



## Joining the REAL FOOD revolution

*Dear Guest,*

### IT'S TIME TO CHANGE OUR RELATION TO FOOD

*We put a lot of energy and thought into what we source and from whom so that we can showcase the best items on our menu. If something is out of season or not available at the quality we need we just do not use it.*

*We love that people are becoming more inspired to support a local farmer from their own community than they are to buy out-of-season ingredients from big box stores. Choosing to source ingredients locally helps our community in many ways. It boosts taste, freshness, and nutritional quality as well as mitigates environmental damage since items do not have to travel as long from our local farms to our table.*

*Our menu features many things picked right from our garden. It grows better thanks to the compost from our kitchen.*

*Please do not hesitate to contribute. Kindly leave our team your constructive feedback and drop positive reviews on our social media. We are on a journey.*

*Terima kasih / Tampi asih*

*Ashtari Team* 



## Joining the REAL FOOD revolution

### SLOW FOOD PHILOSOPHY

Envisions a world in which all people can access and enjoy real food that is good for them, good for those who grow it locally and sustainable for the planet.

#### REAL FOOD

Everything from our produce, to our eggs, meats, and veggies is sourced as local & organic as possible. Our menu is constantly changing depending on what is fresh and locally available.

#### LOCAL CONNECTION

Food is part of our cultural identity. The slow food movement aims to keep the connection between the food we eat and the land it comes from.

#### SUSTAINABLE PLANET

In preserving our cultural heritage, the slow food movement also preserves our physical environment by supporting local communities and promoting sustainable systems such as organic and biodynamic agriculture.

Slow Food Opposes  
Fast Food



Open Daily 10:00am - 9:30pm

Lunch Menu From 11 am

Last Order 9 pm

Free Shuttle For Bookings

Dine-in, Take Away, Group Buffet, Cooking Class

Delivery Kuta, Selong Belanak, Gerupuk

### OUR TRUSTED LOCAL NETWORK OF FARMERS AND PRODUCERS



DAHA ORGANIC FARM  
Vegetables, free-range egg,  
free range chicken



Beras Merah Lombok

BERAS MERAH LOMBOK  
Red rice, Vegetables



SAIFANA ORGANIC FARM  
Vegetables



LOMBOK FARM HOUSE  
Vegetables



PERMACULTURE LOMBOK

We believe in being transparent about where our ingredients coming from. Our menu currently consists of more than 70% local and sustainable ingredients, and we are aiming to become 100%.

Thank you for your strong support.

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 ashtarilombok.com

# Late Breakfast

Start from 10AM



## AVOCADO HUMUS ON TOAST | 80K **DF**

2 home made sourdough bread with avocado, garden spinach, mushrooms & 2 poached eggs or tempeh

## FRUIT PLATTER | 80K **V DF** ~~GF~~

Seasonal fruits, granola, coconut yoghurt and honey or palm nectar.



## SMOOTHIE AND FRUIT BOWL | 70K **V DF** ~~GF~~

### IMMUNITY BOWL

Smoothie: aloe vera, strawberry, dragon fruit, fresh coconut milk, papaya & banana  
Topping: basil seeds, cacao nib, tape granola & seasonal fruits

### SPIRULINA GREEN BOWL

Smoothie: garden Brazilian spinach, spirulina, seasonal fruits, banana & coconut milk  
Topping: basil seeds, cacao nibs, tape granola & seasonal fruits

### COCO MAGIC BOWL

Smoothie: Lombok cacao, peanut butter, banana, coconut milk & cinnamon powder  
Topping: basil seeds, cacao nibs, tape granola & seasonal fruits

## BREAKY DOSA ~~GF~~

Fermented sourdough rice Garrett from south India, using mix of local beans & rice.

### MUSHROOM DOSA | 70K **V DF**

Avocado hummus, mushrooms, garden spinach.  
Served with peanut sauce or coconut yogurt cucumber salad.

### MASALA DOSA | 75K **V** **DF**

Dosa studded sparked potato, served with Dahl, vegan Raita, coconut chutney and tomato chaat.

