

DATE ME BANANA	80	APPLE PIE PROTEIN PORRIDGE	85
 		  	
Banana and dates browned in grass fed butter, protein greek yogurt, cinnamon and sea salt		Vanilla protein warm porridge, topped with poached apples, spiced syrup, and crushed almonds	
P 16.5 / C 57.4 / F 21.3 / Kcal 449		P 20.3 / C 100.2 / F 20.3 / Kcal 656.3	
GRANOLA GODDESS	90	NUTTY BANANA WRAP	55
		  	
Tropical fruit, plain/coconut yogurt, chia dollops, homemade granola		Banana, peanut butter, honey, cinnamon, crushed almonds, wrapped in tortilla	
P 12.9 / C 74.7 / F 10.3 / Kcal 411.6		P 16.37 / C 82.3 / F 24.31 / Kcal 602.8	
P 9.5 / C 76 / F 28 / Kcal 558.6 (coconut yogurt)		EGGY BANANA	95
 			
Purple smoothie bowl	95	Mashed caramelized banana scrambled eggs, brioche toast, coconut yogurt, and coconut syrup, topped with strawberries	
Acai, banana, mix berries, coconut water, topped with granola, seeds, coconut flakes & fruits		P 26.6 / C 112.2 / F 31.9 / Kcal 805.6	
P 8.8 / C 122.5 / F 19.1 / Kcal 611.3		Add Bacon	35
YELLOW SMOOTHIE BOWL	85	MAMA'S PANCAKE	85
 			
Passion fruit, banana, mango, coconut water, topped with granola, seeds, coconut flakes & fruits		3 stacks of classic pancakes, unsalted butter, maple syrup	
P 8.9 / C 108.9 / F 18.6 / Kcal 575.4		P 14.2 / C 128.4 / F 28.2 / Kcal 806.8	
TROPICAL OVERNIGHT OATS	85	Add Bacon / Strawberries / Banana / Poached Apples	35
  			
Homemade overnight oats soaked in oat mylk, topped with mango, coconut flakes, crushed almonds, and granola			
P 14.3 / C 108 / F 20 / Kcal 639.5			
Add Almond Butter	30		

All prices are in '000 idr and subject to 10% tax and 6% service charge

 Gluten-Free

 Dairy-Free

 Vegan

 Vegetarian

 Contain Nuts

 Contain Peanut

**SWEET START**

**6.30AM – 2PM**

<b>AVO TOAST</b>	95	<b>OMEGA WARRIOR</b>	135
			
Smashed avocado, poached eggs, sourdough, feta, super seeds, herbs, lemon wedge		2 scrambled eggs, smoked salmon, sauteed cherry tomatoes, mashed avocado, super seeds, sourdough	
<b>P 21.6 / C 49.6 / F 36 / Kcal 590.3</b>		<b>P 30.5 / C 42.6 / F 35.5 / Kcal 604.9</b>	
<b>Add Smoked Salmon</b>	65		
<b>BREAKFAST WRAP</b>	105	<b>THE BIG BAMBU BREKKY</b>	120
			
Scrambled eggs, tomato relish, bacon, avocado, baked beans, spinach		2 eggs your way, bacon, avocado, mushrooms, brined and grilled pork sausage, hash browns, sourdough, super seeds	
<b>P 36.10 / C 58.78 / F 44.1 / Kcal 791.3</b>		<b>P 33 / C 62.6 / F 56.2 / Kcal 893</b>	
<b>CHICKEN PORRIDGE</b>	65	<b>Make It Vegan or GFI</b>	100
			
Mushroom broth oatmeal porridge, soft boiled egg, poached chicken, crunchy wonton skin		Tenderloin, sauteed and smashed potatoes with peppers, sunny side up eggs	
<b>P 39.7 / C 80.8 / F 25.9 / Kcal 693.9</b>		<b>STEAK &amp; EGGS</b>	175
<b>Make It Vegan!</b>			
<b>EGG WHITE OMELETTE</b>	90	<b>P 44.3 / C 17.44 / F 27.5 / Kcal 492.2</b>	
 			
