

## ORGANIC MENU

### Hot Drinks

Bali Coffee	15K
Black Coffee (filter)	25K
Butter Coffee	35K
Turmeric Latte	35K
Hot Chocolate	35K
Mint Tea	25K
Ginger Infusion	30K
Pine Needle Tea (cup/jar)	25K/40K
Herbal Mix Infusion	30K

(Choose your herbs from: pandan leaf, moringa, lemongrass, ginger, turmeric, cardamon, cinnamon, marigold, butterfly pea flower, lemon, lime)

### Cold Drinks

Spring Water Bottle	15K
Young Coconut (whole)	30K
Kombucha Bottle (small/big)	40K/80K

### Fresh & Cold-Pressed Juices

Aloe Vera-Gotu Kola Elixir	35K/60K
Turmeric-Ginger-Gotu Kola Elixir	35K/60K
ABC Juice (Apple, Beetroot, Carrot, Ginger)	40K/65K
Orange-Lime-Lemon Cooler	35K/60K
Cold-Pressed Green Juice	45K/70K
Watermelon Juice	30K/50K
Sunrise Paradise Juice	45K/70K
Fresh Fruit Juices (seasonal/ask availability)	35K/60K

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## Super Smoothies (Glass or Bowl)

Small/Big

### Acai-Blueberry Smoothie

55K/90K

*Acai Berry, Blueberry, Coconut Yoghurt/Yoghurt, Gotu Kola, Dragonfruit, Coconut Meat, Coconut Milk, Wild Honey*

### Red Dragon Smoothie

40K/75K

*Dragon Fruit, Banana, Fresh Mint, Gotu Kola, Coconut Meat, Coconut Milk, Activated Cashew Nuts, Wild Honey*

### Green Energy Smoothie

40K/75K

*Spirulina, Moringa Leafs, Gotu Kola, Pok Choy, Fresh Mint, Pineapple, Activated Cashew Nuts, Coconut Meat, Wild Honey*

### Pina Colada Smoothie

40K/75K

*Coconut Milk, Pineapple, Banana, Activated Cashew Nuts, Wild Honey*

### Cacao Flow Smoothie

40K/75K

*Raw Cacao Beans, Raw Cacao Mass, Raw Cacao Butter, Lucuma, Activated Cashew Nuts, Fresh Mint, Gotu Kola, Banana, Cardamon, Vanilla, Wild Honey*

### Sexy Sunrise Paradise

40K/75K

*Fresh Turmeric, Orange Juice, Pineapple, Banana, Activated Cashew Nuts, Wild Honey*

### Peanut Butter Blast

40K/75K

*Banana, Home-Made Peanut Butter, Coconut Milk, Cashew Nuts, Cinnamon, Vanilla, Dates*

**ADD PROTEIN 25g**

**+20K**

#### Info blast:

**Gotu Kola (Centella asiatica)** is a medicinal herb used in Ayurvedic Medicine and Herbalism. Gotu Kola enhances all cognitive abilities like focus, memory, clarity of mind and intelligence. It have also strong anti-inflammatory qualities especially in the brain and nervous-system area. We use Gotu Kola in most of our smoothies, it grows wildly in our own herbal garden.

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## SALADS, SIDES & APPETIZERS

<b>Garden Mix Salad</b>	<b>45K</b>
<i>Seasonal mix of fresh and colorful salads and vegetables with honey lemon dressing</i>	
<b>Creamy Coleslaw Salad</b>	<b>50K</b>
<i>Fresh, creamy and surprisingly rich in taste and satisfaction</i>	
<b>Avocado Tomato Salad (seasonal)</b>	<b>55K</b>
<i>Who loves a big plate of avocado and tomato with sea salt</i>	
<b>Creamy Pumpkin Soup</b>	<b>65k</b>
Rich and mouth-watering creamy pumpkin soup	
<b>Tomato Soup &amp; Garlic Bread</b>	<b>50K</b>
<i>Almost like visiting your grand mother</i>	
<b>Home-Made Bread and Garlic Butter (GF option)</b>	<b>40K</b>
<i>As simple as that</i>	
<b>Samosas (Vegetable or Cheese)</b>	<b>50K</b>
<i>Love samosas? No worries you can have some!</i>	
<b>Appetizer Dipping Plate For TWO</b>	<b>120K</b>
<i>Hummus, Tzatziki, Veggies, bread and bitter nut chips for a romantic starter</i>	

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## FINGER FOOD / POOL SIDE MENU

