



# THE TASTE OF HAPPINESS

Restaurant  
Menu



All of our food is made with LOVE and served with HEART.

[www.udara-bali.com](http://www.udara-bali.com)





## Welcome to The Organic Ocean Restaurant

At Organic Ocean we care about making delicious food and care about for you, our community and mother earth! Balinese Hindu believe in reincarnation and karma. Your body is the temple of your soul. So nourish it with good health, happy thoughts and positive energy.

We are lucky to be located in Seseh, one of the few traditional Balinese fishing villages remaining on the island. If you get up early in the morning (we mean really early!!!) you might even see the village fishermen going out to sea on their boats to catch different kinds of seafood, as they have for many generations.

As part of our environmental commitment we try to make our food as sustainable as possible. Our seafood comes from the Seseh fishermen's fresh catch of the day. And all of our fruits and veggies come directly from the organic farm of Bedugul hills.

Our seafood, vegetarian and vegan options are all both healthy and delicious. We prepare them freshly each day and do not use any additives, preservatives or colourings. However we never compromise flavour, and make all of our meals of the highest quality.

Our menu is inspired by the best of the world, with Mediterranean, Middle Eastern, Japanese and of course Balinese dishes, for everyone to find their favourite.

We are aware that as unique individuals we all have different needs and preferences, so if you have any issues with food allergies or ingredients you dislike, please let us know! We will try to accommodate you as best as possible.

All of our food is made with LOVE and served with HEART.

Enjoy the feast!

The Organic Ocean Team

# BREAKFAST

From 07.30 am – 12.00 pm

70K

## Udara Omelette (VGT / GF)

Eggs, Sautéed Spinach, Mushrooms, Feta Cheese.

## Green Veggie Benedict (VGT / GF)

Eggs, Asparagus, Edamame, Feta Cheese, Hollandaise on Multigrain Toast.

## Scrambled Spicy Tofu (VG / GF)

Tofu spiced with Turmeric, Sliced Avocado, Tomatoes, Chives on Multigrain Toast.

## Avocado Mash on Toast (VGT / GF)

Poached Eggs, Avocado mash, Cherry Tomato, Lettuce, Feta Cheese, Balsamic Reduction on Multigrain Toast.

## Waffle of Life (VGT)

Golden Waffle, Banana, Strawberry, Cinnamon, Honey.

## Beetroot Tropical Pancake (VGT)

Pancake with Tropical Fruits, Cinnamon, Honey.



75K

## SUPER SMOOTHIE BOWLS

### Spirulina Power (VG / GF)

Spirulina, Banana, Coconut Milk, topped with Chia Seeds, Strawberry, Banana, Dry Coconut.

### Tropical Summer (VG)

Pineapple, Mango, Papaya, Coconut Milk, topped with Granola, Mango, Banana, Dry Coconut.

### Berry Bliss (VG)

Mixed Berries, Granola, Banana, Coconut Milk, topped with Pitaya, Banana, Raisins, Dry Coconut.

### Chocobana (VG / GF)

Banana, Raw Chocolate, Mint, Peanut Butter, Coconut Milk, topped with Banana, Raisins, Strawberry, Dry Coconut.



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# STARTER



85K

## From the Ocean

### Salt & Pepper Squid (GF)

Squid, Mixed Salad, Peppercorn, Crispy Chips, Spicy Chili Mayo.

### Prawn Crostini (GF)

Herbs Seasoned Prawns with Guacamole Spread, Basil, Tomato Salsa on gluten-free Multigrain Toast.

### Mahi Mahi Cabbage Taco

Breaded Mahi Mahi, Crunchy Veggie Coleslaw, Spicy Mayo.

### Tuna Tataki (GF)

Seared Sesame Crusted Tuna with Thai Cucumber Salad, Ginger Soy Sesame Dressing.



80K

## From the Farm

### Tempe Lettuce Wrap (VG)

Pan fried crumbled Tempe in Savory Tamari Sesame Ginger, Carrot, Scallion, Purple Cabbages, Tortilla, Lettuce, served with Coconut Yoghurt.