4 Egg whites omelette, filled with spinach, mushrooms, pumpkin, topped with feta, and GF toast on the side			
<b>P 29.6 / C 31.7 / F 14.8 / Kcal 368.6</b>			
<b>SCRUMPTIOUS OMELETTE</b>	100		
			
4 eggs classic omelette, filled with spinach, sweet potato, topped with feta, bacon, and sourdough on the side			
<b>P 36.1 / C 48.3 / F 44.3 / Kcal 737.2</b>			

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 Dairy-Free

 Vegan

 Vegetarian

 Contain Pork

 Contain Fish

**SAVORY START**

**6.30AM – 2PM**

## BELLA PASTA

Choose your Pasta :



Spaghetti



Fusilli



Tagliatelle

## BEEF RAGU

135

Minced beef ragout, pickled cherry tomatoes, parmesan crumbs

P 32.2 / C 84.7 / F 13.5 / Kcal 621.6

## KALE PESTO

105



Kenari nut and basil pesto, balsamic glaze, basil oil

P 20.5 / C 76.9 / F 13.3 / Kcal 524.2

## MISO MUSHROOM PASTA

95



Creamy, umami-packed pasta with sauteed mushrooms, miso-butter dressing, nori, sesame, and crispy leeks

P 22.2 / C 102.1 / F 8.7 / Kcal 637

## PUMPKIN POWER BOWL

95



Leafy greens, pumpkin, lemon yogurt garlic dressing, super seeds, cranberries, feta, hummus, toasted cut tortillas

P 11.7 / C 48.2 / F 26.3 / Kcal 467.7

## THAI BEEF SALAD

140



Sliced tenderloin, leafy greens, soba noodles, sliced cucumber, cherry tomato, shallots, zesty Nam Jim dressing, fresh herbs

P 32 / C 30.7 / F 8.5 / Kcal 342.9

## CHICKEN AVOCADO SALAD

130



Grilled chicken breast, bacon, avocado, cherry tomatoes, red onion, lemon yogurt dressing, sourdough crumbs, savory granola

P 58.8 / C 30.1 / F 43.2 / Kcal 737.9

## ASIAN CHICKEN SALAD

115



Shredded poached chicken, cabbage slaw, crushed cashew, pomelo, Asian vinaigrette, wonton skin

P 55.2 / C 28.6 / F 22.2 / Kcal 520.3

\*Add protein and fibers from our DIY options

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Gluten-Free

Dairy-Free

Vegetarian

Vegan

Contain Pork

Contain Nuts

Contain Fish

**PASTA & SALAD**

**10AM – 9.30PM**

<b>IT'S SOY GOOD</b>	95	<b>PERI PERI CHICKEN</b>	135
  		 	
Braised tempe, tofu, edamame, bok choy, buckwheat, soba noodles, with a tahini and almond dressing		Grilled chicken thighs, peri peri glaze, spiced rice, crispy garlic, super seeds, sauteed pepper and corn	
<b>P 30.4 / C 49.9 / F 21.8 / Kcal 493.3</b>		<b>P 47.8 / C 81.7 / F 30.6 / Kcal 829.4</b>	
<b>BALI BARRAMUNDI</b>	165	<b>LEMONGRASS CHICKEN</b>	135
  		 	
Pan seared barramundi, lime and shallot relish, sauteed bok choy, roast baby potatoes		Soy lemongrass glazed chicken thigh, asian slaw, coconut rice	
<b>P 35.1 / C 19.9 / F 24 / Kcal 431.8</b>		<b>P 43.2 / C 59.4 / F 28.9 / Kcal 669.5</b>	
<b>CHICKEN AND GREEN RICE</b>	135	<b>BABA BEEF BOWL</b>	175
  			
