

# THE RIVER CAFÉ

## CONSCIOUS CUISINE

The River Café is all about helping you maintain a complete balance of wellness while at Maya Ubud. At the River Café we use fresh organic vegetables and herbs from the hills of Bedugul. We are proud supporters of the food movement and follow its principles, including using sustainable produce and only when in season.

We are aware of your needs and have created some unique dishes for those who prefer vegetarian and gluten-free or simply good. Look for our special icons to help you with your menu selection.

 Spa Cuisine  Vegetarian  Vegan

Incorporating an all over healthy attitude to food, we use only whole grains, organic herbs, in house cured and pickled foods that are low in salt, unpasteurized ingredients, refined sugar and fat. We never deep fry.

Rather than refined white flour we offer wheat alternatives such as quinoa, buckwheat and coconut flour. Instead of breads to start your meal we offer crudités with tahini. You will not see any artificial sweeteners on our menu. Instead our creative culinary team uses natural sugars such as local honey, raw sugar, palm sugar and fruit purées to add depth and bring out the real flavor in each dish.

The cold-pressed juices at River Café stay fresh and 'live' for up to 48 hours. The gentle, slow-turning action of a cold press juicer produces a greater quality juice, which retains more vitamins, minerals, enzymes, phyto-nutrients and fiber.

Clean, fresh, natural and crisp.  
Textures and ingredients are balanced to nourish the body, mind and soul.

<b>Vegetables &amp; Quinoa Soup</b> 🌿🌱	IDR 100.000
A high protein soup served with grilled gluten free sweet corn & chili bread	
<b>Tomato &amp; Ginger Soup</b> 🌿🌱	IDR 95.000
with pumpkin seeds & basil	
<b>Prawns Vietnamese Spring Rolls</b> 🌿	IDR 150.000
with nuoc cham sauce	
<b>Vegetarian Spring Rolls</b> 🌿🌱	IDR 140.000
with nuoc tuong sauce	
<b>River Gado – Gado</b> 🌿🌱	IDR 145.000
Blanched vegetables, tofu, tomatoes & quail egg with cashew nut sauce	
<b>Detox Salad Bowl</b> 🌿🌱	IDR 155.000
Bowl of salad with seeds, tofu, tempe, spirulina & tahini dressing	
<b>Quinoa Power Salad</b> 🌿	IDR 170.000
Grilled haloumi, roast vegetables, tomato & lemon dressing	
<b>Sweet Potato Gnocchi</b> 🌿	IDR 180.000
with ricotta & green peas, tomato sauce, herbs & parmesan	
<b>Red Rice Crust Prawns Grilled</b> 🌿	IDR 180.000
on green mango & star-fruit salad, with tamarind dressing	
<b>Chili Flakes Snapper Fillet</b>	IDR 195.000
on quinoa salad & fresh pineapple salsa	
<b>Crispy Skin Salmon Fillet</b> 🌿	IDR 210.000
Chick pea & spinach fritters on a green pumpkin seed sauce	

