



Flowers & Fire
Yoga Garden . Gili Air

Welcome

At Flowers & Fire Café, we serve all-natural, vegetarian, vegan, and wholefood dishes made with ultra-fresh, minimally processed, enzyme-rich ingredients. Our kitchen philosophy is simple: hearty, fresh, healthy food is always the most delicious.

All our desserts, sauces, and dressings are free from refined sugars and carbs. When we need a little sweetness, we only use natural options like honey, molasses, coconut nectar, or coconut sugar. If you're sugar-free, just ask about alternatives such as stevia.

We're proud to champion clean eating and thrilled to have you dining with us.

All prices are in 1000 IDR units.

Brunch

Served from 7am - 6.15pm. Last orders 6pm

CHOOSE YOU OWN ADVENTURE BREAKFAST

2 Items	55
3 Items	70
4 Items	85

2 x eggs your way	Sauteed spinach
Scrambled Tofu	Sauteed mushrooms
Homemade wholegrain toast (GF on request)	Roasted Vegetables
Avocado	Slow-Roasted marinated tomatoes
Home-baked beans	

BIG VEGAN OR VEGGIE BREAKFAST (V, SF) 105

Eggs your way or Scrambled Tofu with homemade Wholegrain Toast - House Beans, Sautéed Spinach & Mushrooms - Roast Veg - Baked Tomatoes (GF option available)

PANCAKES OR CREPES (V, GF) 65

Served with Seasonal Fruit & Coconut Syrup or Honey (GF/Vegan on request)



Key: Vegetarian (V), Vegan (VG), Gluten Free (GF), Raw (R), Sugar Free (SF)

FRUIT SALAD + HOMEMADE GRANOLA (V, VG) 60

Choice of Muesli or Granola
Choose from: Dairy Yoghurt, Vegan Coconut Yoghurt or Chia Pudding served with fruit.

PALEO SPECIAL (V, GF, SF) 70

Steamed Local Spinach topped with Roast Veg & Two Poached Eggs — no grains, just clean, hearty fuel.

SHAKSHOUKA (V) 80

Middle Eastern Skillet Eggs - poached in Spiced Tomato Sauce, topped with Feta and served with Homemade Rosemary Pita. GF option on request)

SOPHIA'S OATMEAL (V, VG, SF) 75

Rolled Oats cooked with Banana, Mixed Berries, Sultanas and Goji Berries, topped with Chia Seeds, Flax Seeds, Papaya and Sunflower Seeds. Served with Coconut or Cow's Milk.

SCRAMBLED TOFU WITH TOAST (V, VG, SF) 70

Scrambled Tofu with Gomashio, Coconut Bacon & Enoki mushrooms.
Gomashio: a savoury garnish of Smoked Coconut Flakes, Cashews & Sesame Seeds.

All prices are subject to an additional 10% service and government tax



Flowers & Fire
Yoga Garden . Gili Air

Smoothie Bowls

Served from 7am - 6.15pm. Last orders 6pm

Choose Your Smoothie Base

NUTS FOR CACAO

Just like dessert, but good for you. Made with Banana - Homemade Peanut Butter - Cacao Powder - Cacao Nibs - Dates. Ask for extra cacao if this smoothie order is a repressed desire for a dessert

85

TROPICAL SUNSHINE

This creamy, nutritious and yummy treat made with Banana - Coconut Cream - Pineapple - Dates in one creamy, feel-good blend. Add some cacao for next level yumminess!

80

PINK DRAGON

This drink is high in magnesium, iron and is extremely attractive. Made with Dragon Fruit - Banana - Beetroot - Goji Berries

75

GREEN GLOW

Antioxidant rich - Made with Spinach - Papaya - Banana - Dates - Cacao

80

Warrior Goddess Power Smoothie Bowls

These smoothies are super charged with berries and superfoods to bring out your inner super human.

