



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 1000 IDR units.

BREAKFAST

Served from 7am to 7pm. Last orders 6.45pm

SPELT FLOUR PANCAKES OR CREPES (V) **45**

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

EGGS ON TOAST (V, SF) **45**

Homemade wholegrain toast with eggs (poached, fried, scrambled, boiled or omelette). (*Gluten-free option available on request*)

AVOCADO TOAST (V, VG, SF) **45**

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) **55**

Homemade wholegrain toast with eggs (poached, fried, scrambled, boiled or omelette) with avocado on the side. (*Gluten-free option available on request*)

FRUIT SALAD WITH HOMEMADE MUESLI/GRANOLA (V, VG) **45**

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

PALEO SPECIAL (V, GF, SF) **55**

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,) **55**

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 **10**, fried tomatoes/steamed spinach **5**

SMOOTHIE BOWLS

65

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 packed with everything that is pink!! With dragon fruit, banana, beetroot and goji berries this drink is high in magnesium, 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 10

WARRIOR GODDESS POWER SMOOTHIE BOWLS

75

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 SHAKE (V, VG, GF, R, SF)

Banana, blueberries, raspberries, blackberries, dates, cacao powder, coconut cream, 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 SHAKE (V, VG, GF, R, SF)

Banana, pineapple, dates, raw 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) SHAKE (V, VG, GF, R, SF)

Dragon fruit, banana, goji berries, mixed berries 1, 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



Flowers & Fire
Yoga Garden · Gili Air

LUNCH/DINNER

Served from 11am to 7pm. Last orders 6.45pm

EDAMAME (V, VG, GF, SF) **35**

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 myriad health benefits

VEGETABLE RICE PAPER ROLLS (V, VG, GF) **65**

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.

VEGAN SAMOSAS (V, VG) **65**

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*)

RED RICE NORI ROLLS WITH SEAWEED SOUP (V, VG, GF) **75**

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) **65**

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

SOUP OF THE DAY (V, VG, SF, GF option available) **45/65**

Always vegan, served with a garlic toasted homemade white or wholemeal spelt bread roll. Gluten-free options available. Choose a snack or meal size portion.

BURGER (V, VG) **65**

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

GADO-GADO (V, GF, VG option available) **65**

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) **65**

Scrumptious gluten-free vegan gnocchi dumplings with homemade pesto sauce (your choice of vegan or non-vegan pesto) served with a side salad

QUINOA MUSHROOM RISOTTO (V, GF, VG option available) **65**

Tahir's delicious mushroom and parmesan risotto with rosemary pumpkin garnish served with a side salad. Delicious vegan option available made with coconut cream.

LENTIL/FALAFEL WRAP (V, VG, GF option available) **65**

Choose from either a falafel or lentil patty wrapped in a warm 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) **65**

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 fresh lime dressing

LENTIL SALAD BOWL (V, GF,) **65**

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) **65**

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,) **65**

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

CHOOSE YOUR OWN ADVENTURE SALAD BOWL **65**

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)



Flowers & Fire
Yoga Garden . Gili Air

DESSERTS

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

TAHIR'S MAGIC PUDDING (V, VG, GF) **35**

A sweet alchemy of banana, secret spices, coconut cream and coconut flakes topped with a sauce of apricots and prunes stewed in healthy coconut sugar. This pudding is sublime. Too delicious to be so healthy!

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

Designed 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)

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)* **30 1 SCOOP, 45 2 SCOOPS, 55 3 SCOOPS.**

Add-Ons (Extra Toppings) 10 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)



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 (V, VG, GF) **40**

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) **35**

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) **25**

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) **25**

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) **30**

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,) **30**

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).

LIME, MINT AND PASSIONFRUIT JUICE (seasonal availability) (V, VG, GF, R, SF) **30**

Passionfruit is so yummy that you don't need to mention the health benefits to talk it up, but it's a nutrient rich immune booster, great for reducing anxiety and insulin sensitivity. Add that to the health benefits of our lime and mint juice and your body and tastebuds will love you at the same time.

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) **30**

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

PASSIONFRUIT, BANANA AND PINEAPPLE JUICE (V, VG, GF, R, SF) **35**

Even though bananas are the sweetest natural treat, they actually help regulate your blood sugar and are full of antioxidants and fibre. Passionfruit also helps to regulate insulin sensitivity and pineapple is sky high in vitamin C. This sweet yummy drink will hit the dessert spot without taxing your pancreas.

Making you balanced, full and radiant!

SMOOTHIES AND SHAKES

GILI QUAKE SHAKE (V, VG, GF,) **45**

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

Pink Zinger (V, VG, GF, R, SF) **45**

With this newest addition to our smoothie menu we wanted to find a combination of supporting fruits that could bring forward the subtle, shy and sweet floral flavour tones of dragon fruit. With dragon fruit, mango, lime and dried apricot this insanely refreshing beverage is the drink we all pray for on a melting hot day. More a palette resetting sorbet than a smoothie, it gets better with every sip.

NUTS FOR CACAO (V, VG, GF, R, SF) **45**

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 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 (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 (V, VG, GF, R, SF) **45**

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

GREEN GLOW (V, VG, GF, R, SF) **45**

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!

BANANA CAKE SHAKE (V, VG, GF, R, SF) **40**

Not that banana cake is necessarily something you would crave in liquid form but trust me on this, with just banana, walnuts & dates-this simple concoction is simply delicious. Anyway, walnuts are good for your brain! Tip-If chocolate banana cake is more your thing, and you are strictly anti-oxidants then add some raw cacao.

WARRIOR GODDESS POWER SMOOTHIES

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

QUEEN DURGA BLACK FOREST MOCHA SHAKE (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 SHAKE (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) SHAKE (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

ADD ADDITIONAL 5-7

- Green Spinach **5**
- Homemade Peanut Butter **5**
- Passionfruit **5**
- Coconut Flakes **5**
- Dates **5**
- Homemade Granola **7**
- Flaxseeds **7**
- Chia Seeds **7**
- Almonds **7**
- Pumpkin Seeds **7**
- Raw Cacao Nibs or Powder **7**
- Goji Berries **10**
- Dried Apricots **10**
- Raw Green Protein Powder **10**
- Bee Pollen **10**

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 **25**

Lombok Coffee

Single Espresso

OTHER COFFEE **35**

Double Espresso

Macchiato

Cappuccino

Caffe Latte

Long Black

Mochachino

TEA **20**

Black Tea

Green Tea

HOME-BREWED HERBAL TEA **25**

Ginger, lemongrass and mint

Tumeric, ginger and lemongrass

Ginger, tumeric, 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