



THE ISTANA ORGANIC KITCHEN

BREAKFAST.

SERVED BETWEEN 7AM TO 11AM

- POWER BREAKFAST**.....80,000
TWO ORGANIC EGGS ANY STYLE WITH GRILLED TOMATO, AND ORGANIC BACON
- BREAKFAST STEAK**.....250,000
200G OF GRILLED AUSTRALIAN GRASS FED STRIPLOIN WITH GRILLED TOMATO
ADD EGG +20,000
- ORGANIC OMELETTE**.....70,000
ORGANIC EGGS AND VEGETABLES SERVED WITH GRILLED TOMATO
ADD ORGANIC BACON +50,000
ADD AVOCADO +30,000
- GRILLED AVOCADO AND EGGS**.....70,000
WITH YOUR CHOICE OF BALSAMIC, APPLE CIDER VINEGAR, OR SQUEEZED LIME
- CHIA SEED SMOOTHIE BOWL**.....90,000
MANGO AND DRAGONFRUIT
BANANA, COCONUT, CINNAMON
- SUPERFOOD PORRIDGE**.....90,000
OATS, CHIA SEED, CINNAMON GOJI BERRY
ADD APPLE STEW +10,000
ADD COCONUT NECTAR +10,000
ADD PEANUT BUTTER +10,000
ADD CACAO +20,000

PANCAKES

- BUCKWHEAT**.....80,000
- VEGAN PANCAKES**.....80,000
ADD CARAMELISED BANANA +10,000
ADD CARAMELISED PINEAPPLE +10,000
ADD MANGO +10,000
ADD DRAGON FRUIT +10,000
ADD VANILLA ICE CREAM +20,000
ADD BACON +30,000

- HUEVOS RANCHEROS**.....120,000
WITH TWO FRIED EGGS, BEANS, AVOCADO, AND TOMATO SALSA
- FAJITAS**.....120,000
GLUTEN FREE TORTILLAS, AVOCADO, BROWN RICE, ROASTED PUMPKIN, OLIVE OIL, AND FRESH HERBS
- FRUIT BOWL**.....80,000
SEASONAL TROPICAL SLICED FRUITS WITH HONEY AND YOGHURT

SIDES.

- FRIES**.....50,000
POTATO
SWEET POTATO
- CAKE**.....60,000
SWEET POTATO & ZUCCHINI
YUCCA
TARO
- AN EXTRA EGG**.....25,000
BOILED SCRAMBLED
FRIED POACHED
- RICE**.....40,000
STEAMED WHITE RICE
STEAMED BROWN RICE
- GRILLED ASPARAGUS**.....60,000
- BROCCOLI**.....60,000
- GREEN SALAD BOWL**.....60,000
- PICO DE GALLO**.....20,000
TOMATO, RED ONION, JALAPEÑOS, FRESH CORIANDER, SALT & PEPPER
- GUACAMOLE**.....20,000
AVOCADO, RED ONION, FRESH CORIANDER, JALAPEÑOS, SALT & PEPPER
- KIMCHI**.....20,000
FERMENTED CHINESE CABBAGE, CARROT, TURNIP, MILD CHILLI, SALT, GARLIC, GINGER

- SAUERKRAUT**.....20,000
FERMENTED CABBAGE, SALT, SUGAR
- TZATZIKI**.....20,000
CUCUMBER, TOMATO, PLAIN YOGHURT, FRESH CORIANDER, MINT LEAF, SALT & PEPPER

DRINKS.

- SMOOTHIE**.....60,000
MANGO
STRAWBERRY
BANANA
VANILLA
WITH ALMOND MILK +10,000
ADD ESPRESSO SHOT +25,000
ADD ORGANIC GRASS-FED PROTEIN +50,000
ADD ORGANIC COLLAGEN PROTEIN +50,000
ADD ORGANIC PLANT BASED PROTEIN +50,000
ADD SALTED CARAMEL SAUCE +20,000
ADD PROBIOTIC COCONUT YOGHURT +30,000

- GREEN JUICE**.....70,000
SPINACH, PARSLEY, CUCUMBER, CELERY

- FRESH JUICE**.....70,000
APPLE MANGO TANGERINE
CARROT PAPAYA TOMATO
CUCUMBER PINEAPPLE WATERMELON

- SWERO**.....40,000
SPARKLING WATER WITH LIME AND SALT

- WATER**.....30,000
SPARKLING BALLIAN WATER
STILL BALLIAN WATER

- FRESH COCONUT**.....50,000

- HERBAL SHOT**.....30,000
CHILLI & TOMATO MORINGA & LIME
CHILLI & CUCUMBER TURMERIC & ORANGE SINGLE 30,000
GINGER & PINEAPPLE WHITE TURMERIC & GREEN APPLE DOUBLE 50,000
LEMONGRASS & ORANGE APPLE & THYME

KORE – ORGANIC PROBIOTIC PRODUCTS

- ORGANIC KOMBUCHA**.....70,000
RED JAVA CHAI LEMON LICORICIOUS
HOLY BASIL RISE AND SHINE
RECOVERY MATCHALINA
DIGESTIVE WELLNESS ROSELLAMON

- PREMIUM CHINESE TEA KOMBUCHA**.....70,000
JASMINE GREEN PU'ER
HONG CHA TURMERIC VANILLA PU'ER
GINGER HONG CHA

WILD FERMENTED NON-ALCOHOLIC

- ROOT BEER**.....70,000
GINGER BEER
TURMERIC BEER
KENCUR BEER

COFFEE.

- ESPRESSO**.....30,000
SINGLE 30,000
DOUBLE 50,000

- CAPPUCCINO / LATTE**.....60,000
WITH ALMOND / COCONUT / SOY MILK +10,000
ICED +10,000

- LONG BLACK / AMERICANO**.....30,000

- AFFOGATO**.....60,000
DOUBLE ESPRESSO SHOT WITH A SCOOP OF VANILLA ICE CREAM
EXTRA SHOT +10,000
ADD SALTED CARAMEL SAUCE +20,000