



THE TASTE OF HAPPINESS

Restaurant
Menu

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

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.

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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.



Add ons

- Goji Berries 10gr	25K	- Dates 10gr	15K	- Turmeric 5gr	15K
- Moringa 5gr	25K	- Avocado	25K	- Matcha 5gr	25K
- Spirulina 5gr	25K	- Chia Seeds 10gr	15K	- Charcoal 5gr	25K
- Maca 5gr	25K	- Flax Seeds 10gr	15K		

All prices subject to 11% government tax & 10% service charge.

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, Banana, 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.

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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

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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