<b>Sunrise Spring Rolls</b>	<b>50K</b>
<i>Rolls bursting with flavor, filled with veggies</i>	
<b>Fresh Veggie Sticks &amp; Dips</b>	<b>50K</b>
<i>Fresh and healthy snack! Sweet pepper, carrot and cucumber sticks with dips</i>	
<b>Mozzarella Sticks</b>	<b>55K</b>
<i>Most loved melt-in-your-mouth cheesy sticks</i>	
<b>Sweet Potato Wedges or Fries</b>	<b>50K</b>
<i>Sweet and salty crispy goodness for the whole family</i>	
<b>Vegan Burger</b>	<b>100K</b>
<i>Patty with beans, cashews, coriander and herbs. Served with french fries</i>	
<b>Pizza Bites</b>	<b>55K</b>
<i>Another one bites the dust</i>	
<b>Pisang Goreng (Fried Bananas Indonesian Style)</b>	<b>40K</b>
<i>Eat Pisang Goreng, don't fry your banana</i>	

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## BALI PIZZA`S

<b>Veggie Lover Pizza</b>	<b>100K</b>
<i>Illegal amount of vegetables with vegan cheese or real cheese, up to you!</i>	
<b>Cheese Lover Pizza</b>	<b>110K</b>
<i>Triple cheese, home-made tomato sauce, oregano and basil</i>	
<b>Secret Lover Pizza</b>	<b>110K</b>
<i>Egg on top with mix of cheese, bell peppers, moringa, onion, basil, oregano</i>	

## VEGETARIAN

<b>Ayurvedic Kitchari (Organic rice and vegetable stew)</b>	<b>70K</b>
<i>Rice and mung dal stew with ghee, vegetables and Indian spices</i>	
<b>Sumatran Curry (green/yellow/red)</b>	<b>90K</b>
<i>Rich creamy soup with small quail eggs and great variety of vegetables and tastes</i>	
<b>Vegetarian Steak Deluxe</b>	<b>110K</b>
<i>Delicious vegetarian steak served with mashed potato and creamy spinach</i>	
<b>Cheesy and Creamy Pasta with Basil and Egg (GF)</b>	<b>100K</b>
<i>Wet dream of all hungry pasta-lovers</i>	
<b>Los Tacos a la Bali</b>	<b>100K</b>
<i>Mexico meets Bali! Crunchy, fresh, tasty and fun!</i>	
<b>Cheese Lover Pizza</b>	<b>110K</b>
<i>Triple cheese, oregano and basil</i>	
<b>Mix Vegetable and Egg Pizza</b>	<b>110K</b>
<i>Egg, bell pepper, moringa, onion, basil, oregano</i>	
<b>Indonesian Nasi Campur</b>	<b>90K</b>
<i>Indonesian all time favorite! Mixed Indonesian dishes on one plate</i>	
<b>Indonesian Nasi Goreng</b>	<b>80K</b>
<i>Indonesian fried rice. Unbeatable favorite of locals (some foreigners too)!</i>	
<b>Indonesian Mie Goreng (GF option)</b>	<b>75K</b>
<i>Fried noodles and eggs, Indonesian style!</i>	
<b>Indonesian Gado-Gado</b>	<b>75K</b>
<i>Boiled vegetables, tofu, tempe, eggs and peanut sauce</i>	

## VEGAN

100% plant-based

### **Sunrise Paradise Bowl**

**100K**

*Signature dish! Super mix of veggies, cashew nuts, salads, hummus, chickpeas, sweet potato and sauce*

### **Sweet´n Sour Tempe & Tofu with Brown Rice**

**80k**

*Taste of Asia! For all travelers exploring the tastes of the world*

### **Poke Bowl**

**100K**

*Quinoa-rice, nori seaweed, avocado, roasted cashew, cabbage, carrot, cucumber, tofu/tempeh (GMO-free) and sauce*

### **Vegan Steak Deluxe**

**110k**

*Delicious vegetarian steak served with mashed potato and creamy spinach*

### **Falafels with Herbal Dip, Salad and Brown Rice**

**90k**

*Chickpea falafels with fresh herbal dip and salad*

### **Sumatran Curry (Green/Red/Yellow)**

**90k**

*Taste rich soup with tempe, tofu and great variety of vegetables and herbs*

### **Creamy Pumpkin Soup**

**70K**

*Smooth and silky mouth watering creamy pumpkin soup with GF-bread*

### **Vegan Burger**

**100K**

*Patty with beans, cashews, coriander and herbs. Served with french fries*

### **Vegan Sushi Platter**

**80K**

*Nori seaweed rolls with quinoa-rice, tempeh, paprika, veggies and coconut aminos*

GF = Gluten Free

All of our soy-products (tofu, tempeh) are NON-GMO and organic

No MSG! We don't use MSG (Monosodium Glutamate) in Sunrise Paradise

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## RAW FOOD

Uncooked nutrition rich creative dishes to fill up your enzyme, vitamin and life-force energy needs. High-vibe, organic, Raw, Vegan.

