



Flowers & Fire

Yoga Garden . Gili Air

MENU

KEY: VEGETARIAN (V), VEGAN (VG), GLUTEN FREE (GF), RAW (R), SUGAR FREE (SF)

Flowers & Fire Cafe serves a range of all-natural, vegetarian, vegan and wholefood creations loaded with ultra-fresh, minimally processed and enzyme-rich ingredients. Our kitchen philosophy is that simple, hearty, fresh, healthy, digestible food is always the most delicious. Importantly, all our desserts are free from refined sugars and carbohydrates and our homemade sauces and salad dressings are too. When they need a little extra sweetness we only use natural, whole sweeteners such as honey, molasses, coconut nectar and coconut sugar. If you are sugar free, please ask about a sugar free alternative such as stevia. We're very proud of our commitment to clean eating and are delighted to have you dining with us! All prices are in 1,000 IDR units.

BREAKFAST

Served from 9am - Last orders 8pm

SPELT FLOUR PANCAKES OR CREPES (V) 30

Served with seasonal fruit & coconut syrup or honey. *(gluten-free or vegan option available on request)*

AVOCADO TOAST (V, VG, SF) 25

The ultimate comfort dish. Homemade wholemeal spelt toast served with sliced avocado, salt and cracked black pepper. *(gluten-free option available on request)*

EGGS AND AVOCADO ON TOAST (V, SF) 40

Homemade wholegrain toast with eggs (poached, fried, scrambled, boiled or omelette) with avocado on the side. *(gluten-free option available on request) 30 (with no avocado).*

FRUIT SALAD WITH HOMEMADE MUESLI/GRANOLA (V, VG) 40

Choose from homemade muesli or granola with yoghurt and fruit or chia pudding (VG) and fruit.

PALEO SPECIAL (V, GF, SF) 40

Attention grain-phobes. Steamed Lombok-grown spinach topped with roasted vegetables and two poached eggs. With this delicious and clean source of carbohydrate, it's like the Agrarian era never happened!

SHAKSHOUKA (V, VG,) 45

Middle Eastern skillet eggs - eggs poached in sauce of spiced tomatoes. Totally yummy! Served with homemade rosemary pita bread. *(feta sprinkle or gluten-free option available on request)*

EXTRAS

Avocado/roast vegetables/toast/fried tomatoes/steamed spinach **5 EACH**

SMOOTHIE BOWLS

45

CHOOSE YOUR SMOOTHIE BASE FROM THE LIST BELOW

NUTS FOR CACAO (V, VG, GF, R, SF)

Cacao is a bad arse superfood, so the more chocolatey your smoothie is, the more antioxidants you are gifting your body temple. Full of sweet banana, homemade peanut butter, cacao powder, cacao nibs and dates this is basically a chocolate pudding in a smoothie bowl. Ask for extra cacao if this smoothie order is a repressed desire for a dessert. You won't be disappointed!

TROPICAL SUNSHINE (V, VG, GF, R, SF)

This creamy, nutritious and yummy treat of banana, coconut cream, pineapple and dates radiates with vibrant tropical deliciousness. After drinking it, you will too!

Tip: Add some cacao for next level yumminess!

PINK DRAGON (V, VG, GF, R, SF)

Who can resist a vitamin packed drink that's delicious, nutritious and pink!! With dragon fruit, banana, coconut flakes and cacao this drink is high in magnesium and iron and is extremely attractive. Well you know what they say, you are what you eat!

GREEN GLOW (V, VG, GF, R, SF)

With antioxidant rich spinach, papaya, banana, dates and cacao this is the tastiest way to get your raw greens fix. Say goodbye to those pesky free radicals and hello to a shinier you!

THEN CHOOSE 3 OF THE FOLLOWING FRUITS:

Papaya
Watermelon
Pineapple
Dragon Fruit
Banana

AND 3 OF THE FOLLOWING TOPPINGS:

Homemade Peanut Butter (V, VG, GF, SF)
Homemade Granola (V, VG)
Dried Apricots (V, VG, GF, R, SF)
Crushed Almonds (V, VG, GF, R, SF)
Crushed Peanuts (V, VG, GF, SF)
Goji Berries (V, VG, GF, R, SF)
Chopped Dates (V, VG, GF, R, SF)
Pumpkin Seeds (V, VG, GF, R, SF)
Flaxseeds (V, VG, GF, R, SF)
Chia Seeds (V, VG, GF, R, SF)
Raw Cacao Nibs (V, VG, GF, R, SF)
Coconut Flakes (V, VG, GF, R, SF)
Sultanas/raisins (V, VG, GF, R, SF)

