



# SUNSHINE KITCHEN

Nourishing heart, body, soul & spirit, one dish at a time.

From 7:30 am to 9 pm, everyday.



Vegan (or vegan option)



Vegetarian (or vege option)



Gluten Free (or gluten free option)



Contains Nuts



Contains Dairy



Nutritional Tips

**++ all the prices are in thousand rupiah and subject to 21% tax and service**



# WELCOME

Welcome to Sunshine Kitchen, a culinary haven at Shanti Boutique Retreat, where locally sourced food meets an awe-inspiring view. Nestled amidst nature, our open-air bamboo-roofed restaurant offers a refreshing atmosphere, featuring communal and individual dining areas. Overlooking picturesque rice fields, our pool area invites relaxation on comfortable loungers, bean bags, or day beds.

Enjoy our vast menu with plant-based and gluten free options, all crafted with love and passion using fresh, locally sourced ingredients.

Immerse yourself in the vibrant flavours and culinary heritage of the region as you savour each dish. At Sunshine Kitchen, we celebrate the joy of dining, daily between 7:30 am and 9:00 pm, and provide a sensory bliss that will leave you with unforgettable memories.



Connect to “Shanti restaurant” & enter :  
**LoveandPeace**


Don't forget to tag us!!

# BREAK THE FAST

## The Scramble Bowl 60k


A hearty and flavorful breakfast bowl featuring fluffy scrambled eggs combined with sautéed mushrooms, savory tapenade, juicy tomatoes, and a vibrant mix of fresh salad greens.

Served alongside a warm slice of sourdough bread (GF option).

 *Sustain your energy levels throughout the morning with our perfect combination of high-quality protein, fibers, and complex carbohydrates.*


## Breakfast Burrito 70k

Our breakfast burrito features homemade BBQ sauce made from red beans, red rice, a scrambled egg, melted cheddar cheese, spinach, tomato salsa, pesto, and mashed avocado, all wrapped in a tortilla. Served with a side of mixed salad.

 *a flavorful fusion of nutrient-dense goodness wrapped in a tortilla hug to nourish body and soul in a playful way.*

## Tropical Shanti Waffle 70k

Crafted from a blend of gluten free flours, our homemade waffle is a delightful treat to enjoy at any time of the day - with 2 toppings of choice. Our spreads : peanut butter or coconut yogurt. Our fruits : banana, mango or strawberries (in season).

 *The perfect fusion of healthy and playful. It's gluten free, it's homemade, and it's made with (a lot of) love.*

## Sourdough Pain Perdu 70k

A timeless classic with a twist!  
Each slice of artisanal sourdough is griddled to golden perfection, served with a vibrant fruit salsa and drizzled with a generous serving of honey.

 *A little taste of childhood to nourish the soul and the body.*

## Fruit Platter 45k


Seasonal sun-kissed island fruits - ask for our selection!

 *Pure gift of hydration from Mama Bali!*

## Creamy avocado toast 75k


A symphony of flavors and textures! On a base of crispy sourdough, the chef layer a generous serving of creamy smashed avocado, topped with blistered tomatoes, sautéed spinach and our homemade pesto.

Add a protein boost - 2 eggs your way +20k

 *Heart-healthy fats from the avocado, colorful vitamins from tomatoes and spinach, slow carbs and fibers from the bread, and essential amino acids from the eggs. What else could you ask for?*


## Shanti Nasi Goreng 80k

The Indonesian classic, the healthy way. A fragrant fried red rice with an abundance of fresh vegetables, and your choice of chicken or protein-rich tofu. Topped with a vibrant sunny side up egg.

 *Provides a wealth of essential vitamins, minerals, dietary fibers and lean protein.*

## Eggs your way 65k

Be the chef of your own morning masterpiece!  
Choose from poached, scrambled, fried or fluffy omelette - cooked to perfection, just the way you like it!  
Served with sautéed vegetables and a slice of sourdough bread.

 *Eggs are nutritional powerhouse, providing high-quality protein, essential vitamins, and minerals like vitamin B12, selenium and choline.*


## Smoothie bowls 75K

Need refreshment? Fall for our smoothie bowls, each bursting with unique flavors and wholesome ingredients to brighten your day!

