


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

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



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

\*Add protein and fibers from our DIY options

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

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Vegetarian



Vegan



Contain Pork



Contain Nuts



Contain Fish

IT'S SOY GOOD	95	PERI PERI CHICKEN	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	
P 30.4 / C 49.9 / F21.8 / Kcal 493.3		P 47.8 / C 81.7 / F 30.6 / Kcal 829.4	
BALI BARRAMUNDI	165	LEMONGRASS CHICKEN	135
  		 	
Pan seared barramundi, lime and shallot relish, sauteed bok choy, roast baby potatoes		Soy lemongrass glazed chicken thigh, asian slaw, coconut rice	
P 35.1 / C 19.9 / F 24 / Kcal 431.8		P 43.2 / C 59.4 / F 28.9 / Kcal 669.5	
CHICKEN AND GREEN RICE	135	BABA BEEF BOWL	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	
P 56 / C 70.1 / F 34 / Kcal 844.3		P 39.4 / C 44 / F 18.2 / Kcal 530	
Switch to Grilled Barramundi	45	BEEF POW POW	125
NASI GO-GAINS	100	  	
 		Thai basil minced beef, green beans, cherry tomatoes, sunny side up, white rice	
Healthier take of nasi goreng, diced grilled chicken, veggies, pickle, crispy shallot, sunny side up		P 43.9 / C 72.6 / F 27.3 / Kcal 771.4	
P 55 / C 44.6 / F 19.8 / Kcal 609.9		STEAK & GREENS	230
HONEY AND SOY CHICKEN	120	 	
 		Tenderloin steak 200gr, green beans, sauteed baby potatoes	
Honey and soy glazed chicken breast, mixed veggies, white rice, cashew, pickled slaw		P 46.3 / C 17.5 / F 24.1 / Kcal 470.2	
P 58.6 / C 88.8 / F 17.6 / Kcal 776.9		Switch to roasted sweet potatoes	25
		Bigger steak! 400gr	420
		P 90.3 / C 17.5 / F 40.3 / Kcal 790.2	

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 Gluten-Free
  Dairy-Free
  Vegan
  Contain Nuts
  Contain Fish

**BOWLS & PLATES**

**10AM – 9.30PM**

CHICK AND EGG ON TOAST 105

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



Bacon, lettuce, tomato, and chicken. Served in a brioche toastie, with tomato relish and mayo.

P 38.7 / C 64.1 / F 38.2 / Kcal 770.5

HONEY CRUNCH WRAP 110

Chopped broccoli, cherry tomato, sweet potato, grilled chicken, lemon yogurt garlic dressing

P 59.1 / C 63.40 / F 36.1 / Kcal 812.41

SHROOMBURGER 135



Green rebel mushroom patty, vegan cheddar, crispy shallots, kale slaw, chiminaise, sweet potato fries

P 16.8 / C 123.8 / F 33.4 / Kcal 854.2

P 12.2 / C 73.2 / F 16.4 / Kcal 466.2 (No Fries)

EPIC CHICKEN BURGER 140



Brioche bun, chicken breast, cheddar cheese avo-mayo, bacon, tomato relish, fries

P 68.4 / C 97.7 / F 59.4 / Kcal 1202.7

P 63.8 / C 47.1 / F 42.4 / Kcal 814.7 (No Fries)

Switch to Sweet Potato Fries 15

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	(All Day)	FATS	CARBS
We weigh everything raw (unless specified)		We cook everything with quality coconut oil, change for:	
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	Sourdough 1 slice P 4.5 / C 34.8 / F 0.8 / Kcal 166 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	GF Toast 2 slices P 1.5 / C 25.5 / F 2.3 / Kcal 120.6 30
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	White Rice 180gr P 5.9 / C 57.06 / F 0 / Kcal 306 20
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	Coriander Rice 180gr P 6.2 / C 57.9 / F 3.1 / Kcal 336.5 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	Coconut Rice 180gr P 4.6 / C 52.5 / F 9 / Kcal 317.7 40
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	Hash Brown 2 slices P 1.3 / C 19 / F 6.7 / Kcal 148 30
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	Baby Potato 100gr (blanched) P 1.5 / C 14.7 / F 0.1 / Kcal 63 35
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	Sweet Potato Fries 200gr P 2.4 / C 56.4 / F 20.8 / Kcal 420 65
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	Tortilla P 8.2 / C 45.9 / F 8 / Kcal 306 25
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	Brioche Bun P 6.7 / C 35.8 / F 5 / Kcal 220.7 25
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	Roast Sweet Potato 100gr P 2.3 / C 20.9 / F 1.1 / Kcal 97 30
Beef Patty 150gr P 24.1 / C 5.4 / F 16.1 / Kcal 268	65		Regular Fries 200gr P 4.6 / C 50.6 / F 17 / Kcal 388 65
			Potato Wedges 200gr P 5.2 / C 41 / F 15.4 / Kcal 380 65
			Roasted Pumpkin 150gr P 3.6 / C 15.3 / F 2.4 / Kcal 96 30
			Soba Noodles 100gr P 5 / C 21 / F 0.1 / Kcal 99 30

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## FIBERS

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

## DRESSINGS

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

## CRUNCHES

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

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Gluten-Free



Dairy-Free



Vegan



Vegetarian



Garlic-Free



Contain Nuts



Nut Free



Contain Fish



Contain Honey

DIY PLATE

ALL DAY

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
Cappucino, Flat White, Latte	35
Mocha	40

## Milk Alternatives All 15

Oat Mylk	Almond Mylk
Coconut Mylk	
Skim Milk (free of charge)	

## 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
Frappucino 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 80

Homemade mango tart served with lime sorbet and coconut sprinkles

## BAMBU 'ES CAMPUR' 55



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

## TROPICAL FRUIT PLATTER 65

## VANILLA ICE CREAM (per scoop) 25

Ask our team available pastry options

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Gluten-Free



Dairy-Free



Vegan



Contain Nuts

COFFEE, TEA & SWEET END

ALL DAY



## 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

*ask available flavors from our team, or make it as an icy slushy*

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

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## PRANA ON SMOOTHIES

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

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

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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!