COCONUT OR MATCHA 1 scoop 25K
2 scoop 40K

NICE CREAM BOWL 40K

(peanut, cacao & seasonal fruits)

Nice cream is an alternative to ice-cream, fruit-based a good treat. No added sugar and oil. Ultimately the healthiest dessert ever.

AFFOGATO /COFEE OR MATHCA 55K

2 scoop of ice cream with espresso or matcha shot

RAW PASTRIES

BANANA BANOFFIE PIE 50K

Dates, banana, pumpkin seeds, coconut, vanilla, cashew

SNIKERS 45K

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

TIRAMISU 50K

Raw cacao, coconut, banana, Irish moss, dates, espresso

CARROT CAKE 45K

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

CHEESE CAKE 50K

Cashews, coconut yogurt, dates, sunflower seeds, pumpkin seeds, seasonal fruits

ENARGY BALL 25K

OJAS BALLL

Ashwaganda, raw cacao, orange, almond, pumpkin seeds, dates

IMMUNE BALL

Reishi, chinnamon, ginger, lime, coconut, almond, pumpkin seed, dates

Consider seasonality & availability of local produce

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Takeaway and delivery available. Ask our waiter.





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 45k

BOTTLED DRINKS

COCONUT PROBIOTICS KEFIR

1 Liter 80K / Refill 45K

300ml 35K

KOMBUCHA (FLAVORED)

1 Liter 75K / Refill 40K

300ml 30k

HOME MADE COCONUT MILK

1 Liter 60K / Refill 40K

300ml 35k

HOME MADE ALMOND MILK

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

300ml 40K

COLD PRESSED (JAMU/JUICE)

1 Liter 150K / Refill 120K

300ml 55K

ICED MASALA CHAI LATTE

1 Liter 95K / 300ml 45K

SNACKS

RAW GRANOLAS 40K

RAW CRACKERS 35K

RAW COCONUT CHIPS 35K

BBQ or INDIAN CRUNCH

RAW FRUITS LEATHER 40K

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 & herbs

L 85K | M 50K

BABAGANOUSH

200g | 50k

(order one day ahead)

AVOCADO HUMUS

200g | 50k

(order one day ahead)

Subject to 10% government tax & 5% service charge

Takeaway and delivery available. Ask our waiter.



SHOP

Ceremonial organic tea leaves selection from Bali

WHITE PEONY 70K

Single origin white tea / 20gr

BALINESE OOLONG TEA 50K

Single origin / 20gr

SENCHA 50K

Single origin sencha green tea / 20g

JASMINE GREEN 40K

Green tea, Jasmine flower / 20g

ROYAL EARL GREY 40K

Black tea, Bergamot essence, Vanilla / 20g

TEMPLE OF ROSE 40K

Black tea, Rose petal / 20g

BALI EMPIRE 30K

Single origin Bali black tea / 20g

Garden Herbal Tea

ROSELLA 20K

50g

BLUE PEA FLOWER 40K

20g

TULSI 40K

20g

Subject to 10% government tax & 5%

Subject to 10% government tax

Takeaway and delivery available. Ask our waiter.

SHOP

Original blend organic coffee beans from Lombok

Ask our dedicated barista .Freshly Ground Just for you.

VARIETY: ARABICA X ROBUSTA

ORIGIN: EAST LOMBOK

ALTITUDE: 800-1000 METERS ASL

TASTE NOTES: HIGH BODY, MEDIUM ACIDITY, DARK CHOCOLATE, CARAMEL, NUTTY FLAVOR, WITH A BERRY AFTERTASTE

PRICE: 100K/250G

Why Choose Us?

- Quality: Premium organic local coffee beans.
- Freshness: Freshly ground on the spot.
- Flavor: Unmatched taste and aroma.
- Support Local: Help support local farmers and businesses.

10% tax & 5% service charge

Subject to 10% government tax

Takeaway and delivery available. Ask our waiter.