- **Tropical Paradise** : a blend of our favorite island fruits - banana, mango and dragon fruit.
- **Peanut butter-Chocolate** : smooth peanut butter meets sweet bananas and decadent cacao.

Both topped with fresh fruits & granola - yummm!!

Gluten free? Swap your granola for crispy nuts!

 *A fantastic way to pack in nutrients & vitamins while satisfying your cravings.  
Enjoy our bowls as a refreshing breakfast, snack or post-workout fuel!*



# Starters

## Homemade Classic Hummus 🌱 🌿 80k

Creamy blend of homemade chickpeas hummus served with warm artisanal sourdough (GF option).

To share - or not!

📖 *Chickpeas have a low glycemic index - and even if we are absolutely all about sweetness, we want to keep that blood sugar stable. Plus, they are nutrient-dense and high in fiber and protein.*

## Mango Tango Rolls 🥑 🌱 🌿 60k

A fusion of fresh vegetables, mango & aromatic herbs wrapped in delicate rice paper.

Served with Chef Nyoman's secret sauce (contains nuts).

📖 *What a fun way to get your vitamins and minerals, helping maintaining fluid balance in the body - all rolled up in a light rice paper.*

## Tuna Carpaccio 🌱 80k

Thinly sliced tuna drizzled with olive oil, zesty capers, onions and crunchy arugula.

Served with hearty rye bread (GF option).

📖 *Our locally sourced tuna is an excellent source of high-quality protein, promoting fullness and satiety and also rich in omega-3 fatty acids, reducing inflammation in the body.*

## Tropical Fusion Tartar 🌱 🌿 80k

Harmonious blend of ripe mango & creamy avocado, with zesty lime and fragrant herbs.

Served with a slice of our artisanal rye bread (GF option).

📖 *Mangoes are rich in vitamin C, A and beta-carotene - but also, let's be honest, they are delicious! Avocados are full of healthy fats, and vitamin E, helping protecting the skin from oxidative stress.*

# PRELUDES

from 11am until late

## The famous Gado-Gado 🌱 🌿 🥑 65k

An authentic Indonesian delight composed of steamed vegetables, tempeh & tofu, boiled egg, all elegantly served with our homemade creamy peanut butter sauce.

📖 *Peanuts are rich in oleic and linoleic acid, improving cholesterol levels and stabilizing blood sugar. Plus, they contain tryptophan, a precursor to serotonin helping regulate mood and promote relaxation.*

# Soups

## Coconut-Kissed Pumpkin Soup 🌿 🌱 75k

Creamy blend of roasted pumpkin with a dollop of creamy coconut. Served with a slice of sourdough (GF option).

📖 *Enjoy the grounding properties of pumpkin, promoting feelings of stability, rootedness and balance within the body.*

## Broccoli Velvet Soup 🌿 🌱 80k

Velvety green soup topped with earthy cassava roots & swirls of coconut cream.


Served with a slice of sourdough (GF option).

📖 *Broccoli supports the body's natural detoxification processes by supporting the liver. Rich in antioxidants, including vitamin C, flavonoids and carotenoids, it helps reduce inflammation and promotes overall health.*



## Green Curry Bowl 110k


Fragrant Thai-inspired delight filled with lots of vegetables and topped with creamy avocado. Customize your bowl with your choice of grilled chicken, fish or tofu.

 *With a variety of herbs and spices, this dish is truly a potion of antioxidants and anti-inflammatory, helping to neutralize free radicals in the body and reduce inflammation. Plus, it supports immune system and digestion. What else?*




## Chef Cakra's Gulai 125k

Indonesian spiced curry with vegetables with your choice of grilled chicken, fish or tofu. Add red or white rice +10k.

 *The combination of spices and coconut milk have beneficial effects on digestion, providing a grounding and nourishing meal for body and soul.*


## Pan-seared Chicken Breast 110k

Tender chicken breast accompanied by vibrant sautéed broccoli and a velvety cassava purée, and finished with a delightful tomato basil sauce.