QUEEN DURGA BLACK FOREST MOCHA SHAKE

This shake will fire up your warrior heart while it polishes your complexion. Made with Banana - Blueberries - Raspberries - Blackberries - Dates - Cacao Powder - Cacao Nibs - Lombok Coffee

90

XENA WARRIOR PRINCESS SHAKE

Grow a powerful and strong body - feed your muscles while infusing your cells with vitamins and nutrients. Made with Banana - Pineapple - Dates - Raw Chocolate Vegan Protein Powder - Spinach - Chia Seeds - Cacao Nibs - Cacao Powder

90

DANERYS IBU NAGA (MOTHER OF DRAGONS) SHAKE

85

Dragon Fruit - Banana - Goji Berries - Raspberries - Chia Seeds - Flaxseeds - Coconut Flakes

CHOOSE 3 OF THE FOLLOWING FRUITS:

Papaya
Watermelon
Pineapple
Dragon Fruit
Banana

CHOOSE 3 OF THE FOLLOWING TOPPINGS:

Homemade Peanut Butter
Homemade Granola
Crushed Almonds
Crushed Peanuts
Goji Berries
Chopped Dates
Pumpkin Seeds
Flaxseeds
Chia Seeds
Coconut Flakes
Sultanas/raisins
Vegan Protein Powder *
Dried Apricots *
Extra Cacao *
Raw Cacao Nibs *

For more than 3 toppings add an extra 15k or 20k* per additional topping





Flowers & Fire
Yoga Garden . Gili Air

Lunch

Served from 11am to 6.15 pm. Last orders 6 pm

VEGETABLE RICE PAPER ROLLS (V, VG, GF) 90	MUSHROOM QUINOA RISOTTO (V, VG, GF) 80
Filled with Crispy Tofu & Tempe - Carrot - Beansprouts - Green Bean. Served with Kimchi - Satay Sauce - Sweet Chili Sauce - Thai Pickled Cucumber Salad - Sesame Edamame	Sautéed Mushrooms - Quinoa - Rosemary Pumpkin - Walnut Gremolata - Side Organic Green Salad - Lemon vinaigrette (V, GF, VG option available)
RED RICE NORI ROLLS WITH SEAWEED SOUP (V, VG, GF) 95	VEGAN SAMOSA (V, VG, GF) 85
Nori - Crispy Tofu - Avocado - Crispy Tempe - Carrot - Green Bean - Pickled Ginger - Side of Miso Soup - Seaweed Salad	Vegan Pastry filled with a medley of Sautéed Vegetables - Served with Bombay Carrot Salad - Bombay Dressing - Raita - Mango Chutney - Sweet Chilli Sauce
JACKFRUIT CURRY (V, VG, GF) 80	LENTIL/FALAFEL WRAP (V, VG, GF) 90
Served With Red Rice - Banana rolled in Coconut Flakes	Choose from either a Falafel or Lentil Patty wrapped in a warm Tortilla with - Cherry Tomatoes -Tabbouleh Served with: Organic Green Side Salad - Lemon Vinaigrette - Hummus - Baked Beans - Sweet Chilli Sauce (V, VG, GF options available)
GILI CON CHILI (V, VG) 105	SOUP OF THE DAY (V, VG, GF option available) 65
Vegetarian Bean Chilli Served with Red rice - Salsa - Guacamole - Grated cheese - Yoghurt Sour Cream (Vegan option on request)	Always vegan. Served with Garlic bread
CHILI BEAN BURRITO (V, VG) 95	
Tortilla wrap with Bean Chilli - Grated Carrot - Lettuce - Tomato - Avocado - Grated Cheese (optional) served with Salsa - Guacamole and Yoghurt Sour Cream (Vegan option on request)	
GADO-GADO (V, VG, GF) 90	
Traditional Indonesian gado-gado with a wholefood twist. Marinated Rice Noodles - Red Rice - Baby Potatoes - Mixed Organic Greens - Steamed Vegetables - Quail Eggs - Agedashi Tofu - Tempe Manis - Spinach Gomaе - Satay Sauce - Beansprouts - Edamame - Crispy Opak (vegan option available)	
HOMEMADE PESTO GNOCCHI (V, VG, GF) 80	
Gluten-free Vegan Gnocchi Dumplings - Pesto - Garlic bread - Side organic green salad - Lemon Vinaigrette	