Grilled chicken, mixed rice and broccoli salad, red onions, dried cranberries, crushed almonds, chimichurri		Sauteed tenderloins with onions and peppers, garlic coriander rice, sumac salad, crispy chickpea, mint yogurt dressing on the side	
<b>P 56 / C 70.1 / F 34 / Kcal 844.3</b>		<b>P 39.4 / C 44 / F 18.2 / Kcal 530</b>	
<b>Switch to Grilled Barramundi</b>	45	<b>BEEF POW POW</b>	125
 		 	
Healthier take of nasi goreng, diced grilled chicken, veggies, pickle, crispy shallot, sunny side up	100	Thai basil minced beef, green beans, cherry tomatoes, sunny side up, white rice	
<b>P 55 / C 44.6 / F 19.8 / Kcal 609.9</b>		<b>P 43.9 / C 72.6 / F 27.3 / Kcal 771.4</b>	
<b>NASI GO-GAINS</b>		<b>STEAK &amp; GREENS</b>	230
 		 	
Healthier take of nasi goreng, diced grilled chicken, veggies, pickle, crispy shallot, sunny side up		Tenderloin steak 200gr, green beans, sauteed baby potatoes	
<b>P 55 / C 44.6 / F 19.8 / Kcal 609.9</b>		<b>P 46.3 / C 17.5 / F 24.1 / Kcal 470.2</b>	
<b>HONEY AND SOY CHICKEN</b>	120	<b>Switch to roasted sweet potatoes</b>	25
 		<b>Bigger steak! 400gr</b>	420
Honey and soy glazed chicken breast, mixed veggies, white rice, cashew, pickled slaw		<b>P 90.3 / C 17.5 / F 40.3 / Kcal 790.2</b>	
<b>P 58.6 / C 88.8 / F 17.6 / Kcal 776.9</b>			

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 Gluten-Free

 Dairy-Free

 Vegan

 Contain Nuts

 Contain Fish

**BOWLS & PLATES**

**10AM - 9.30PM**

CHICK AND EGG ON TOAST	105	SHROOMBURGER	135
Chopped boiled eggs, poached chicken, crispy garlic, mayonnaise, chives and sprout with chimichurri drizzle			
P 33.6 / C 38.5 / F 18.3 / Kcal 453.4			
Switch to GF Toast!			
BLTC	100	EPIC CHICKEN BURGER	140
			
Bacon, lettuce, tomato, and chicken. Served in a brioche toastie, with tomato relish and mayo.		Brioche bun, chicken breast, cheddar cheese avo-mayo, bacon, tomato relish, fries	
P 38.7 / C 64.1 / F 38.2 / Kcal 770.5		P 68.4 / C 97.7 / F 59.4 / Kcal 1202.7	
HONEY CRUNCH WRAP	110	P 63.8 / C 47.1 / F 42.4 / Kcal 814.7 (No Fries)	
Chopped broccoli, cherry tomato, sweet potato, grilled chicken, lemon yogurt garlic dressing		Switch to Sweet Potato Fries	15
P 59.1 / C 63.40 / F 36.1 / Kcal 812.41		THE BEST BEEF BURGER	165
		Brioche bun, smashed beef patty, cheddar, red onion, tomato, bambu burger sauce, fries	
		P 38.3 C 95.6 F 50.7 Kcal 1010	
		P 33.7 C 45 F 33.7 Kcal 622 (No Fries)	
		Switch to Sweet Potato Fries	15