🌿 Spa Cuisine   🌱 Vegetarian   🌿 Vegan

All prices are subject to 21% government tax & service charge

## CONSCIOUS CUISINE

## THE HOT STONE

Healthy live cooking served with vegetables & Bali potatoes

### Gourmet Seafood Selection

Garlic-chili prawns, herbed salmon skewer and moroccan spiced sea scallops

IDR 295.000

### Deep Sea Tuna Steak & Sea Scallops

with lemon pepper

IDR 225.000

### Bali Pork & Indian Chicken Satay

IDR 225.000

### Teriyaki Sirloin Steak

with sweet ginger

IDR 265.000

## PIZZAS

### Margherita

Tomato sauce, mozzarella cheese, oregano

IDR 140.000

### Fungi

Tomato sauce, mozzarella cheese, mushrooms, oregano

IDR 145.000

### Prosciutto

Tomato sauce, mozzarella cheese, ham, oregano, rocket

IDR 150.000

### Hawaii

Tomato sauce, mozzarella cheese, ham, pineapple, curry

Gluten free pizza available, please advise your waiter

IDR 150.000

## FAVORITES

### Pad Thai Vegetarian

Rice noodles, tofu, egg, mushrooms & accompaniments

IDR 145.000

### Organic Red Rice Nasi Goreng

Seasoned with soya, chili & sesame oil. Served with prawn & chicken satay

IDR 175.000

### Ayam Bakar Sandwich

Marinated grilled chicken with avocado crème, rocket & roasted tomatoes

IDR 130.000

### Beef Burger

Grilled beef, lettuces, tomato, sliced, pickled cucumber, melted cheese

IDR 140.000

### Tender Steak & Rocket Sandwich

with balsamic onions, tomato & roasted garlic aioli

IDR 130.000

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## THE HOT STONE, PIZZAS AND FAVOURITES

## DESSERT

### Carrot Cake

with walnuts & palm sugar, coconut cream icing

IDR 45.000

### Passion Fruit Semi-Fredo

with mango, strawberry & passion fruit

IDR 45.000

### Chocolate Layer Cake

with raspberry coulis & caramelized orange

IDR 45.000

### Raw Lemon Cheese cake

with raspberry crush, cashew nuts, coconut & longan blossom honey

IDR 45.000

### Espresso Tiramisu Cake

with mascarpone & amaretto cream

IDR 45.000

### Seasonal Fruit Plate

IDR 45.000

### Selection of Ice Cream

Vanilla, chocolate, pistachio, strawberry, rum raisin, Bali coffee

By scoop IDR 35.000

### Selection of Sorbet

Mango, passion fruit, tamarillo, coconut, raspberry

By scoop IDR 35.000

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## SWEETS



Ditch that empty-calorie, sugary sodas and drinks with these healthy drinks instead to give your health a natural boost and also keep you energized throughout the day. Balance plenty of blended or juiced veggies in these drinks to curb the natural sugar from the fruit ingredients.

If you're on the path to a healthier lifestyle, these juices and drinks pack a powerful and nutritious punch.

#### **Wheatgrass**

*Shot of organic wheatgrass* IDR 24.000

Is high in vitamins and enzymes, boosts your vitality, stabilizes blood sugar disorders, aids in skin conditions, detoxifies your blood, liver and other organs.

#### **Maya Mint Tea**

Chinese green tea, mint leaves and honey

Green tea is rich in a powerful antioxidant that not only inhibits the growth of cancer cells but also kills cancer cells without harming healthy tissue. Green tea may also increase mental alertness, aid in weight loss, reduce LDL cholesterol, and protect the skin from sun damage.

#### **Detox**

IDR 45.000

Fresh ginger, beet root, carrots and apple

Keep things moving through the digestive tract, while ginger calms your stomach.

#### **Red Strawberry**

IDR 45.000

Rosella, basil and junk of strawberry

A fruity water-based drink is a great way to stay hydrated in the summer while getting some extra vitamins.

#### **Green Light**

IDR 45.000

Aromatic ginger, romaine lettuce, cucumber and jalapeno pepper

It is bright –green hue, warm your body and feel refreshing the lung.

#### **Watermelon Cooler**

IDR 45.000

Watermelon and papaya

Watermelon is a top source of lycopene, the compound (also found in tomatoes) that may reduce the risk of prostate cancer.

#### **The Petanu Jamu Tonic**

IDR 45.000

Tangerine, honey, lime, turmeric, cinnamon. Have you ever wondered why the Balinese are so happy and healthy? They drink jamu. It contains anti-cancer properties, improves metabolism and clears your liver and has many other medicinal qualities. A must try.

#### **The Skin Tonic**

IDR 45.000

Orange, cucumber, carrot and ginger. Excellent for the complexion and also helps rids the kidneys of toxins.

#### **Melon – Berry Clearer**

IDR 45.000

Honey melon, apple, mixed berries, ginger. The melon is a 'wonder fruit' high in vitamin B, mineral, hydrates your brain and gives clarity. Berries are a super anti-oxidant.