FOR ANY ADDITIONAL TOPPINGS, ADD 5

WARRIOR GODDESS POWER SMOOTHIE BOWLS

55

CHOOSE YOUR SMOOTHIE BASE FROM THE LIST BELOW

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

QUEEN DURGA BLACK FOREST MOCHA SMOOTHIE BOWL (V, VG, GF, R, SF)

Banana, blueberries, raspberries, blackberries, dates, cacao powder, coconut cream, cacao nibs and a shot of Lombok coffee. This smoothie bowl will fire up your warrior heart while it polishes your complexion. You will emerge from drinking as fierce and radiant as the great goddess Durga.

XENA WARRIOR PRINCESS SMOOTHIE BOWL (V, VG, GF, R, SF)

Banana, pineapple, dates, raw chocolate vegan protein powder, spinach, chia seeds, cacao nibs and cacao powder. Grow a powerful and strong body – feed your muscles while infusing your cells with vitamins and nutrients. A true warrior princess is strong and shiny!

DANERYS IBU NAGA (MOTHER OF DRAGONS) SMOOTHIE BOWL (V, VG, GF, R, SF)

Dragon fruit, banana, goji berries, raspberries, chia seeds, flaxseeds and coconut flakes. Through yoga we activate and ride our dragon power but we've also got to feed it! This delicious concoction should do the trick, keeping you strong, radiant and energized – plus it's pink!

THEN CHOOSE 3 OF THE FOLLOWING FRUITS:

Papaya
Watermelon
Pineapple
Dragon Fruit
Banana

AND 3 OF THE FOLLOWING TOPPINGS:

Homemade Peanut Butter (V, VG, GF, SF)
Homemade Granola (V, VG)
Dried Apricots (V, VG, GF, R, SF)
Crushed Almonds (V, VG, GF, R, SF)
Crushed Peanuts (V, VG, GF, SF)
Goji Berries (V, VG, GF, R, SF)
Chopped Dates (V, VG, GF, R, SF)
Pumpkin Seeds (V, VG, GF, R, SF)
Flaxseeds (V, VG, GF, R, SF)
Chia Seeds (V, VG, GF, R, SF)
Raw Cacao Nibs (V, VG, GF, R, SF)
Coconut Flakes (V, VG, GF, R, SF)
Sultanas/raisins (V, VG, GF, R, SF)

FOR ANY ADDITIONAL TOPPINGS, ADD 5



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LUNCH/DINNER

Served from 11am - Last orders 8pm

EDAMAME (V, VG, GF, SF) **30**

Soybeans in pods, lightly cooked in tamarind broth, sprinkled with sea salt & served with broth on the side. High in protein, fibre, antioxidants & Vitamin K - a super delicious snack with a myriad of health benefits.

VEGETABLE RICE PAPER ROLLS (V, VG, GF) **55/40 WITHOUT SALAD**

Rice paper rolls filled with vegetables and tofu – a great choice for a big raw veggie hit in a tasty package. Served with a side salad and satay sauce and/or sweet chilli sauce.

VEGETARIAN (VEGAN) SAMOSAS (V, VG) **60/45 WITHOUT SALAD**

Made with delicious homemade vegan pastry and filled with potatoes, onions, pumpkin, carrots and cauliflower. These samosas are insanely tasty and served with a side salad plus Pili's amazing homemade sweet chili sauce (VG) and/or garlic yoghurt dressing (*yoghurt dressing not vegan*).

SPRING ROLLS (V, VG) **55/40 WITHOUT SALAD**

Made with homemade vegan spelt flour pastry, these are about as healthy as you'll ever get for a spring roll. Filled with sautéed vegetables (carrots, white cabbage & spinach) and tofu and served with a side salad and homemade sweet chili sauce, you can scratch your naughty itch without scratching out your virtuous intentions.

RED RICE NORI ROLLS WITH SEAWEED SOUP (V, VG, GF) **60**

Red rice and seaweed rolls filled with raw vegetables and marinated tofu. These are gluten-free and vegan. So healthy they're guilt free. Served with seaweed soup and a side salad.

CURRY OF THE DAY (V, VG, GF) **55**

Always vegan, served with red rice and banana rolled in coconut flakes.

BURGER (V, VG) **60**

Your choice of lentil, falafel, tofu or tempeh patty on a toasted white or homemade wholemeal spelt bread roll, served with a side salad and homemade satay sauce or sweet chilli sauce.

