

# BREAKFAST

All Day

## Savory

-  **CHILLI SCRAMBLE**  GFO, VG 85K  
Scrambled Eggs (3), Fresh Chilli, Feta Cheese, Charred Corn, Spring Onion, Sriracha Mayo, Sourdough  
+ Bacon 20K  
+ Avocado 10K
- AVO TOAST** GFO, VG 80K  
Sourdough Topped with Infused Avocado, Cherry Tomatoes, Feta, Dukkah & Pasture Raised Poached Eggs (2)  
+ Bacon 20K
-  **ROSTI BENNY** GF 90K  
Crispy Golden House-Made Potato Rosti, with Pasture Raised Poached Eggs (2), Bacon, Sautéed Spinach drizzled with Silky Hollandaise Sauce  
+ Avocado 10K
-  **PESTO OMLETTE** GFO, VG 85K  
Fluffy Pasture-Raised Eggs (3) with Tomato, Onion, Mushroom, Zucchini, Garlic and Feta, served with House-Made Basil Pesto and Toasted Bruschetta Sourdough  
+ Cheese 15K  
+ Avocado 10K
- BREKKY BURGER** GFO 85K  
Crispy Bacon, House-Made Golden Hashbrown, Cheddar Cheese, Over-Easy Pasture Raised Egg (1), Tomato Relish, House-Made Aioli  
+ Avocado 10K
- SMASHING PUMPKINS** GFO, VG 80K  
Sweet and Spiced Roast Pumpkin, Smashed On Sourdough, Topped with Free Range Poached Eggs (2), Bacon, Feta Cheese & Balsamic Glaze
- PROTEIN PLATE** GF 85K  
Juicy Beef Patty (1), Pasture Raised Eggs cooked Over-Medium (1), Sliced Avocado, Sautéed Spinach, Garlic Mushroom & Feta Cheese  
+ Double Protein (Beef Patty + Egg) 45k  
+ Sourdough / GF 10K

## Sweet

-  **PROTEIN PANCAKES** GF 100K  
Collagen Protein, Egg, Banana Flour, Cassava Flour Pancakes with Caramelized Banana, Candied Nuts, Dark Chocolate Shavings, Blueberry Compote, Raw Honey
- APPLE CINNAMON CUP** GF, VG 65K  
Chilled Apple-Cinnamon Oats, Layered with Raw Honey, Coconut, and House-Made Granola
- THINK PINK** GF, V 70K  
Creamy Coconut Chia with Frozen Dragon Fruit, Banana & Blueberry Sorbet
- SNICKERS WHIP** GF, V 70K  
Chocolate (Cacao) Banana Whip, with Peanut Butter, Chewy Dates, House-Made Granola + Dark Chocolate Shavings
- GREEN GODDESS** GF, V 70K  
Creamy Green Blend of Avocado, Frozen Banana and Spinach, topped with House-Made Granola, Kiwi & Chia
- ACAI BOWL** GF, VG 90K  
Acai, Blueberry, Strawberry, Banana, Raw Honey, Topped with Fresh Banana, Shredded Coconut & House-Made Granola
- TASTE THE RAINBOW** GF, V 65K  
Tropical fruit platter with seasonal mixed fruits

## Customize Your Dish

Don't like something?  
No Problem! - Change it for something else.

All of our meals can be changed and customized to your preference + dietary & allergy requirements.

All prices are in IDR and subject to 16% tax & service charge

# ALL DAY

11AM - CLOSE

## Appetizers

**SALT & PEPPER CALAMARI** GF 80K

Crispy, Tender Squid Seasoned To Perfection, Resting on Romaine and Paired with House-Made Paprika Aioli.

**SPICED CAULIFLOWER BITES** GF, V 60K

Crispy, Golden Cauliflower with a Spicy Kick, Cooled By Fresh Cucumber and Sweet-Sour Sauce.