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**DRINK TO YOUR HEALTH**

## MOCKTAIL

### Berry Blitz

Raspberry, blue berry, strawberry, lemon grass & sprite

IDR 60.000

### Petanu Passion

Passion fruit, sour sop, banana juice & cinnamon

IDR 60.000

### Jungle Kiss

Cranberry juice, pineapple, juice, sweet & sour mix, top with ginger ale

IDR 60.000

## SMOOTHIES

### Yoghurt and Fresh Milk

Mango

IDR 45.000

Strawberry

IDR 45.000

Banana

IDR 45.000

Pineapple

IDR 45.000

## MILKSHAKES

### Fresh Milk Shaken with Ice Cream

Vanilla

IDR 45.000

Strawberry

IDR 45.000

Chocolate

IDR 45.000

## SODAS

Coca - cola

IDR 30.000

Tonic water

IDR 30.000

Sprite

IDR 30.000

Ginger ale

IDR 30.000

Soda water

IDR 30.000

Diet coke

IDR 30.000

## WATERS

*Small*

*Large*

Spring water

IDR 30.000

Equil natural

IDR 45.000

IDR 65.000

Equil sparkling

IDR 45.000

IDR 65.000

## ICED COFFEE

Black coffee

IDR 30.000

Mocha

IDR 40.000

Cappuccino

IDR 40.000

Iced coffee & cream

IDR 40.000

Latte

IDR 40.000

## HOT COFFEE

Cappuccino

IDR 35.000

Macchiatto

IDR 35.000

Café latte

IDR 35.000

Americano

IDR 35.000

Espresso

IDR 35.000

Café mocha

IDR 35.000

## ICED TEA

Iced tea

IDR 30.000

Iced lemongrass tea

IDR 30.000

Ice lime tea

IDR 30.000

Iced rosella tea

IDR 35.000

## HOT TEA

Asian white & rose

IDR 35.000

Delicate mint

IDR 35.000

Classic earl grey

IDR 35.000

Green tea mandarin orange

IDR 35.000

Peach & tropical mango

IDR 35.000

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## RIVERSIDE BEVERAGES

## BEERS

Bintang	IDR 58.000	Heineken	IDR 85.000
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## MOJITO

White rum, sugar cane juice, lime juice & mint

Classic	IDR 165.000	Passion fruit	IDR 165.000
Mango	IDR 165.000	Strawberry	IDR 165.000

## MARTINIS

Vodka or gin, vermouth & lemon twist

Classic	IDR 220.000	Espresso	IDR 220.000
Dirty	IDR 220.000		

## MARGARITAS

Tequila, triple sec & lime juice

Classic	IDR 165.000	Mango	IDR 165.000
Strawberry	IDR 165.000		

## DAIQUIRIS

White rum, lime & sugar

Classic	IDR 165.000	Banana	IDR 165.000
Mango	IDR 165.000	Strawberry	IDR 165.000

## CLASSIC COCKTAIL

<b>Sweet Moment</b>			IDR 165.000
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Vodka cinnamon, litchis liqueur, lime & sour sop juice

<b>Passion Fruit Rum Berry</b>			IDR 165.000
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Bacardi, myers rum & coconut liqueur, strawberry & passion fruit juice

<b>Absolut Ginger Lemon Grass</b>			IDR 165.000
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Topped with ginger ale

<b>Pina Colada</b>			IDR 165.000
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Dark rum, coconut liqueur with pineapple juice and coconut cream

## Sangria

<i>Glass (150 ml)</i>	<i>Carafe (500 ml)</i>	<i>Carafe (1000 ml)</i>
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Wine combine with vodka, fresh fruit, juice & soda

Red wine	IDR 165.000	IDR 440.000	IDR 600.000
White wine	IDR 165.000	IDR 440.000	IDR 600.000

## White Wines

<i>Glass (150 ml)</i>	<i>Carafe (500 ml)</i>	<i>Bottle (750 ml)</i>
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Two islands pinot grigio 2016, Bali	IDR 110.000	IDR 360.000	IDR 495.000
Sunny cliff chardonnay 2015, Australia	IDR 135.000	IDR 450.000	IDR 650.000

## Red Wines

Two islands shiraz 2016, Bali	IDR 110.000	IDR 360.000	IDR 495.000
Mia Tempranillo 2016, Spain	IDR 135.000	IDR 450.000	IDR 640.000

## Rose

Isola rosé 2016, Bali	IDR 110.000	IDR 360.000	IDR 495.000
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## RIVERSIDE BEVERAGES