### Summer Rolls (VG / GF)

Crunchy Rainbow Veggies & Quinoa in Rice Paper Rolls, Turmeric Peanut Sauce.

### Gyoza (VG)

Pan fried Japanese dumplings filled with Mushrooms, Ginger, Leek, served with Ginger Soy Sesame Sauce.

### Crunchy Avocado Hand Rolls (VG / GF)

Avocado, Carrot, Cucumber, Purple Cabbages, Capsicum, Lettuce, Sushi Rice, Nori Wrap, Coconut Yoghurt.

## SOUPS

We make daily fresh, gluten-free yet delicious soup. Please ask our server staff for our soup of the day. Served with garlic butter gluten-free multigrain toast.

- Spicy Red Lentils Soup (VG / GF) 70K
- Pumpkin Coconut Soup (VG / GF) 70K
- Tom Yum Goong 85K  
Thai style soup with prawn, squid, fish, lemongrass, coriander and Thai spice paste.
- Coconut Mushroom Soup (VG / GF) 85K

## SIDES

- Grilled Veggies with Olive Oil (VG / GF) 45K
- Sweet Potato Fries, with Harissa Spicy Mayo (VG / GF) 35K
- Thai Cucumber Salad with Sesame Ginger Dressing (VG / GF) 35K
- Mixed Seasonal Salad, with Honey Mustard Dressing (VG / GF) 35K
- Steamed Vegetables with Peanut Sauce (VG / GF) 45K
- Shirataki Noodles Aglio Olio (VG) 35K

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# MAIN MENU



## Mains from the Ocean

**Coconut Curry Barramundi (GF)** 135K  
Pan-Seared Barramundi Fillet in thick Coconut Tomato Red Curry Broth, served with Shirataki Noodles and Spinach, Basil.

**Garlic Prawns (GF)** 135K  
Sautéed Prawns in creamy Coconut Parmesan, served with Turmeric Pilaf Rice and Sautéed Vegetables.

**Seafood Shirataki Noodles (GF)** 120K  
Stir Fry Seafood Yam Noodles with Chili Sesame Soy, Bok Choy, Mushrooms, Tomatoes, Sprinkled with Sesame Seeds.

**Tomato Feta Fettucine with Prawns** 115K  
Simply Delicious Prawn Pasta Cooked in Creamy Feta Tomato Herbs Sauce.

**Seafood Linguine** 120K  
Classic pasta tossed with Prawns, Squid, Fish with Virgin Olive Oil & Chili.

**Tuna Sambal Matah (GF)** 135K  
Sesame Pan Seared Tuna, Served with Herbs rice, "Urab" Vegetables, Shallot Lemongrass Chili Kefir Lime Relish.

**Satay Lilit (GF)** 120K  
Mahi Mahi fish mash seasoned with yellow Balinese spices, served with Herbs Rice, "Urab" Vegetables.

**Dragon Rolls (GF)** 110K  
Prawn, Cucumber, Avocado, Mango, Capsicum, Carrot, Nori, Rice, Wasabi Pickled Ginger, Soya.

**Skinny Prawn Pad Thai (GF)** 110K  
Poached Prawn, Fresh Zucchini Noodle, Thai Sauce, Coriander, Crumbled Peanut.

## Mains from the Farm

**Spicy Creamy Tofu Stir-Fry (VG / GF)** 110K  
Tossed Tofu with Coconut oil, Garlic, Ginger, Soy, Peanut Tahini Sauce, topped with Coriander, Sesame Seeds served with Coconut Rice.

**Beetroot Veggie Burger (VGT)** 98K  
Black Bun Burger, Beetroot Falafel, Mango, Guacamole, Lettuce, Tomatoes, Cucumber, Spicy Mayo, served with Sweet Potato Fries.