All prices are subject to an additional 10% service and government tax



Flowers & Fire
Yoga Garden . Gili Air

Salad Bowls

Served from 7am - 6.15pm. Last orders 6pm

POKE BOWL (V, GF) 105

Ponzu Marinated Red Rice – Mixed Organic Greens – Avocado – Pickled Ginger – Mango and Pineapple Salsa – Tempe Manis – Pickled Red Cabbage – Agedashi Tofu – Kimchi – Edamame – Asian Slaw – Sriracha Dressing – Pickled Shittake – Seaweed – Soy Cashews – Gomashio (option to add Jackfruit)

BBQ JACKFRUIT (V, GF) 95

Marinated Rice Noodles – Mixed Organic Greens – Asian slaw – Red Cabbage – Edamame – Tempe manis – BBQ Jackfruit – Soy Cashews – Pineapple Salsa – Kimchi – Nouc Cham Dressing –

KALE CAESAR SALAD (V) 80

Kale – Crunchy Chickpeas – Tri Coloured Quinoa – Cherry Tomatoes – Avocado – Croutons – Quail Eggs – Rice Paper Bacon – Caesar Dressing

MEXICAN TACO SALAD (V, VG, GF) 95

Red Rice – Shredded Romaine – Tomatoes – Avocado – Green Onions – Black Beans – Corn – Jalapeños – Olives – Salsa – Sour cream – Guacamole – Crispy Tortilla – Green Goddess Dressing (Option to add Jackfruit)

MACRO MEDITERRANEAN BOWL (V, VG, GF) 95

Mixed Organic Greens – Slow Roasted Tomatoes – Tabbouleh – Beetroot – Falafel – Grilled Eggplant – Roasted Vegetables – Pesto – Brown Lentils – Hummus – Garlic Yoghurt

CHOOSE YOUR OWN ADVENTURE 90

This is your chance to get creative and as selective as you want. Working from a salad base of lettuce, spinach, beetroot, carrot, bean sprouts, tomato, parsley, coriander and mint, choose how you want to beef it up (knowing no cows were actually harmed in the creation of this dish!)

Add 2 boosters plus 1 dressing.

Boosters:

Lentil Patty	Sweet Chili
Falafel Patty	Garlic yoghurt
Roasted Vegetables	Green goddess
Tempe Manis	Satay sauce
Tofu Manis	Sriracha
Broccoli	Nouc cham
Pumpkin	Caesar
Poached Egg	Ponzu
Grilled Eggplant	





Flowers & Fire
Yoga Garden . Gili Air

Snacky Snacks

Served from 7am - 6.15pm. Last orders 6pm

When you don't want to commit to a whole meal but you're craving something savory, simple and clean

EDAMAME (V, VG, GF, SF) 45

Lightly cooked in a Tamarind broth – Sea salt –
Served with Broth on the side

MINI SNACK AND HUMMUS PLATE (V, VG, GF) 50

Raw carrot – Cucumber – Fried Tempe Sticks –
Homemade Hummus

CREAMY SALTY YUM YUMS (V, VG, GF, R, SF) 60

Roast Vegetables – Avocado – Kalamata Olives –
Tahini Dipping Sauce – Tamari Dipping Sauce

SLIGHTLY LARGER SNACK AND DIP PLATE 75

(V, VG, GF, R)

Raw Carrot – Steamed Sweet Potato – Fried Tempe sticks – Broccoli – Hummus – Tahini Dipping Sauce –
Tamari Dipping Sauce

MEDITERRANEAN SNACK ATTACK (V, VG, GF, R) 70

Roast vegetables – Hummus – Tabbouleh – Olives –
4 mini rice balls – Choice of lentil or falafel patty

SPELT PASTRY SPRING ROLLS (3) (V, VG) 60

Made with delicious homemade vegan spelt pastry & filled with Tofu – Sautéed Vegetables – Served with Sweet Chili Sauce

SWEET POTATO WEDGES (V, VG) 50

Served with Vegan Sour Cream and Sweet Chilli sauce

CHOOSE YOUR OWN ADVENTURE MIX AND MATCH SNACKYS

We took this straight from our kids' finger food menu after realising we adults deserved some choice too!