MACROBIOTIC GADO-GADO (V, GF, VG option available) **55**

Traditional Indonesian *gado-gado* with a wholefood twist. Steamed seasonal vegetables & lettuce served with red rice, tofu, tempeh, boiled egg & homemade satay sauce. (*vegan option available with no egg*)

HOMEMADE PESTO GNOCCHI (V, VG, GF) **55**

Pili's scrumptious gluten-free vegan gnocchi dumplings with homemade pesto sauce (your choice of vegan or non-vegan pesto) served with a side salad and feta on the side (for vegetarian option).

QUINOA MUSHROOM RISOTTO (V, GF, VG option available) **60**

Tahir's delicious mushroom, feta and cream risotto served with rosemary pumpkin garnish and a side salad. Delicious vegan option available with coconut cream and no feta.

LENTIL/FALAFEL WRAP (V, VG, GF option available) **55**

Choose from either a falafel or lentil patty wrapped in a warm homemade spelt flour tortilla with hummus, lettuce, tomato, Tahir's med salad (beetroot, carrot, lettuce, lime, olive oil) and tabouli. Served with a side salad.

SALAD BOWLS

MACRO MEDITERRANEAN SALAD BOWL (V, VG, GF) **60**

Salad - lettuce, spinach, tomato, tabouli (parsley, mint, tomato, lime) and Tahir's med salad (beetroot, carrot, lettuce, lime, olive oil) with falafel, roasted vegetables, hummus and tahini dressing.

LENTIL SALAD BOWL (V, GF,) **60**

Salad - lettuce, spinach, tomato, mint, parsley and Tahir's med salad (beetroot, carrot, lettuce, lime, olive oil) with a lentil patty, grilled eggplant, sweet sesame dressing and yoghurt sauce.

TOFU/TEMPE SALAD BOWL (V, VG, GF) **60**

Salad – lettuce, spinach, bean sprouts, carrots, mint, coriander, broccoli with sweet tofu and/or tempe, sweet sesame dressing and satay sauce.

EGGPLANT SALAD BOWL (V, GF,) **60**

Salad – lettuce, spinach, carrot, beetroot, tomato, coriander, mint, with grilled eggplant, broccoli, yoghurt dressing and miso sauce.

CHOOSE YOUR OWN ADVENTURE SALAD BOWL **60**

This is your chance to get creative and as selective as your yogi heart desires.

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!) with up to two of the following concentrated ingredients:

Lentil Patty (V, VG, SF, GF)
Falafel Patty (V, VG, SF, GF)
Roasted Vegetables (V, VG, GF, SF)
Tempe Manis (V, VG, GF)
Tofu Manis (V, VG, GF)
Broccoli (V, VG, GF, SF)
Pumpkin (V, VG, GF, SF)
Poached Egg (V, GF, SF)
Grilled Eggplant (V, VG, GF, SF)

Choose a dressing from the following options...can't decide? Of course you can't, you're creative. Go ahead choose three!

Tahini and Lime (V, VG, GF)
Yoghurt and Garlic (V, GF)
Sweet Sesame (V, VG, GF)
Miso (V, VG, GF)
Satay Sauce (V, VG, GF)
Lime and Coconut Oil (V, VG, GF, SF)
Lime and Sesame Oil (V, VG, GF)



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DESSERTS

ASK OUR STAFF ABOUT DESSERTS OF THE DAY AND OPTIONS FOR DELICIOUS ADD-ONS.

JUSTINE'S RAW SNICKERS (V, VG, GF, R,) **35**

Designed by our amazing visiting raw food chef Justine, and refined by Tahir, this dessert tastes insanely wicked yet is oh so pure when you break it down to its ingredient parts. Made with almonds, peanuts, raw vegan protein powder, coconut oil, coconut syrup and homemade peanut butter, you will seriously not believe this is healthy or raw!

