



## Joining the REAL FOOD revolution

**D**ear 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.*

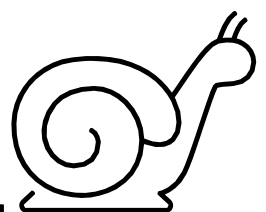
*We love that people are becoming more inspired to support a local farmer from their own community than they are to buy out-of-season ingredients from big box stores. Choosing to source ingredients locally helps our community in many ways. It boosts taste, freshness, and nutritional quality as well as 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*

**A**shtari 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 | 85K **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 | 80K **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 | 75K **V DF**

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

### EGG DOSA | 75K

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

### MASALA DOSA | 85K **V** **DF**

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

### BANANA DOSA | 65K **V**

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

Extra: mozzarella cheese or Butter or poached egg or sunny side egg | +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 | 35K

Fried in pure coconut oil  
Pick your homemade sauce  
- Tomato chaat sauce     
- Mayonnaise  

## FRESH SUMMER ROLLS (X6) | 80K

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

## PANI PURI (X5) | 45K

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

## SAMOSAS (X3) | 50K

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

# *Indian Curries*

Start from 11AM

## BUTTER CHICKEN CURRY | 135K

Traditional North Indian curry using local artisan butter

## SEA FOOD CURRY | 135K

Spicy curry with prawn & mahi mahi

## PALAK PANEER/ TOFU | 95K

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

## GOAT BRIYANI | 155K

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 | 140K

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

## MORINGA DAL | 65K

Mung beans and garden moringa curry

## *Tikka*

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

## CHICKEN TIKKA | 135K

## PANEER & VEGGIE TIKKA | 95K

## TOFU OR TEMPEH & VEGGIE TIKKA | 75K

## *Indian Set*

## YOGI THALI | 90K

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

## *Side*

## SOURDOUGH CHEESE NAAN | 50K

## SOURDOUGH BUTTER GARLIC NAAN | 35K


## SOURDOUGH PLAIN NAAN | 30K

## SOURDOUGH CHAPATI | 20K

Whole wheat flatbread

## WHITE OR RED RICE | 15K

Local rice steamed with pandan leaf

 Vegetarian  Dairy Free  Gluten Free



Contains nut



Favorite



Spicy

Subject to 10% government tax & 5% service charge

# Historical Favorites

Start from 11AM

## GRILLED MAHI-MAHI SASAK STYLE | 145K

Served with white rice, sautéed water spinach, sambal

## ASHTARI BEEF BURGER | 140K

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

## BEEF RENDANG | 135K

Indonesian caramelized local beef stew, steam cassava from our garden served with green sambal

## NASI GORENG | 75K

W/ Fried Chicken or Veggie

# Western Fusion

Start from 11AM

## RAINBOW CHAKRA SALAD | 75K

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





## CHICKEN TIKKA SANDWICH | 115K

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 | 115K

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

Subject to 10% government tax & 5% service charge


 Vegetarian  DF Dairy Free  
 Contains nut  Favorite

Gluten Free   Spicy




# Sweets

CHOCOLATE BROWNIES SERVED W/ VANILLA ICE CREAM | 60K

CHAI COOKIE & VANILLA ICE CREAM | 45K  

REAL ARTISAN GELATO

1 scoop | 30K 2 scoop | 50K 3 scoop | 65K 

Chocolate Gelato

Vanilla Gelato

BREAD PUDDING | 65K

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

AFFOGATO | 65K

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 | 65k   

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 | 70K 

Omelette with tomato rice, served with fried tempe & mayonnaise sauce, boiled vegetables

Subject to 10% government tax & 5% service charge

 Vegetarian  Dairy Free  Gluten Free


 Contains nut  Favorite  Spicy

# Drinks

## BLEND ORGANIC COFFEE SELECTIONS

Choose cow or homemade coconut milk  
LONG BLACK/ AMERICANO/ ESPRESSO | 30K  
LATTE | 40K  
CAPPUCCINO | 40K  
MOCHACCINO | 40K  
MACCHIATO | 40K  
Espresso with steam milk foam  
ICED LATTE | 40K  
ICED CAPPUCCINO | 40K  
ICED BLACK COFFEE | 30K

## CHAI & LASSI

MASALA CHAI | 35K   
Organic black tea with Indian spices in fresh coconut or cow milk

ICED MASALA CHAI LATTE 

Bottle 1L | 125K Glass | 45K

MINT HONEY LASSI | 55K  **DF**

Lombok raw honey, garden mint,  
Terra's coconut yogurt:  
- Banana mango lassi  
- Pink banana lassi  
- Banana avocado lassi

POWER BOOST LASSI | 60K  **DF** 

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

## TEA CEREMONY

Free hot water refill for all tea above

ORGANIC TEA | 40K

-Organic Oolong tea  
-Organic Green tea  
-Organic Black tea


## HEALTHY DRINKS

MAKE ME AWARE SMOOTHIE | 55K  **DF** 

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 100K) 

Authentic turmeric based herbal healing drink, balinese style

MATCHA LATTE | 50K

FRESH JUICE (SEASONAL) | 40K

Watermelon, Mandarin, Banana, Soursop, Mango, Papaya, Mix fruits

COCONUT "RIGHT" FROM THE TREE | 25K

## SOFT DRINKS


SPARKLING WATER 750ML | 70K

KOMBUCHA | 25K

"DIRTY SUGAR" BEVERAGE | 25K  
Coke, Sprite, Tonic water, Soda water

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

## MOCKTAIL 45K

VIRGIN SUHU 

Soda water, honey, lemongrass, lime

GINGER MINT COOLER 

Ginger, mint leaf, lime, soda water

FROSTY MANGO LIME 

Fresh mango, kaffir lime, honey

ORGANIK GARDEN HERBAL TEA | 35K

-HOLY HERBAL TEA

Tulsi, pandan leaf, lemongrass, ginger, pineapple

-BLUE MAGIC TEA

Blue Pea Flower, sweet mint

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

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# Beers

## CRAFT BEERS

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

ISLAND BREW (PALE ALE) 330ML | 70K

ISLAND BREW (PILSENER) 330ML | 65K

BINTANG 620ML | 55K

BINTANG 330ML | 35K

BINTANG RADLER | 35K

# Cocktail Drinks

## COCKTAILS | 85K

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

WHITE RUSSIAN

Vodka, coffee liqueur, choice of (fresh milk/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

105K | 475K

MAYACABA, MALBEC, ARGENTINA,  
2015

950K

PROTOS, CRIANZA, SPAIN, 2016

700K

## WHITE WINE

BY GLASS | BOTTLE

MOUNT ROZIER THE FLOWER  
GARDEN SAUVIGNON BLANC

105K | 475K

CORTE GIARA, PINOT GRIGIO,  
ITALY, 2018

475K

## ROSÉ WINE

MOUNT ROZIER THE FROG CHORUS

475K

## DESSERT WINE

GABBIANO, MOSCATO, ITALY 2017

500K

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