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Dairy-Free



Vegan



Vegetarian



Contain Pork

WRAPPED & STACKED

10AM - 9.30PM

PROTEINS  <b>We weigh everything raw (unless specified)</b>	(All Day)	FATS	CARBS
Tofu 180gr P 9.9 / C 4 / F 6.1 / Kcal 120.6	25	Grass Fed Butter 15gr P 0 / C 0 / F 12.9 / Kcal 106.5	25
Tempeh 100gr P 19.0 / C 9.0 / F 11.0 / Kcal 193.0	25	Olive Oil 30gr P 0 / C 0 / F 30 / Kcal 264	20
Shroom Patty P 4.7 / C 27.2 / F 3.3 / Kcal 128	55	Avocado 90gr P 1.8 / C 7.2 / F 11.7 / Kcal 126	25
1 Egg any Style P 4.7 / C 0.3 / F 3.7 / Kcal 54	15	Yogurt (Plain) P 1.8 / C 1.2 / F 1.1 / Kcal 23.1	30
Grilled Chicken Breast 200gr P 44.9 / C 1.2 / F 7.8 / Kcal 253.4	55	Yogurt (Coconut) P 0.6 / C 1.7 / F 7.3 / Kcal 74.6	30
Pork Sausage 60gr P 7.4 / C 2.6 / F 13.3 / Kcal 158.4	50	Halloumi 60gr P 12.8 / C 2.1 / F 15 / Kcal 192.6	40
Bacon 45gr P 6.8 / C 1.4 / F 11.3 / Kcal 135	35	Feta 35gr P 3.9 / C .5 / F 7.4 / Kcal 85.4	30
Smoked Salmon 60gr P 13.2 / C 0.1 / F 7.2 / Kcal 118	65	Cheddar slice P 2.5 / C 1 / F 3.5 / Kcal 43	25
Barramundi 160g P 30.7 / C 0 / F 8.5 / Kcal 200	70	Grated Parmesan 30gr P 9 / C 3.6 / F 9.6 / Kcal 138	45
Sauteed Minced Beef 150g P 19.7 / C 0.3 / F 16.2 / Kcal 226	75	Almond Butter 40gr P 12.4 / C 4.4 / F 21.2 / Kcal 244	30
Grilled Steak 200gr P 44 / C 0 / F 16 / Kcal 320	150	Peanut Butter 40gr P 8.8 / C 7.6 / F 20 / Kcal 236	25
Beef Patty 150gr P 24.1 / C 5.4 / F 16.1 / Kcal 268	65		
			Sourdough 1 slice P 4.5 / C 34.8 / F 0.8 / Kcal 166
			GF Toast 2 slices P 1.5 / C 25.5 / F 2.3 / Kcal 120.6
			White Rice 180gr P 5.9 / C 57.06 / F 0 / Kcal 306
			Coriander Rice 180gr P 6.2 / C 57.9 / F 3.1 / Kcal 336.5
			Coconut Rice 180gr P 4.6 / C 52.5 / F 9 / Kcal 317.7
			Hash Brown 2 slices P 1.3 / C 19 / F 6.7 / Kcal 148
			Baby Potato 100gr (blanched) P 1.5 / C 14.7 / F 0.1 / Kcal 63
			Sweet Potato Fries 200gr P 2.4 / C 56.4 / F 20.8 / Kcal 420
			Tortilla P 8.2 / C 45.9 / F 8 / Kcal 306
			Brioche Bun P 6.7 / C 35.8 / F 5 / Kcal 220.7
			Roast Sweet Potato 100gr P 2.3 / C 20.9 / F 1.1 / Kcal 97
			Regular Fries 200gr P 4.6 / C 50.6 / F 17 / Kcal 388
			Potato Wedges 200gr P 5.2 / C 41 / F 15.4 / Kcal 380
			Roasted Pumpkin 150gr P 3.6 / C 15.3 / F 2.4 / Kcal 96
			Soba Noodles 100gr P 5 / C 21 / F 0.1 / Kcal 99