**FRESH SPRING ROLL** GF 65K

Prawn or Chicken Rice Paper Wraps Filled with Baby Romaine, Julienned Carrot & Cucumber, Red Onion, Spring Onion, and Succulent Prawns, Fresh Mint, Coriander, and Basil with Homemade Peanut Sauce

**CHICKEN SATAY** GF 70K

Juicy Grilled Chicken Skewers (150g) Slathered In Our Rich, Velvety Peanut Sauce, served with Fluffy Rice

## Bowls

**EVERYDAY HARVEST SALAD** GF, V 60K

Roast Pumpkin, Marinated Beets, Spinach, Broccoli, Slaw, Toasted Coconut, Crunchy Seeds & House Made Pesto Dressing  
+ Chicken Breast (100g) 30K  
+ Feta 15k

**HOUSE CAESAR SALAD** GF 80K

Crispy Romaine, Bacon, Chicken Breast (100g), Parmesan, Golden Garlic Croutons & House-Made Samara Dressing

**ASIAN LEMONGRASS SALAD** GF 80K

Zingy Slaw, Glass Noodles, Fresh Herbs, Drenched In a Bright, Fragrant Asian Dressing, and Your Choice of Protein – Chicken or Beef (100g)

**MEXICANA** GF 90K

Seasoned Chicken (100g), Romaine, Grilled Peppers, Corn Salsa, Avocado, & Feta Cheese Tossed In A Zesty Green Chili Chipotle Mayo

**TUNA POKE BOWL** 90K

Sashimi-Style Tuna Tossed in Sesame Marinade with Edamame, Broccoli, Cucumber, Pickled Pineapple, Carrot and Jicama served with Brown Rice

## Burgers

 **BIG BUSTER** 100K

Juicy 150g grilled chicken breast, crispy bacon, melted cheddar, fresh tomato, crisp romaine, and house-made slaw. Finished with our signature sauce and served on a toasted bun with a side of golden hand-cut fries.

**BEEF BURGER** 110K

Beef patty (100g) with grilled cheddar, crispy bacon, caramelised onion, fresh lettuce, tomato, tomato sauce, and mustard. Served with hand-cut fries.

## Mains

 **NASI GORENG** VG 85K

Indonesian Classic Fried Rice with Vegetables and Fried Egg On Top, Prawn Crackers.  
+ Chicken 30K

**GREEN CURRY** GF 85K

Fragrant Green Curry with Chicken, Tender Veggies, and Kaffir Lime Leaf in a Creamy Lemongrass-Infused Coconut Sauce and fluffy White Rice

**YELLOW CURRY** GF 85K

A Balinese-style yellow coconut curry with Chicken, slow-cooked with tender Potato, Carrot, Onion, and Broccoli and served over fluffy White Rice.

**PAD THAI** GF 85K

Sweet, Tangy, and Savory Rice Noodles Tossed with Chicken, Egg, and Veggies in our House-Made Pad Thai Sauce

**FISH & CHIPS** GF 90K

Crispy Barramundi Fillet, Golden Hand-Cut Fries, Smoky Paprika Aioli

 **GRASS FED TENDERLOIN (NZ)** GF 295K

Juicy Beef Tenderloin (200g), Roasted Garlic Sweet Potato Purée, Charred Broccolini, Garlic & Herb Chimichurri, Golden Hand-Cut Fries

# VEGAN

## Savory

AVO TOAST GF 85K

Sourdough Topped with Infused Avocado, Cherry Tomatoes, Dukkah & Sautéed Mushrooms

ROSTI BENNY GF 90K

Crispy Golden House-Made Potato Rosti, with Sautéed Spinach, Roasted Tomatoes drizzled with Vegan Pesto

SMASHING PUMPKINS GFO, VG 80K

Sweet and Spiced Roast Pumpkin, Smashed On Sourdough, Topped with Tofu & Balsamic Glaze

PROTEIN PLATE GF 80K

Seasoned Tempe, Cooked Tofu, Sliced Avocado, Sautéed Spinach, Garlic Mushroom & Roasted Tomatoes

## Sweet

APPLE CINNAMON CUP GF 65K

Chilled Apple-Cinnamon Oats, Layered with, Coconut, Seasonal Fruit and House-Made Granola

THINK PINK GF 70K

Creamy Coconut Chia with Frozen Dragon Fruit, Banana & Blueberry Sorbet

SNICKERS WHIP GF 70K

Chocolate (Cacao) Banana Whip, with Peanut Butter, Chewy Dates, House-Made Granola + Dark Chocolate Shavings

GREEN GODDESS GF 70K

Creamy Green Blend of Avocado, Frozen Banana and Spinach, topped with House-Made Granola, Kiwi & Chia

ACAI BOWL GF 95K

Acai, Blueberry, Strawberry, Banana, Topped with Fresh Banana, Shredded Coconut & House-Made Granola

TASTE THE RAINBOW GF, V 65K

Tropical fruit platter with papaya, dragon fruit, watermelon, and banana

## All Day 11AM - CLOSE

SPICED CAULIFLOWER BITES GF, V 60K

Crispy, Golden Cauliflower with a Spicy Kick, Cooled By Fresh Cucumber and Sweet-Sour Sauce.