CACAO ICE MAGIC RAW VEGAN ICE CREAM (V, VG, GF, R, SF) - DINE IN ONLY

Your choice of banana, pineapple or dragon fruit ice cream encased in a hard cacao shell. Crack it with a spoon and indulge! Sugar free, gluten free, vegan and raw. *(hot tip-the banana is amazing with a peanut butter top up)* **20 1 SCOOP, 35 2 SCOOPS, 45 3 SCOOPS.**

ADD-ONS (EXTRA TOPPINGS) 5 EACH:

Homemade Peanut Butter (V, VG, GF, SF)

Homemade Granola (V, VG)

Dried Apricots (V, VG, GF, R, SF)

Crushed Almonds (V, VG, GF, R, SF)

Crushed Peanuts (V, VG, GF, SF)

Goji Berries (V, VG, GF, R, SF)

Chopped Dates (V, VG, GF, R, SF)

Pumpkin Seeds (V, VG, GF, R, SF)



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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 (V, VG, GF) **30**

Jamu is a renowned Indonesian health drink. With powerful anti-inflammatory properties, it is a great detoxifier, as well as a blood and liver cleanser. But you haven't really tasted it till you've tried Pili's mum's recipe. Having tasted many *jamu* variations I can honestly say this is the yummiest. Made with turmeric, tamarind, coconut syrup and ginger, not only does this work like traditional *jamu* to support your radiance but, with the addition of tamarind, it also supports your reproductive health. It's my saviour at PMT time (and everyone else's in a one kilometer radius)!

WELCOME DRINK (V, VG, GF,) **30**

Our welcome drink is so healthy and delicious we thought it would be a crime to limit it to when you just arrive! Full of lime, mint, lemongrass, ginger and coconut sugar, it's an antioxidant party in your mouth. Did somebody say, 'Great skin?'

ICED LIME AND MINT WATER (V, VG, GF, R, SF) **20**

Full of vitamin C, magnesium and high in antioxidants, this cool and refreshing drink has a light minty flavour and is excellent for hydrating.

ICED TEA WITH LIME AND MINT (V, VG, GF, R, SF) **20**

With radiance boosting vitamin C, magnesium and a double antioxidant dose with the addition of tea, this refreshing beverage reboots your energy, shines up your complexion and keeps you hydrated.

WATERMELON AND MINT JUICE (V, VG, GF, R, SF) **25**

The benefits of watermelon are numerous and too long to boast about here but with its high levels of vitamin C and vitamin A producing carotenoids among other goodies, lets just say that your skin, hair, sore muscles, heart and eyes will love it!!

LEMONGRASS, MINT, LIME AND HONEY JUICE (V, VG, GF, R,) **25**

Did you know that lemongrass can reduce anxiety, bloating, infection, cholesterol and pain, plus its great for oral health and the production of red blood cells. Add to that the antibacterial yumminess of honey and the health benefits of our mint and lime juice and you have a super duper body booster. (please ask if you want to substitute honey with coconut syrup or stevia).

KELAPA MUDA – YOUNG COCONUT (V, VG, GF, R, SF) **30**

Most of you probably know that the health benefits of drinking young coconuts are through the roof. High in electrolytes it is one of the best ways to rehydrate after class because its potassium rich electrolyte profile

is similar to human blood. It's also great for boosting energy, athletic performance, detoxing, as well as reducing stress, muscle tension AND cellulite. Boom! I'll have 2 please!!!

PAPAYA, PINEAPPLE AND MINT JUICE (V, VG, GF, R, SF) **25**

Take back those dollars you put aside for your annual colonic. High in digestive enzymes and fibre, papaya is wonderful for a healthy and regular digestive track. Combine that with the bone, immune and eye strengthening qualities of pineapple and the soothing, cooling vibe of fresh mint and your body will feel clean, lean and shining.

KETO LEMONADE FASTING TONIC (V, VG, GF, R, SF) **25**

By keto we mean that this delicious tonic does not spike your insulin so you can drink it and still technically fast. Using stevia, lime, apple cider vinegar, and a pinch of potassium for an electrolyte boost, this drink is yummy and refreshing whether you are fasting or not. It is sweet and healthy yet carbohydrate free.

SMOOTHIES AND SHAKES

GILI QUAKE SHAKE (V, VG, GF) **40**

Get your heart pumping faster than a 7.1: Lombok coffee, peanuts, vanilla, coconut milk, cacao, whole coconut sugar (can substitute with dates), banana and dragon fruit.

NUTS FOR CACAO SMOOTHIE (V, VG, GF, R, SF) **40**

Cacao is a bad arse superfood, so the more chocolately your smoothie is, the more antioxidants you are gifting your body temple. Full of sweet banana, homemade peanut butter, cacao powder, cacao nibs and dates this is basically chocolate pudding in a smoothie glass. Ask for extra cacao if this smoothie order is a repressed desire for desert. You won't be disappointed!

TROPICAL SUNSHINE SMOOTHIE (V, VG, GF, R, SF) **40**

This creamy, nutritious and yummy treat of banana, coconut cream, pineapple and dates radiates with vibrant tropical deliciousness. After drinking it, you will too! Add some cacao for next level yumminess!