Extra: mozzarella cheese or Butter or poached egg or sunny side egg | +10k

### EGG DOSA | 70K

Egg, Artisan mozzarella cheese, onion, garden spinach & herbs

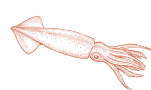
### BANANA DOSA | 60K **V** **DF**

Banana, homemade peanuts butter, cinnamon, Extra coconut ice cream | +20K, Honey | +10K



 Vegetarian **DF** Dairy Free ~~GF~~ Gluten Free  
 Contains nut  Favorite  Spicy

Subject to 10% government tax & 5% service charge



# Sharing Platters & Starters

Start from 11AM

## SWEET POTATO CHIPS | 30K

Fried in pure coconut oil

Pick your homemade sauce

- Tomato chaat sauce  **DF** 
- Mayonnaise **DF** 

## FRESH SUMMER ROLLS (X6) | 75K **DF**

Fresh vegetables & prawn or tempeh rolled with rice paper served with peanut sauce

## PANI PURI (X5) | 40K **DF**

Crispy puffballs stuffed with dal filling served with sweet tamarind sauce & coconut yogurt

## SAMOSAS (X3) | 45K **DF**

Triangular-shaped pastry stuffed with local taro potato filling, served with coconut chutney

# Indian Curries

Start from 11AM

## BUTTER CHICKEN CURRY | 120K

Traditional North Indian curry using local artisan butter

## SEA FOOD CURRY | 120K

Spicy curry with prawn & mahi mahi

## PALAK PANEER/ TOFU | 85K

Garden spinach & Indian cottage cheese curry  
Dairy free option: Tofu instead of paneer

## GOAT BRIYANI | 135K

A spiced mix of local goat meat and basmati rice. It's fiery and aromatic, and heady with black peppercorns, star anise, and cinnamon

## GOAT CURRY | 120K

Local goat meat cooked tender and juicy in a gravy made with onions, tomatoes, garlic, and aromatic spices

## MORINGA DAL | 60K **DF**

Mung beans and garden moringa curry

## Tikka **DF**

Marinated with spices & coconut yogurt sauce, grilled and served with coconut chutney

## CHICKEN TIKKA | 120K

## PANEER & VEGGIE TIKKA | 85K

## TOFU OR TEMPEH & VEGGIE TIKKA | 70K

## Indian Set

## YOGI THALI | 80K **DF**

Platter of different Indian small dishes: dal, veggies curry, chutney, raita, salad. Served with chapati

## Side

## SOURDOUGH CHEESE NAAN | 45K

## SOURDOUGH BUTTER GARLIC NAAN | 30K

## SOURDOGH PLAIN NAAN | 30K **DF**

## SOURDOUGH CHAPATI | 20K **DF**

Whole wheat flatbread

## WHITE OR RED RICE | 15K **DF**

Local rice steamed with pandan leaf

Subject to 10% government tax & 5% service charge

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# Historical Favorites

Start from 11AM

## GRILLED MAHI MAHI SASAK STYLE | 130K

Served with white rice, sautéed water spinach, sambal

## ASHTARI BEEF BURGER | 130K

Flavored local basil and spiced beef patty, artisan paneer cheese, homemade mayonnaise served with sweet potato chips

## NASI GORENG | 75K

Chicken or veggie

# Western Fusion

Start from 11AM

## RAINBOW CHAKRA SALAD | 70K

 **DF** 






Salad leaves served with 7 toppings: sesame tempeh, avocado hummus, edamame, sauerkraut, mushrooms, sweet potato, tomato. Served with Tape Dressing

## CHICKEN TIKKA SANDWICH | 100K

Chicken Tikka, egg, artisan paneer cheese, sauerkraut, artisan butter, whole wheat sourdough bread side sweet potato fried in pure coconuts oil

## BUTTER CHICKEN WRAP ROLL | 100K

Butter chicken and artisan mozzarella cheese, garden spinach wrap roll .

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# Sweets

## RAW CHEESECAKE BY TERRA | 45K



Creamy vegan cheesecake made from Lombok cashews, coconut yogurt, dates, activated raw nuts & seeds, no refined sugar

## CHAI COOKIE & COCONUT ICE CREAM | 40K



## REAL ARTISAN GELATO

1 scoop | 30K 2 scoop | 50K 3 scoop | 60K



Chocolate Gelato  
Vanilla Gelato  
Coconut Ice cream by Terra

## BREAD PUDDING | 60K

sourdough bread, local egg, palm nectar, cinnamon, raw local honey, homemade peanut butter, raisin, 1 scoop of coconut ice cream



## AFFOGATO | 60K

2 scoop of ice cream with espresso coffee

**terra**  
Plant Based Food

Terra is the plant-based sister of Ashtari. It serves innovative, inspiring and 100% plant based food in the heart of Kuta Lombok. They are producing many core ingredients for Ashtari Slow Food menu.