 *This dish offers a harmonious balance of lean protein, healthy carbohydrates and nutrient-rich vegetables.*

## Avocado Glazed Grilled Chicken 110k

Grilled chicken breast, generously coated with a velvety blend of coconut yogurt, avocado and subtle hints of ginger. Served with steamed vegetables. Contains cashews!

 *Our velvety blend is a flavorful and nutrient-dense concoction: dairy-free probiotics with our coconut yogurt, healthy-fats with avocado and digestive aid with ginger.*




# MAIN ATTRACTION

from 11am until late

## Grilled fish of the day 125k

Tender fish grilled to perfection served with a succulent red pepper sauce. Served with sautéed vegetables and your choice of creamy pumpkin, or sweet potatoe purée.

 *Red peppers are rich in antioxidants, vitamins A & C and beta-carotene, supporting hearth, eye, and digestive health and immune function. Plus, their red color is divine!*


## Grilled Salmon with Chimichurri 130k

Grilled salmon served sautéed vegetables, velvety cassava purée and topped with a delicious chimichurri sauce.

 *Salmon is one of the best sources of omega-3 fatty acids, known for their anti-inflammatory properties. Nutritious and delicious!*


## Shanti Nasi Goreng 110k

Fragrant Indonesian fried rice tossed with fresh vegetables, your choice of chicken or tofu, topped with a sunny side up egg. Choose red or white rice.

 *Provides a wealth of essential vitamins, minerals, dietary fibers and lean protein.*


## Pad Thai 110k

A classic Thai favorite mixing tender rice noodles stir-fried with a medley of fresh vegetables, a scrambled egg and your choice of chicken satay or tofu-tempeh satay.

 *This dish has the perfect balance of sweet, salty, sour and savory flavors, satisfying your taste buds in a nourishing but balanced healthy way.*


## Grilled Chicken Sandwich 95k

Juicy grilled chicken breast nestled between slices of hearty sourdough bread, layered with creamy avocado, cheddar cheese, vibrant sautéed spinach, ripe tomato slices and a savory onion marmalade. Finished with a dollop of vegan mayonnaise for the perfect touch of creaminess.

 *Satisfy your cravings with this flavor-packed sandwich that's as wholesome as it is delicious!*


## Classic Hummus Sandwich 85k

A delightful fusion of flavors and textures with our creamy homemade chickpea hummus, juicy tomato slices, aromatic pesto, creamy avocado and rocket leaves.

 *Each bite is a harmonious blend of wholesome ingredients that will leave you craving more! Enjoy the goodness of this timeless favorite!*

## BBQ Bliss Burrito 85k

Homemade BBQ beans sauce, sautéed mushrooms, caramelized onions, cheddar cheese, spinach, zesty tomato salad and creamy smashed avocado, all wrapped up in a warm tortilla.


 *Satisfy your tastebuds with this irresistible combination of rich yumminess!*

Our burrito and sandwiches come with your choice of :  
cajun potatoes wedges, french fries or sweet cassava fries.

# PLAYFUL FOOD

from 11am until late

Red rice	15k
White Rice (*)	10k
Potatoe Wedges	35k
Sweet Cassava Wedges	35k
French Fries	35k
Swap for GF bread	+10k
Extra 2 eggs	20k

 (\*) Experience the true taste of authenticity with our white rice, meticulously cultivated in the fields right beside Sunshine Kitchen, harvested at peak ripeness, and served fresh from the paddies to your plate.



# FEELING SWEET?

## Raw Chocolate Fudge Cake 70k

Guilt-free indulgence made from wholesome ingredients

- cashews, almonds, dates & rich cacao.

**A must-try!**

 *"Stressed spelled backwards is desserts. Coincidence? I think not!"*

## Raw Matcha Cheesecake 70k

Decadent raw and vegan "cheese" cake crafted with creamy

cashews, infused with ceremonial

matcha, on an almond pulp crust.