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**DIY PLATE**

**ALL DAY**

## FIBERS

Bowl of Mesclun	30
P 0.3 / C 1.5 / F 0 / Kcal 6	
Cherry Tomatoes 100gr	30
P 0.4 / C 1.8 / F 0.08 / Kcal 9.6	
Tomatoes 100gr	30
P 0.5 / C 2.4 / F 0 / Kcal 11.2	
Spinach 100gr	30
P 2.8 / C 2.5 / F 0 / Kcal 16	
Mushroom 120gr (sautéed)	30
P 1.6 / C 3.2 / F 0.6 / Kcal 39	
Broccoli 100gr	30
P 4.7 / C 4.1 / F 0.3 / Kcal 23	
Carrots 100gr	30
P 0.5 / C 5.3 / F 0 / Kcal 23.2	
Mixed Veg 125gr (sautéed) (broccoli, carrot, corn)	30
P 4.5 / C 9.5 / F 3.7 / Kcal 77.3	
Baked Beans 80gr	30
P 3.1 / C 14.8 / F 0 / Kcal 80	
Chopped Broccoli Salad	50
P 4.9 / C 7.7 / F 2.8 / Kcal 63	
	
Cucumber 100g	35
P 0.8 / C 2.1 / F 0.1 / Kcal 12	
Bok Choy 100g	35
P 2.5 / C 2.6 / F 0.2 / Kcal 19	
Green Beans 100g	35
P 1.8 / C 3.3 / F 0 / Kcal 25	
Edamame 80gr (not sautéed)	30
P 8.56 / C 9.6 / F 3.2 / Kcal 106.4	
Corn 100gr (sautéed)	35
P 3.2 / C 19.2 / F 5.2 / Kcal 131.5	
For sautéed (where not specified)	
P 0 / C 0 / F 3 / Kcal 27	

## DRESSINGS

Asian Vinaigrette 30gr	30
P 0.5 / C 3 / F 10.7 / Kcal 109.6	
  	
Lemon Yogurt Garlic 30gr	30
P 0.5 / C 4.4 / F 9.7 / Kcal 105.1	
	
Chimichurri 30gr	30
P 0.3 / C 2.4 / F 13.4 / Kcal 128.2	
  	
Tomato Relish 30gr	30
P 0.4 / C 3.6 / F 1.1 / Kcal 24.9	
  	
Homemade Hot Sauce 30gr	30
P 0.3 / C 3.1 / F 0.9 / Kcal 20.6	
  	
Nam Jim sauce 30gr	30
P 1.91 / C 4.78 / F 0.25 / Kcal 47.5	
  	
Kale Pesto 30gr	30
P 3 / C 1.3 / F 10.3 / Kcal 107.3	
  	
Pow Pow sauce 30gr	20
P 0.5 / C 10.9 / F 0.7 / Kcal 54.5	
  	
Honey Soy Dressing 30gr	25
P 0.3 / C 12 / F 5 / Kcal 93.1	
   	

## CRUNCHES

Sweet Granola 30gr	25
P 3.3 / C 13.2 / F 4.7 / Kcal 107.7	
	
Salty Granola 30gr	25
P 4.8 / C 11.2 / F 7.8 / Kcal 134.2	
Super Seeds 30gr	25
P 6.1 / C 6.9 / F 13.4 / Kcal 168.1	
Crushed Almonds 30gr	25
P 6 / C 1.5 / F 15 / Kcal 171	
Crispy shallot 10gr	10
P 0.5 / C 6.3 / F 2.6 / Kcal 50	
Crispy garlic 10gr	10
P 0 / C 4.3 / F 3.6 / Kcal 57	
Chop chili 10gr	10
P 0.14 / C 0.4 / F 0.4 / Kcal 2.6	



Our Expat coffee beans are blended from four different coffee beans from three different areas: Kintamani - Bali, Toraja - Sulawesi and Mandheling - Sumatra

#### HOT COFFEE

Single Espresso	20
Double Espresso	25
Long Black, Macchiato, Piccolo	30
Cappuccino, Flat White, Latte	35
Mocha	40

#### Milk Alternatives

Oat Mylk	Almond Mylk	All 15
Coconut Mylk		
Skim Milk ( <i>free of charge</i> )		