Hummus	20
Tahini	15
Homemade peanut butter	15
Steamed/raw carrot sticks	15
Raw cucumber sticks	15
Sliced avocado in chia	20
Corn on the cob	20
Steamed sweet potato	20
Steamed long beans	20
Steamed broccoli	25
Mixed roast veggie	25
Quinoa	25
Small red rice ball	7 each
Lightly fried Tofu pieces	20
Lightly fried Tempeh pieces	20
Falafel patty	25
Lentil patty	25
Side of Tabouli	25
Feta or cheddar cubes	35
Egg Boiled or Strips	15





Flowers & Fire
Yoga Garden . Gili Air

Desserts

Served from 7am - 6.15pm. Last orders 6pm

JUSTINE'S RAW SNICKERS (V, VG, GF, R,) 65

Made with Almonds - Peanuts - Raw Vegan Protein Powder - Coconut Oil - Coconut syrup - Homemade Peanut Butter. So delicious, you will not believe this is healthy or raw!

'THEY MUST NEVER KNOW ABOUT THE SPINACH' MUFFIN SQUARE (V, SF, DF) 50

Made with Dragon Fruit - Banana - Raisins - Mango - Spinach - Wholemeal Wheat Flour - Egg - Cinnamon - Vanilla - Coconut oil

CACAO ICE MAGIC RAW VEGAN ICE CREAM

(V, VG, GF, R, SF)

Your choice of Banana, Pineapple or Dragon Fruit Ice Cream encased in a hard Cacao shell. (Hot tip-The banana is amazing with a peanut butter top up)

1 scoop	30
2 scoops	45
3 scoops	55

SWEET OF THE DAY

Please ask our staff about our daily cake or cookie special

ADD-ONS (EXTRA TOPPINGS)

Homemade Peanut Butter	15
Homemade Granola	15
Dried Apricots	20
Crushed Almonds	15
Crushed Peanuts	15
Goji Berries	15
Chopped Dates	15
Pumpkin Seeds	15

Hot Drinks

Note: choose from Oat, Soy, Coconut or Cow Milk
We sweeten with Honey, Coconut Syrup, Coconut Sugar or Stevia. Please let us know your preference.

LOMBOK COFFEE 25

SINGLE ESPRESSO 25

DOUBLE ESPRESSO 35

MACCHIATO 35

CAPPUCCINO 35

CAFFE LATTE 35

LONG BLACK 35

MOCHACCINO 35

BLACK TEA 25

GREEN TEA 25

HOME-BREWED HERBAL TEA 30

Ginger, lemongrass and mint

Tumeric, ginger and lemongrass

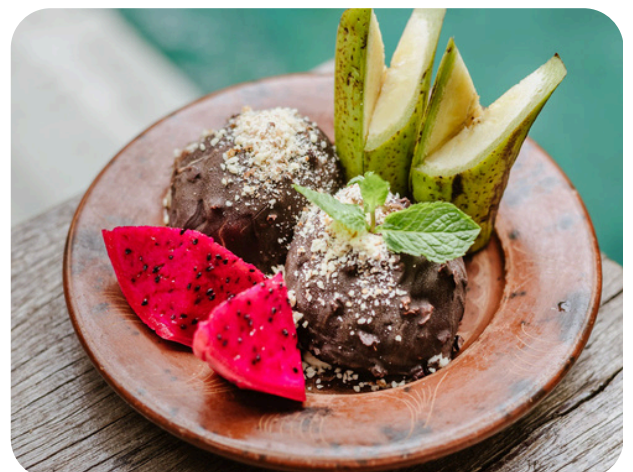
Ginger, tumeric, garlic and lemongrass (medicinal blend)

WARM AND CREAMY 35

Caffeine Free Rooibos Masala Chai

Black Tea based Masala Chai Masala Choc-Chai with cacao (please let us know your preference for rooibos or black tea base)

Hot Cacao Hot Cacao Zinger - Chili zing OR Ginger Zing





Flowers & Fire
Yoga Garden . Gili Air

Drinks

'Let food be thy medicine' said Hippocrates back in the day. Well we say 'let drink be thy medicine too!' Bursting with the goodness of fresh whole fruits and herbs these drink will make your body and taste buds dance a merry tune!!!

