



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 75k


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 80k

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 75k

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 spread : peanut butter.

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 50k


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

 *Pure gift of hydration from Mama Bali!*

Creamy avocado toast 90k


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, mushrooms, 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 75k

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 80K

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 80k

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.*

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 80k


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.*




MAIN ATTRACTION

from 11am until late

Green Curry Bowl 125k


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 135k

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 125k

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.*

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 140k

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 120k

Fragrant Indonesian fried rice tossed with fresh vegetables, your choice of chicken or tofu, topped with a sunny side up egg and served with 2 chicken satay. Choose red or white rice.

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



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
Sourdough	15k



() 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 75k

Guilt-free indulgence made from wholesome ingredients
- cashews, almonds, dates & rich cacao.

A must-try!

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

Classic Chocolate Brownie 70k

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

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

Classic Mango Cheesecake 75k

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

Ceremonial Cacao 60k

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

Matcha Latte 45k

Made with Ceremonial Uji Matcha

Lime infused tea 35k

Ginger tea

Green tea

English Breakfast

Choose hot or iced

Plant-based milks:

Oat, Almond +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

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, coconut cream, 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

Aqua Reflections Sparkling Water

Aqua Reflections 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, Putu, 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