#### Our coffee drinks already come with 2 shots,

Add Third Shot	15
Make it Large (3 shots)	20
Make It Iced! 400ml	5

#### FUN COFFEE DRINKS

Salted Honey Macchiato (Espresso, honey, himalayan salt, milk)	55
Affogato (Vanilla ice cream and espresso shot)	50
Cocopresso (Iced Black Coffee with coconut water)	45
Coconut Snowpresso (Sweet coconut milk frappe, espresso shot, dash of cinnamon)	50
Bulletproof Coffee (Black coffee blended with grass-fed butter & VCO)	50
Frappuccino Coffee Jelly (Ice blended sweet latte and coffee jelly toppings)	50

#### NON-COFFEE

Hot Chocolate	35
Matcha Latte	40
Turmeric Latte	45

#### LOSE LEAF TEA

The Bambu Tea Our classic blend of lemongrass, lime, ginger, and honey	55
Organic pure green tea	40
Organic black tea	40
Green Peppermint	40

#### SWEET END

#### BANANA BREAD

  	55
Toasted gluten free banana bread, peanut butter swirl, cinnamon dust	

#### CHOCO BROWNIE

	60
Vegan and gluten-free chocolate brownie served with vanilla ice cream	

#### HOMEMADE MANGO TART

Homemade mango tart served with lime sorbet and coconut springkles	80
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#### BAMBU *ES CAMPUR*

	55
A classic Indonesian dessert with a twist - tropical fruits, cocopandan granitas, coconut milk swirl	

#### TROPICAL FRUIT PLATTER

VANILLA ICE CREAM (per scoop)	25
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Ask our team available pastry options



## REYCA'S FANCY JUICES

FANCY BOUGIE OJ	65
Freshly squeezed sunkist juice	
SKINNY LEMONADE	45
Apple cider vinegar, honey, black pepper, cinnamon powder, lime, soda water	
THE RESET	45
Coconut water, apple, lime, charcoal powder, ginger, honey	
THE CLEANSE	45
Cucumber, apple, spinach, kale	
STRAWBERRY ICED TEA	50
Strawberry, lime, black tea, honey	
WATERMELON COOLERS	45
Watermelon, mint, lime, soda water	
COOL ME DOWN	50
Kiwi, cucumber, lime, soda water	
MANGO MATCHA	50
Fresh mango juice, matcha, honey	
JAMU WITH U	50
Turmeric, ginger, lime, honey, blackpepper	
Make your drink large!	35

Ask our lovely team for any fruit juice options!

## BAMBU CHILLER

Whole coconut	45
JUICED	ALL 55
Bambu Energize	
Apple, beetroot, carrot, ginger	
Bambu Revive	
Pineapple, watermelon, mint, lime	
Bambu Immune	
Tangerine, carrot, turmeric, lime	
SHOTS	ALL 35
The Cure	
Ginger, Turmeric, Pineapple	
The Slap	
Pure ginger shot	
BOTTLED DRINKS	
Coconut water bottle	50
Bambu Boost Pre Workout	35
Bambu Hydrate BCAA	55
<i>ask available flavors from our team, or make it as an icy slushy</i>	
Coke Zero 250 ml	35
Bali Rain Sparkling water 500 ml	38
Aqua Reflections Still 330 ml	30
Aqua Reflections Sparkling 330 ml	35
Kombucha	50
(Mix berries, Passion Fruit)	
by Bali Bucha	