FRESH SPRING ROLL GF, V 65K

Rice Paper Wraps Filled with Crisp Baby Romaine, Julienned Carrot and Cucumber, Red Onion, Spring Onion, Tofu, Fresh Mint, Coriander, and Basil. Served with a Sweet Peanut Dipping Sauce

EVERYDAY HARVEST SALAD GF, V 60K

Roast Pumpkin, Marinated Beets, Spinach, Broccoli, Slaw, Toasted Coconut, Crunchy Seeds & House Made Vegan Pesto Dressing  
+ Tempe or Tofu 25K

ASIAN LEMONGRASS SALAD GF 80K

Zingy Slaw, Glass Noodles, Fresh Herbs, Drenched In a Bright, Fragrant Asian Dressing, and Your Choice of Protein Tempe or Tofu

TOFU POKE BOWL 85K

Marinated Tofu Tossed in Sesame Dressing with Edamame, Broccoli, Cucumber, Pickled Pineapple, Carrot and Jicama served with Brown Rice and Salad

VEGAN NASI GF 85K

Indonesian Classic Fried Rice with Vegetables and Tofu, Prawn Crackers

GREEN CURRY GF 85K

Fragrant Green Curry with Tofu, Tender Veggies, and Kaffir Lime Leaf in a Creamy Lemongrass-Infused Coconut Sauce

PAD THAI GF 85K

Sweet, Tangy, and Savory Rice Noodles Tossed with Tempeh, Tofu, and Veggies in our House-Made Pad Thai Sauce

All prices are in IDR and subject to 16% tax & service charge

# BUILD YOUR OWN

Bowl  Plate

## PROTEIN

- Eggs, Pasture Raised (2 pc)** P: 13g | C: 1g | F: 10g | Cals: 140 **20k**
  - Poached  Sunny Side Up  Scrambled
  - Over Easy / Medium  Hard Boiled  Omelette
- Chicken Breast (150g)** P: 39g | C: 0g | F: 4g | Cals: 200 **35k**
- Beef – Grass Fed (100g)** P: 30g | C: 0g | F: 20g | Cals: 300 **40k**
  - Patty  Mince  Lemongrass Beef
- Tenderloin Strips (100g)** P: 26g | C: 0g | F: 10g | Cals: 210 **120k**
  - Rare  Medium Rare  Medium  Medium Well
- Tuna (100g)** **35k**
  - Fresh  Seared  With Soy & Ginger Marinade
- Bacon (2 pc / 30g)** P: 7g | C: 0g | F: 9g | Cals: 110 **20k**
- Tofu (150g)** P: 15g | C: 6g | F: 9g | Cals: 160 **35k**
  - Firm  Scrambled
- Tempeh (50g)** P: 10g | C: 6g | F: 6g | Cals: 160 **10k**
- Edamame (50g)** P: 5.5g | C: 4.5g | F: 2.5g | Cals: 60 **15k**

## CARBS

- White Rice (100g)** P: 2.5g | C: 28g | F: 0.2g | Cals: 130 **10k**
- Quinoa (50g)** P: 2g | C: 10g | F: 1g | Cals: 60 **10k**
- Roasted Sweet Potato (100g)** P: 2g | C: 20g | F: 0g | Cals: 90 **15k**
- Roasted Pumpkin (100g)** P: 2g | C: 10g | F: 0g | Cals: 45 **15k**
- House Made Rosti (1pc / 100g)** P: 3g | C: 25g | F: 8g | Cals: 180 **15k**
- Zoodles (150g)** P: 2g | C: 4g | F: 0g | Cals: 25 **15k**
- Sourdough (2 slices)** P: 8g | C: 38g | F: 2g | Cals: 200 **30k**
  - Gluten Free
- Raw Honey (30ml)** P: 0g | C: 17g | F: 0g | Cals: 65 **15k**