## Kids menu






### VEGAN MAC & CHEESE | 60k

All-time favorite macaroni & cheese in vegan version.  
Vegetable cheesy sauce made with a lot of vegetables (carrot, taro, tomato, onion etc.)  
with vegan parmesan topping made with cashew nut

### OMURICE | 65K

Omelet with tomato rice, served with fired chicken & mayonnaise sauce, boil vegetables

Subject to 10% government tax & 5% service charge

Vegetarian Dairy Free No Refined Sugar No Nut

Contains nut Favorite Spicy



# Drinks

## BLEND ORGANIC COFFEE SELECTIONS

Choose cow or homemade coconut milk

LONG BLACK/ AMERICANO/ ESPRESSO | 25K

LATTE | 35K

CAPPUCCINO | 35K

MOCHACCINO | 35K

MACCHIATO | 30K

Espresso with steam milk foam

ICED LATTE | 35K

ICED CAPPUCCINO | 35K

ICED BLACK COFFEE | 30K

## CHAI & LASSI

MASALA CHAI | 30K 

Organic black tea with Indian spices in fresh coconut or cow milk

ICED MASALA CHAI LATTE 

Bottle 1L | 95K Glass | 40K

MINT HONEY LASSI | 50K  

Lombok raw honey, garden mint, Terra's coconut yogurt

- Banana mango lassi

- Pink banana lassi

- Banana avocado lassi

POWER BOOST LASSI | 55K   

Banana, Passion fruit, strawberry, coconut yogurt, coconut milk, honey, sweet mint

## TEA CEREMONY

Free hot water refill for all tea above

## ORGANIC TEA FROM D'WAN MOUNTAIN

TEA IN BALI | 40K

-Organic oolong tea

-Organic green tea

-Organic Black tea

## ORGANIC GARDEN HERBAL TEA | 30K

-Holy herbal tea/Tulsi, pandan leaf, lemongrass

-Blue magic tea/Blue pea flower, sweet mint

## HEALTHY DRINKS

MAKE ME AWARE SMOOTHIE | 50K   

Organic coffee shot, fresh coconut milk, banana, Terra's peanut butter, cacao powder, cinnamon

OVERSEAS LOMBOK GINGER BEER | 45K

Artisanal ginger soda made by fermentation process

JAMU | BY GLASS 30K (BY BOTTLE 75K) 

Authentic turmeric based herbal healing drink, balinese style

MATCHA LATTE | 45K

FRESH JUICE (SEASONAL) | 35K

Watermelon, mandarin, banana, soursop, mango, papaya, Mix furits

COCONUT "RIGHT" FROM THE TREE | 25K

## SOFT DRINKS

SPARKLING WATER 750ML | 65K

"DIRTY SUGAR" BEVERAGE | 25K

Coke, Sprite, Tonic water, Soda water

WATER JUG JUG 500ML/JUG 1L | 10/15K

## MOCKTAIL 40K

COCOBOTICS MOCKTAILS 

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

FROSTY MANGO PROBIOTICS 

Fresh mango, kaffir lime leaf, cocobiotics kefir, raw honey

KOMBUCHA SANGRIA 

Kombucha, pineapple, orange, spices



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# Beers

## CRAFT BEERS

A beer made in a traditional or non-mechanized way by a small brewery

KURA KURA (ISLAND ALE) 330ML | 65K

KURA KURA (LAGER) 330ML | 65K

BINTANG 620ML | 55K

BINTANG 330ML | 35K

BINTANG RADLER | 35K

# Cocktail Drinks

## COCKTAILS | 80K

### MARGARITA CLASSIC

Tequila, triple sec, lime

### FROZEN MANGO MARGARITA

Tequila, triple sec, mango, lime

### ESPRESSO MARTINI

Vodka, coffee liqueur, organic coffee

### MOJITO

Rum, soda water, mint leaf, lime, sugar

### PINA COLADA

Rum, coconut liquor, pineapple, coconut milk

## LIQUOR & SPIRITS

## BY SHOT

### VODKA

VODKA 9

50K

### RUM

BLANCO WHITE RUM

50K

### GIN

EAST INDIES GIN

80K

### TEQUILA

VIBE TEQUILA

50K

# Wine List

## RED WINE

## BY GLASS | BOTTLE

MOUNT ROZIER THE HOUSE MARTIN  
PINOT NOIR

100K | 450K

MAYACABA, MALBEC, ARGENTINA,  
2015

925K

PROTOS, CRIANZA, SPAIN, 2016

675K

## WHITE WINE

## BY GLASS | BOTTLE

MOUNT ROZIER THE FLOWER  
GARDEN SAUVIGNON BLANC

100K | 450K

CORTE GIARA, PINOT GRIGIO,  
ITALY, 2018

450K

## ROSÉ WINE

MOUNT ROZIER THE FROG CHORUS

465K

## DESSERT WINE

GABBIANO, MOSCATO, ITALY 2017

450K

Subject to 10% government tax & 5% service charge