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COKLAT KACANG	95	BUBBA BERRY	95
Fresh milk, banana, himalayan salt, dates, cocoa nibs, cocoa powder, peanut butter, protein <b>P 23.6 / C 77.4 / F 34.6 / Kcal 699</b>		Coconut water, mixed berries, pineapple, plain yogurt, protein <b>P 14.7 / C 43.2 / F 4.7 / Kcal 249.6</b>	
SKINNY COKLAT KACANG	95	PURPLE DREAM	95
Fresh milk, banana, himalayan salt, cocoa powder, peanut butter powder, protein <b>P 23.9 / C 38.9 / F 8.5 / Kcal 322.7</b>		Fresh milk, mix berries, banana, almond butter, dates, protein <b>P 19.9 / C 46.5 / F 14.4 / Kcal 374.3</b>	
CARAMEL SHOT	95	BERRY MATCHA	95
Fresh milk, banana, cocoa powder, himalayan salt, espresso shots, dates, protein <b>P 17.1 / C 58.5 / F 5.6 / Kcal 325.7</b>		Fresh Milk, strawberry, matcha powder, protein <b>P 19.1 / C 27.4 / F 8.8 / Kcal 255</b>	
GOOD OAT LIFE	95	TROPICAL BABE	85
Oat mylk, rolled oats, dates, almond butter, cinnamon powder, himalayan salt, protein <b>P 29 / C 94.5 / F 20.4 / Kcal 659</b>		Coconut water, dragon fruit, pineapple, protein <b>P 13.7 / C 46.9 / F 3.1 / Kcal 248.8</b>	
JUNGLE GAINS	85		
Water, banana, pineapple, kale, spinach, coconut cream, peanut butter, dates, Himalayan salt, protein <b>P 23.94 / C 63.03 / F 24.69 / Kcal 531</b>			
COCO MANGO	95		
Water, Coconut cream, mango, banana, dates, himalayan salt, protein <b>P 18.2 / C 75.8 / F 11.8 / Kcal 450.4</b>			
Add fuel and powders from our DIY options			
MILK ALTERNATIVES	All 20		
Oat Mylk Coconut Mylk Almond Mylk Skim Milk (free of charge) Fresh Milk (free of charge) Coconut water (free of charge)			
Add a scoop of Prana on Protein powder	35		

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Blend your perfect protein smoothie with our wide selection of fresh, nourishing ingredients!

STEP 1		35	FUEL	OPTIONAL ADD TOPPINGS
PRANA ON PROTEIN			Almond butter	25 Sweet Granola 15
SCOOP 15gr			Peanut butter	10 Dry Cranberries 15
Vanilla, Chocolate, Salted Caramel			Plain Yogurt	10 Chia Seeds 10
			Coconut Yogurt	15 Cashew 15
			Dates	10 Crushed Almonds 15
STEP 2			Rolled Oats	15
PICK A BASE			Espresso Shot	15 Coconut flakes 10
Fresh/skim milk	20		Cacao nibs	10
Oat/Almond/Coconut mylk	30		Acai Powder	35
Coconut Water	15		POWDER	
Water and Ice	5		Lean Lab	15
			Beef Liver Powder	25
STEP 3			Matcha powder	10
ADD YOUR EXTRAS			Charcoal powder	15
FRUIT			Cocoa powder	10
Strawberry	20		BCAA powder	15
Mix berries	25		Creatine 5gr	15
Banana	20		Collagen	25
Pineapple	15		VEGGIES	
Mango	20		Carrot	20
Dragon Fruit	15		Kale	10
Watermelon	15		Spinach	10
Apple	15		Cucumber	10
Kiwi	20		Beetroot	20
Passion Fruit	25			

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**DIY SMOOTHIE**

## DON`T FEEL LIKE EATING OUT? WE GOT YOU COVERED!

Stay in, relax, and let us come to you!

Enjoy free delivery around Uluwatu (up to 7km from Bambu)

Good healthy food just a WhatsApp order away from you!



## ABOUT US

Thank you for taking the time to explore our menu! Welcome to Bambu Fitness Café, where wellness meets flavor! At our café, we believe that eating clean doesn't mean sacrificing taste. Every item on our menu is thoughtfully crafted to fuel your body, nourish your soul, and keep your fitness goals on track. We're passionate about using fresh, wholesome ingredients and preparing meals with care—minimal frying, minimal oil, and maximum goodness.

Whether you're grabbing a post-workout smoothie, enjoying a protein-packed bowl, or indulging in a guilt-free treat, every bite is designed to support your healthy lifestyle. We're more than just a café—we're a community that celebrates balance, vitality, and the joy of good food.

Eat well. Feel amazing. Welcome to the Bambu family!