Cold Drinks & Juices

MAMA PILI'S JAMU

40

A powerful, anti-inflammatory Indonesian tonic made with turmeric, tamarind, ginger & coconut syrup. Radiance in a glass—PMT relief included!

WELCOME DRINK

40

Lime - Mint - Lemongrass - Ginger - Coconut sugar—a refreshing antioxidant boost for glowing skin.

ICE LIMEONADE & MINT WATER

40

Naturally sweet with Stevia, packed with vitamin C & antioxidants. Refreshing, hydrating, and delicious.

ICED TEA WITH LIME & MINT

40

A refreshing antioxidant boost with Tea - Lime & Mint. Great for energy, hydration & glowing skin.

WATERMELON & MINT JUICE

35

Packed with vitamin C, A & antioxidants. Your skin, muscles & heart will thank you.

LIME, MINT & PASSIONFRUIT JUICE

40

(seasonal availability) Tropical, tangy, and packed with goodness—great for immunity, mood & blood sugar.

KELAPA MUDA – YOUNG COCONUT

35

Nature's electrolyte boost—hydrating, energising & great post-workout.

PAPAYA, PINEAPPLE & MINT JUICE

40

Packed with digestive enzymes, fibre, and immune-boosting nutrients for a clean, healthy glow.

PASSIONFRUIT, BANANA & PINEAPPLE JUICE

40

Naturally sweet and packed with antioxidants, fibre, and vitamin C for balance and radiance.

LEMONGRASS, MINT, LIME & HONEY JUICE

45

A refreshing health boost—great for digestion, immunity & energy. (Vegan sweetener available on request.)





Smoothies and Shakes

GILI QUAKE SHAKE

60

Lombok Coffee - Peanuts - Vanilla - Coconut Milk - Cacao - Whole Coconut Sugar (Can Substitute with Dates) - Banana - Dragon Fruit

PINK ZINGER

60

This insanely refreshing beverage is the drink we all pray for on a melting hot day. More a palette resetting sorbet than a smoothie. Made with Dragon Fruit - Mango - Lime - Dried Apricot

NUTS FOR CACAO

60

Cacao is a bad arse superfood, so the more chocolatey your smoothie is, the more antioxidants you are gifting your body temple. Full of Banana - Homemade Peanut Butter - Cacao Powder - Cacao Nibs - Dates

TROPICAL SUNSHINE

55

This creamy, nutritious and yummy treat made with banana - coconut cream - pineapple and dates radiates with vibrant tropical deliciousness. Add some cacao for next level yumminess!

PINK DRAGON

60

This drink is high in magnesium, iron and is extremely attractive. Made with Dragon Fruit - Banana - Beetroot - Goji Berries

GREEN GLOW

60

Antioxidant rich - Made with Spinach - Papaya - Banana - Dates - Cacao

Warrior Goddess Power Smoothie

These smoothies are super charged with berries and superfoods to bring out your inner super human.

QUEEN DURGA BLACK FOREST MOCHA SHAKE

65

This shake will fire up your warrior heart while it polishes your complexion. Made with Banana - Blueberries - Raspberries - Blackberries - Dates - Cacao Powder - Cacao Nibs - Lombok Coffee

XENA WARRIOR PRINCESS SHAKE

70

Grow a powerful and strong body - feed your muscles while infusing your cells with vitamins and nutrients. Mace with Banana - Pineapple - Dates - Raw Chocolate Vegan Protein Powder - Spinach - Chia Seeds - Cacao Nibs - Cacao Powder

DANERYS IBU NAGA (MOTHER OF DRAGONS) SHAKE

65

Dragon Fruit - Banana - Goji Berries - Raspberries - Chia Seeds - Flaxseeds - Coconut Flakes

SMOOTHIE TOP UPS & ADD ONS

Green Spinach	15
Peanut Butter	15
Coconut Flakes	15
Dates	15
Homemade Granola	15
Flaxseeds	15
Chia Seeds	15
Almonds	15
Pumpkin Seeds	15
Raw Cacao Nibs	20
Goji Berries	15
Dried Apricots	20
Raw Green Protein Powder	20
Extra Cacao	20