PINK DRAGON SMOOTHIE (V, VG, GF, R, SF) **40**

Who can resist a vitamin packed drink that's delicious, nutritious and pink!! With dragon fruit, banana, coconut flakes and cacao this drink is high in magnesium, iron and is extremely attractive. Well you know what they say. You are what you eat!

GREEN GLOW SMOOTHIE (V, VG, GF, R, SF) **40**

With antioxidant rich spinach, papaya, banana, dates and cacao this is the tastiest way to get your raw greens fix. Say goodbye to those pesky free radicals and hello to a shinier you!

WARRIOR GODDESS POWER SMOOTHIES

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

QUEEN DURGA BLACK FOREST MOCHA SMOOTHIE (V, VG, GF, R, SF) **50**

Banana, blueberries, raspberries, blackberries, dates, cacao powder, cacao nibs and a shot of Lombok coffee. This shake will fire up your warrior heart while it polishes your complexion. You will emerge from drinking as fierce and radiant as the great goddess Durga.

XENA WARRIOR PRINCESS SMOOTHIE (V, VG, GF, R, SF) **50**

Banana, pineapple, dates, raw chocolate vegan protein powder, spinach, chia seeds, cacao nibs and cacao powder. Grow a powerful and strong body – feed your muscles while infusing your cells with vitamins and nutrients. A true warrior princess is strong and shiny!

DANERYS IBU NAGA (MOTHER OF DRAGONS) SMOOTHIE (V, VG, GF, R, SF) **50**

Dragon fruit, banana, goji berries, raspberries, chia seeds, flaxseeds and coconut flakes. Through yoga we activate and ride our dragon power but we've also got to feed it! This delicious concoction should do the trick, keeping you strong, radiant and energized – plus it's pink!

SMOOTHIE TOP UPS/ADD-ONS - 5 EACH:

Green Spinach
Homemade Peanut Butter
Passionfruit
Coconut Flakes
Dates
Homemade Granola
Flaxseeds
Chia Seeds
Almonds
Pumpkin Seeds
Raw Cacao Nibs or Powder
Goji Berries
Dried Apricots
Raw Green Protein Powder
Bee Pollen

Forest Smoothie™

Every Forest Smoothie sold by our Cafe Partners plants one tree or protects an acre of rainforest. Regarded as the world's most sustainable drink Forest Smoothie is inspiring thousands of people around the world to plant trees. Reforestation is by far our best solution to climate change!

Philip Dickenson, Founder Forest Smoothie

FLOWERS & FIRE 'FOREST SMOOTHIE' (V, VG, GF, R, SF) **45**

Banana, dates, fresh moringa leaves, fresh spinach grown in our organic garden, chia & cacao.

50% of all profits for our Forest Smoothie goes towards planting trees.

Why Should We Plant & Protect Trees?

At the current rate of deforestation the world's tropical rainforests will be gone within the next 100 years. So we've come up with an original idea for your café and customers to help save our planet!

Forests are vital to stop climate change, they absorb 9 billion tons of CO2 a year and play an important role in regulating the world's weather.

Forests are home to 80% of the world's terrestrial plants & animals and with the oceans create the ecosystem which all human life depends on.

Forests are home to 60 million indigenous people, some of whom are 'uncontacted' tribes whose wisdom cultures have developed over tens of thousands of years.

Forests are nature's pharmacy with 70% of medicines deriving from plants.

Trees bring nutrition and stability to soil protecting it from desertification and erosion.

Trees filter pollution from the air and produce 30% of the oxygen we breathe.

Forest. Smoothie™

Every drink plants a tree @forestsmoothie

HOT DRINKS

Note: choose from soy, coconut or cow milk.

We sweeten with honey, coconut syrup, coconut sugar or stevia. Please let us know your preference.

COFFEE **20**

Lombok Coffee
Single Espresso

OTHER COFFEE **30**

Double Espresso
Macchiato
Cappuccino
Caffe Latte
Long Black
Mochachino

TEA **20**

Black Tea
Green Tea

HOME-BREWED HERBAL TEA **25**

Ginger, lemongrass and mint
Turmeric, ginger and lemongrass
Ginger, turmeric, garlic and lemongrass (medicinal blend)

WARM AND CREAMY **35**

Masala Chai
Masala Choc-Chai (with cacao)
Hot Cacao
Hot Cacao Zinger- chili zing OR ginger zing