**Goodness Fried Rice (VG / GF)** 98K  
Vegetarian fried Rice made with local Rice, Red bell pepper, Chili, Carrots, Red cabbage, Pineapple, Edamame, topped with Scallion, Cashew Nuts and Sunny Side Egg. \*\*Vegan option without Egg, changed to Garlic Tofu\*\*(VG).

**Bali Curry Noodle Soup (VG)** 98K  
Mixed Seasonal Vegetables cooked in Bali Yellow Curry Broth, served with Garlic Basil Vegan Noodles.

**Vegetable Shirataki Noodles (VG / GF)** 98K  
Yam Bean Noodles cooked with Sesame Soy Sauce, Bok Choy, Carrot, Purple Cabbage, Button Mushrooms, Scallion, Chili, topped with Crispy Tofu, Sesame Seeds.

**Mexican Quinoa Wrap (VG)** 98K  
Black Bean, Quinoa, Corn, Guacamole, Carrot, Purple Cabbage, Capsicum, Mixed Lettuce, Coconut Yoghurt.

**Red Lentil Bolognese (VGT)** 85K  
Red Lentils cooked with Carrot, Tomatoes, Basil, Onion Served With Linguini Pasta.



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# BOWLS



98K

## Bali Bowl (VG / GF)

Seasoned sautéed Tempe, Corn Cake, Purple Cabbage, Tomatoes, mixed Lettuce, Carrot, Cucumber, Red Radish, Coconut Curry Dressing.

## Moroccan Bowl (VG)

Beetroot Falafel, Green Peas Hummus, Mixed Leaves, Grilled Zucchini, Carrot, Peppers, Purple Cabbage, Quinoa, Lemon Mustard Dressing.

## Poke Bowl

Citrus Ponzu shoyu Flavoured Tuna on Rice, Mango, Avocado, Cucumber, Carrot, Purple Cabbage, Edamame, Crispy Seaweed, Spicy Mayo, (VG option comes with Fried Tofu and Soya Sauce instead of Spicy Mayo).

## Green Salad (VG / GF)

Broccoli, Cucumber, Mixed Peppers, Quinoa, Mixed Lettuce, Balsamic Dressing.

## Cauliflower Salad (VG)

Cauliflower, Couscous, Carrot, Red Onion, Mixed Lettuce, Honey Mustard Dressing.

## Spiral Rainbow Salad (VG / GF)

Carrot, Cucumber, Beetroot, Purple Cabbages, Mixed Lettuce, Avocado, Honey Mustard Dressing.

## Prawn Mango Noodle Salad (GF)

Grilled Prawns, Mango, Coriander, Red Chili, Basil Noodles, Tomatoes, Shallot and Sweet Chili Dressing.

(GF - Gluten Free)

(VG – Vegan)

(VGT - Vegetarian)

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# SUPER SMOOTHIE



Golden Healing	65K
Mango Chunks, Pineapple, Banana, Turmeric, Virgin Coconut Oil, Cinnamon, Ginger, Maca Powder, Coconut Milk, Chia Seeds.	
Green Tango	65K
Tangerine, Spirulina, Banana, Coconut Milk.	
The Ultimate Aphrodisiac Maca	65K
Banana, Dates, Peanut Butter, Maca Powder.	
Berry Piña Colada	65K
Pineapple, Banana, Mixed Berries, Flaxseeds, Dates, Ginger, Coconut Milk.	
Lemon Moringa Pie	65K
Spinach, Moringa, Lemon, Coconut Milk, Ginger, Chia.	
Very Berry	65K
Dragon Fruit, Mixed Berries, Honey, Coconut Cream.	
Matcha Bluelicious	65K
Blueberry, Soursop, Matcha, Tangerine, Coconut Milk, Honey.	

MYO 65K  
Make your own smoothie. Pick your favourite fruits and Super Foods, Blend & Enjoy!

Simple Smoothies 58K  
Mango, Banana, Strawberry, Papaya, Soursop.

Juice Booster 68K  
SUPER GREEN

Cucumint  
Cucumber, Mint, Apple, Ginger.