 *"Dessert is like a feel-good song, and the best ones make you dance"*

## Classic Mango Cheesecake 70k

Classic cheesecake on a delicious biscuit base, adorned

with a luscious mango sauce.

 *"There is no such thing as 'too much dessert'"*





# Cozy Classics : our hot beverages

brewed all day

Espresso 30k

Long Black 30k

Latte, Cappuccino, Mocha 45k

*Choose hot or iced*

Azteka Ceremonial Cacao 50k

*Made with superfoods to enhance your day - reishi, maca, carob, honey & coconut oil*

Matcha Latte 45k

*Made with Ceremonial Uji Matcha*

Lime infused tea 35k

Ginger tea

Green tea

*Choose hot or iced*

## Plant-based milks:

*Oat or soy milk +10k*

*Homemade Almond milk +15k*

## Switch for a large cup +10k

*Because sometimes, we just need an extra large coffee!*



# Nutrient Nectars

squeezed & blended all day

## Tropical fresh juice 35k

*Choose one or more from banana, pineapple, watermelon, papaya, mango, dragon fruit*

## Mocktails 45k

### Sea Breeze

*Cranberry juice, guava, orange, lime juice*

### Lime Squash

*Fresh lime, tonic water, honey*

### Ginger Rosca

*Orange juice, fresh lime, tonic water*

### Virgin Strawberry Colada

*Fresh pineapple, strawberry, coconut cream*

## Smoothies 50k

### Tropical Island Dream

*Banana, mango, dragon fruit and almond milk*

### Strawberry Swirl

*Strawberry, plain or coconut yogurt, vanilla extract, almond milk*

### Cacao Elixir

*Banana, cacao powder, maca, almond milk  
Add extra peanut butter + 10k*

## Freshly squeezed 40k

### The Original Jamu : Bali famous healing drink!

*Fresh turmeric, lime juice & honey*

### Green Essence

*Apple, bokchoy & mint*

### Red Elixir

*Beetroot, carrot & mint*

### Golden Refresher

*Pineapple, carrot juice*

## Da•Cha Sparkling Tea 50k

*We found the best kombucha on the island - a tangy, effervescent beverage crafted from fermented tea, boasting a rich probiotic profile and a refreshing taste.*

### Gold

*Premium black & green tea mixed with energizing **oolong** & **osmanthus flowers***

### Red

*Premium black & green tea mixed with calming **rosella hibiscus** & **forest berries***

## H2O

### Balian Sparkling Water

### Balian Still Water

25k

### Fresh Young Coconut



# Cheers & Charms

Wine by bottle

350k

**Hatten wine Rosé**  
**Hatten wine Aga White**  
**Hatten wine Red**

Soft Drinks

20k

**Coca-cola Zero**  
**Sprite**  
**Schweppes Tonic Water**

Wine by glass

70k

**Hatten wine Rosé**  
**Hatten wine Aga White**  
**Hatten wine Red**

Beer Bintang small

35k





## A LITTLE NOTE...

From concept to creation, our menu is a collaboration between our owner, Shannon, our chef, Nyoman, and the artistic touch of Sarah.



We strive to provide you with the best dining experience possible. Your satisfaction is our priority.

Please feel free to share any feedback you may have with us - it helps us grow and improve to better serve you.

Thank you for choosing Sunshine Kitchen





# SEASONAL CREATIONS



## **MEDITERRANEAN GARDEN PIZZA**

*A crisp, stone-baked dough topped with a rich tomato base, sautéed mushrooms, zucchini, roasted eggplant, onions, and melted mozzarella.*

**95K++**

## **CHICKEN BOLOGNESE GNOCCHI**

*Delicate homemade potato gnocchi, lovingly paired with a rich chicken Bolognese sauce and finished with crumbled feta cheese.*

**105K++**

## **CLASSIC CHOCOLATE BROWNIE**

*Indulge in a rich, fudgy brownie made with premium butter, sugar, and chocolate, crafted to perfection and served warm and drizzled with chocolate sauce.*

**70K++**



++ ALL THE PRICES ARE IN THOUSAND RUPIAH AND  
SUBJECT TO 21% TAX AND SERVICE