## VEGGIES

- Fresh Mix Salad (70g)** P: 1.5g | C: 2g | F: 0.2g | Cals: 15 **15k**
- Spinach Fresh (50g)** P: 1g | C: 1g | F: 0g | Cals: 10 **10k**
- Spinach Sautéed (80g)** P: 3g | C: 4g | F: 0g | Cals: 30 **10k**
- Tomato (50g)** P: 0.5g | C: 2g | F: 0g | Cals: 10 **10k**
  - Fresh  Grilled
- Steamed Broccoli (50g)** P: 1g | C: 3g | F: 0g | 20Cals: **15k**
- Sautéed Mushrooms (60g)** P: 2g | C: 2g | F: 0g | Cals: 20 **10k**
- Grilled Zucchini (100g)** P: 2g | C: 3g | F: 0g | Cals: 20 **15k**
- Grilled Onions (50g)** P: 0.5g | C: 5g | F: 0g | Cals: 20 **10k**
- Grilled Mix Veggies (100g)** P: 3g | C: 7g | F: 1g | Cals: 50 **20k**
- Grilled Corn (50g)** P: 2g | C: 9g | F: 1g | Cals: 50 **10k**
- Roasted Beetroot (50g)** P: 1g | C: 5g | F: 0g | Cals: 25 **25k**
- Pickled Carrots (50g)** P: 1g | C: 3g | F: 0g | Cals: 15 **15k**
- Pickled Pineapple (50g)** P: 0.3g | C: 13g | F: 0g | Cals: 55 **15k**
- Fresh Tomato Salsa (50g)** P: 1g | C: 4g | F: 0g | Cals: 20 **20k**
- Chickpeas (50g cooked)** P: 4.5g | C: 14g | F: 1.5g | Cals: 80 **25k**

## FATS

- Avocado (70g)** P: 2g | C: 4g | F: 10g | Cals: 120 **20k**
- Guacamole (70g)** P: 2g | C: 4g | F: 10g | Cals: 120 **20k**
- Grass-Fed Butter (30g)** P: 0g | C: 0g | F: 24g | Cals: 215 **20k**
- Grass-Fed Beef Tallow (5g)** P: 0 | C: 0 | F: 5 | Cals: 45 **10k**
- Feta (15g)** P: 2g | C: 0g | F: 3g | Cals: 40 **25k**
- Cheddar (30g)** P: 7g | C: 0g | F: 9g | Cals: 110 **20k**

## DRESSINGS

- Olive Oil & Lemon (30ml)** P: 0g | C: 0g | F: 14g | Cals: 125 **20k**
- Chilli Mayo (30g)** P: 1g | C: 1g | F: 12g | Cals: 120 **15k**
- Chipotle De Mayo (40g)** P: 0.8 g | C: 5 g | F: 0.2 g | Cals: 27 **15k**
- Balsamic Vinaigrette (30ml)** P: 0g | C: 6g | F: 5g | Cals: 70 **25k**
- House Made Pesto (30g)** P: 2g | C: 2g | F: 9g | Cals: 100 **25k**
- Peanut Sauce (40g)** P: 4g | C: 8g | F: 8g | Cals: 120 **10k**
- Samara Signature Aioli (40g)** P: 1g | C: 1g | F: 12g | Cals: 120 **25k**
- Chimichuri (40g)** P: 0.5g | C: 2g | F: 8g | Cals: 80 **20k**

## Why Samara Table Exists

Too many places in Bali prioritise profit over health.

They use recycled seed oils that create inflammation.  
They cook on cheap aluminium pans that leach heavy metals.  
They choose low-quality ingredients for margin, not nourishment.

We believe food is not just fuel.  
It's medicine.  
It's long-term health.

Health Is the Ultimate Wealth.

## Why We're Different

**Free-Range Eggs** - Naturally varied diets mean varied yolks and sizes – a sign of real, nutrient-dense food.

**Grass-Fed Beef** - Higher in nutrients, richer in flavour, and lower in inflammation.

**House-Made Dressings & Sauces** - Made in-house using extra-virgin olive oil.  
Everything you need. Nothing you don't.

**No Inflammatory Oils** - We cook with coconut oil, extra-virgin olive oil, grass-fed butter, or tallow  
(except for the deep fryer).

**No Refined Sugar** - Sweetened naturally with honey, dates, and stevia.

**Naturally Gluten-Free Menu** - Designed that way – not as a trend.

**Exceptional Coffee** - Carefully sourced, expertly roasted, and brewed with intention.

## What You Don't See Matters

No plastic cutting boards.  
No aluminium cookware.  
No non-stick pans.  
No microplastics.  
No heavy metals.  
No forever chemicals.

All produce is pre-washed using **reverse-osmosis water**  
– because Bali tap water has no place near your food.

Every decision at Samara Table is intentional.  
Because how food is sourced, cooked, and served matters.

**Eat well. Feel better. Live longer.**