

## OUR STORY

Marshmellow Surf & Wellness Camp began with a simple idea – serving healthy juices and coffee to surfers.

From there, the vision grew: a place where surfing and wellness could live together. What started small became the first holistic surf and wellness camp, a concept now seen around the world.

Yet our essence has never changed – surfing, healthy living, integration with the local communities and a lifestyle that remains authentic, unique, and ahead of its time.

And perhaps, it will become your story as well.

# BREAKFAST

## **Smoothie Bowl with Granola**

- ✔ Dairy Free
- ✔ Gluten Free

## **Vegan Banana Bread with Caramelized Banana**

- ✔ Dairy Free
- ✔ Gluten Free

## **Pancakes with Fresh Fruit, Peanut Butter**

- ✔ Dairy Free
- ✔ Gluten Free

## **Oatmeal Yogurt with Granola, Fresh Fruit**

- ✔ Gluten Free

## **Avocado Toast with Mushrooms, Egg (opt.)**

- ✔ GF Bread available

## **Egg Omelette with Mushrooms, Feta**

- ✔ GF Bread available

## **• Coffee & Tea**

Free Flow 24/7

# LUNCH

## AUTHENTIC INDONESIAN 🇮🇩

### Nasi Goreng

#### Traditional Rice Bowl

*with Vegetables and Egg (opt)*

*ADD ON: Tempeh or Chicken*

✔️ Vegan

### Mie Goreng

#### Traditional Noodles Bowl

*with Vegetables and Egg (opt.)*

*ADD ON: Tempeh or Chicken*

✔️ Vegan

### Satay Ayam

#### Chicken Skewers with Stir Fry Veggies

*with Coconut Rice and Peanut Sauce (side)*

✔️ Gluten Free

### Satay Tempeh

#### Tempeh Skewers with Stir Fry Veggies

*with Coconut Rice and Peanut Sauce (side)*

✔️ Vegan

✔️ Gluten Free

### Grilled Fish

#### Mahi-Mahi with veggies & your carbs (choice)

✔️ Gluten Free

### Grilled Tofu

#### Cooked in Coconut Cream with veggies & your carbs (choice)

✔️ Vegan

✔️ Gluten Free

### Capcay Bowl

#### Traditional Stewed Vegetables with you carbs

*ADD ON: Tempeh or Chicken*

✔️ Vegan

✔️ Gluten Free

## UPGRADE YOUR LUNCH

### INTERNATIONAL À LA CARTE 🌍

#### Hawaiian Tuna Poke Bowl

Fresh Raw Tuna [previously frozen] with Rice

✔️ *Ask Gluten Free*

#### Australian Wagyu Burger

with Baked Potato

#### Middle-East Protein Bowl

Hummus Bowl with Chickpeas & Veggies

✔️ *Gluten Free*

#### Japanese Ramen

Noodles with Seaweed, Tempeh & Bok Choy

✔️ *Vegan*

#### Greek Salad

with Feta, Tomato & Olives

✔️ *GF Bread available*

# COFFEE

**Espresso** 30k

**Double Espresso** 40k

**Americano**

**Iced Americano**

**Cappuccino** 45k

**Flat White**

**Latte**

**Iced Latte**

**Iced Caramel Latte** 52k

+ *Coffee Shot* +10k

+ *Oat Milk* +5k

## SMOOTHIES

- #1. **Dragon Fruit, Strawberry** 45k
- #2. **Mango, Turmeric**
- #3. **Pineapple, Ginger**
- #4. **Banana, Cacao, Peanut Butter**
- #5. **Kiwi, Basil, Cucumber, Lime**

+ 25g Whey Protein

+15k

## MILKSHAKES

**Surf Shake** 55k  
milk, banana, cacao, peanut butter

**Matcha Protein Shake**  
milk, vegan protein powder, matcha, banana

+ Oat Milk

+5k

## SOFT DRINKS

**Soda Water** 25k  
**Tonic Water**  
**Isotonic Water**  
**Iced Coconut**  
**Coke Zero**



## WINES

### **RED**

Syrah | Hatten Winery, ID

glass 80k  
bottle 390k

### **WHITE**

Chenin Blanc & Muscat | Hatten Winery, ID

### **PROSECCO**

Brut | Barossa Valley, AU

bottle 480k

## COCKTAILS

**Gin & Tonic**

80k

**Mojito**

**Margarita**

**Aperol Spritz**

100k

**Gin & Tonic**

110k

Premium Botanical

## BEER

**Bintang 33cl**

45k



## ALL-DAY MEALS

**Fruit Platter** 50K

mango, dragon fruit, papaya, pineapple

**Smoothie Bowl** 55K

dragon fruit, banana, granola, honey, fruit

**Tofu & Tempeh Nuggets** 55K

chili-lime sauce

**Poke Bowl**

raw tuna, rice, cucumber, avocado, mango 100K

> *replace tuna / grilled chicken*

**Wagyu Burger & Baked Potato** 115K

wagyu beef, double cheese, egg, ketchup

## SWEETS

**Vegan Banana Bread** 45K

with caramelized banana

**Ice-Cream Vanilla**

with honey and coconut chips