Body Cleanser  
Kale, Pineapple, Cucumber, Lemon, Celery.

Cellulite Killer  
Apple, Pear, Bali Grapefruits, Celery.

Mean Green  
Spinach, Spirulina, Cucumber, Apple, Celery, Ginger, Parsley.

Migraine Reliever  
Pineapple, Kale, Celery, Cucumber, Lemon, Ginger.

The Toxin Killer  
Apple, Moringa, Celery, Cucumber, Spinach, Lettuce.

## REMIXED

Reboot  
Beetroot, Carrot, Apple, Ginger.

Citrus Delight  
Tangerine, Bali Grapefruits, Lime.

Golden Glow Elixir  
Apple, Turmeric, Orange, Ginger.

Kidney Detox  
Carrot, Watermelon, Cucumber, Cilantro.

Heart Beat  
Carrot, Tangerine, Apple, Beetroot, Kale.

Sunny Mint  
Pineapple, Tangerine, Apple, Mint.

Fresh Tropical Juice  
Choose your ingredients:  
Carrot / Apple / Tangerine / Watermelon / Pineapple.



# DRINKS



## Coffee Fix 38K

- Espresso
- Long Black
- Flat White
- Macchiato
- Cappuccino
- Latte
- Classic Bali Coffee

## Latte Remixed 38K

- Pink Beetroot Latte
- Green Matcha Latte
- Detox Japanese Charcoal Latte
- Golden Turmeric Latte
- Chai Latte
- Moonmilk

Soya Milk & Coconut Milk, Ashwaganda Powder, Chai Tea, Virgin Coconut Oil, Blue Matcha, Ginger, Goji Berry.

## Tea 35K

- Black Java Tea
- Green Tea
- Butterfly Peas Flower
- Lime
- Mint
- Lemongrass
- Ginger
- Rosella Flower

## Mineral Water

- Sparkling Water 35K
- Pure Mineral Water 30K
- Hydrogen Water 30K

## Young Coconut 38K

## Soda 35K

- Soda Water
- Ginger Ale

### Choice of Milk

- Whole Milk
- Soya
- Coconut Milk

## Kombucha 40K

A healthy alternative to a regular soft drink, Kombucha is a mix of tea, fermented with a SCOBY (symbiotic colony of bacteria and yeast) that turns into a delicious slightly fizzy probiotic soda. Choose from our unique, yummy tastes such as Ginger-Lime, mixed Berries or Pineapple-Basil.



# DRINKS

## Cocktails

**Pineapple Coconut Mojito** 110K  
Rum, Coconut Liqueur, Pineapple Juice, Mint Leaves, Toasted Coconut Rim.

**Blue Coco Piña** 110K  
Rum, Blue Curacao, Pineapple Juice, Coconut Cream.

**Tangerine Margarita or Classic Lime Margarita. Shake or Frozen Please!** 110K  
Tequila, Triple Sec, Lime, Tangerine Juice, Salt Rim.

**Caipirinha** 110K  
Rum, Lime Wedges, Brown Sugar, Mint, Crushed Ice.

**Caipiroska** 110K  
Vodka, Lime Wedges, White Sugar, Mint, Crushed Ice.

**Frozen Daiquiri** 110K  
Rum and your Favourite flavour of Pineapple, Tangerine, Strawberry, Lemon or Mixed Berries.

**Pineapple Ginger Moscow Mule** 110K  
Vodka, Ginger Juice, Pineapple Juice, Lime Juice, Mint, Soda.

**Ocean Frost Breeze** 110K  
Coconut Rum, Blue Curacao, Pineapple Juice, Mint, Coconut Flakes.

**BINTANG Beer** 35K

**WINE *by Bottle*** 395K

**Plaga Sauvignon Blanc**

- Plaga Cabernet Sauvignon
- Plaga Cabernet Merlot

### By Glass

- Plaga White Blend 75K
- Plaga Red Blend 75K



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