<b>Wrap Superstar</b>	<b>100K</b>
<i>Raw papaya wrap filled with creamy nut sauce, veggies, herbs and spices</i>	
<b>Raw Pizza</b>	<b>100K</b>
<i>Sprouted nuts and seeds, avocado, tomato sauce, nutty white sauce, oregano</i>	
<b>Raw Burger</b>	<b>100K</b>
<i>Fresh burger with nutty patty, other way to eat your greens and veggies</i>	
<b>Raw Lasagna (orders 6 hours in advance)</b>	<b>100K</b>
<i>Zucchini layers filled with fresh tomato sauce and raw white meaty sauce and herbs</i>	
<b>Raw Gazpacho Soup</b>	<b>80K</b>
<i>Avocado, tomato, paprica, pickles, cashew nuts, cucumber and spices</i>	
<b>Super Salad Bowl</b>	<b>90K</b>
<i>Mix of green salads and herbs, avocado, nuts and seeds, olive oil, lemon and sauce</i>	
<b>Raw Los Tacos</b>	<b>90K</b>
<i>Leafy greens filled with protein rich nut sauces, fresh veggies, colors and spices</i>	
<b>Raw Spaghetti</b>	<b>80K</b>
<i>Zucchini pasta with fresh tomato sauce and rawmesan cheese, basil and nuts</i>	
<b>Raw Sushi Platter</b>	<b>90K</b>
<i>Nori seaweed rolls with cauliflower rice, avocado, cashew nuts,</i>	

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## KETO MENU (ketogenic/low carb)

<b>KETO Chia Seed Porridge (chocolate or berry)</b> <i>Fresh porridge from protein rich superfood seeds, raw chocolate/berries and xylitol</i>	<b>60K</b>
<b>KETO Sushi</b> <i>Nori seaweed, almonds, tomato, herbs and spices</i>	<b>85K</b>
<b>KETO Breakfast plate</b> <i>Bread, butter, eggs, avocado, tomato, cucumber</i> <i>All day breakfast! Up to you when is your KETO-breakfast time!</i>	<b>100K</b>
<b>KETO Super Salad Mix</b> <i>Fresh, abundant and protein rich super salad mix. Bit of everything!</i>	<b>100K</b>
<b>KETO Vegan Steak</b> <i>With avocado, brown sauce and steamed broccoli/asparagus</i>	<b>100K</b>
<b>KETO Vegetarian steak (with egg)</b> <i>With cream cheese, avocado and steamed broccoli/asparagus</i>	<b>110K</b>
<b>KETO Vegan Pizza</b> <i>Cos sometimes we all want a PIZZA! But don't eat carbs, meat and all that kind of stuff...</i>	<b>100K</b>
<b>KETO Vegetarian Pizza (with egg)</b> <i>No carb high protein pizza with a lot of cheese, eggs, basil, oregano etc.</i>	<b>100K</b>
<b>KETO Chocolate Brownies</b> <i>Delicious protein rich chocolate dessert, xylitol sweetened</i>	<b>50K</b>

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## DESSERTS

<b>Banana Split with Home-made Ice Cream</b>	<b>50K</b>
<i>Cashew and coconut ice cream with sweet bananas and sprinkled toasted cashews</i>	
<b>Chocolate Mousse</b>	<b>40K</b>
<i>Chocolate Mousse that melts all your worries away</i>	
<b>Baked Brownie</b>	<b>40K</b>
<i>Traditional but tuned warm chocolate brownie with home-made ice cream</i>	
<b>Raw Brownie</b>	<b>40K</b>
<i>Very naughty brownie, might make you a bit crazy...</i>	
<b>Chocolate Cake</b>	<b>55K</b>
<i>Too sweet and too much chocolate, better not take this one</i>	
<b>Carrot Cake</b>	<b>55K</b>
<i>Creamy, soft and sweet house-made baked carrot cake</i>	

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***In Sunrise Paradise we want to offer you the best that we can.***

***Our ingredients are organically grown and locally sourced as far as possible.***

***Freshly made, farm-to-table.***

***We don't use any ingredients with any suspicious or unnatural chemicals, if it is made in a lab - it does not fit on our table.***

***Our cooking ware does not contain anything from aluminum or teflon, everything is made of stainless steel, glass, granite, ceramic, wood and bamboo.'***

***And most importantly - everything is made with LOVE***