



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 Udara’s signature restaurant, we are passionate about creating delicious food while caring for you, our community, and Mother Earth. Guided by the Balinese Hindu belief in reincarnation and karma, we see our body as the temple of our soul—to be nourished with wholesome food, happy thoughts, and positive energy.

We are fortunate to be located in Seseh, one of the few remaining traditional Balinese fishing villages on the island. If you rise early enough, you might catch a glimpse of the village fishermen heading out to sea, continuing the tradition of catching a variety of seafood that has been passed down for generations.

As part of our commitment to the environment, we strive to make our food as fresh and sustainable as possible. While some of our specialty ingredients are sourced from abroad to ensure the highest quality and cater to the diverse palates of our guests from all over the world, the heart of our kitchen comes from the fertile land of Bali. Here, on “The Island of the Gods”, we are fortunate to find an abundance of colorful fruits and vegetables all year round.

We believe food should be as vibrant as the island itself—nourishing to the core and exceptional in flavor. We prepare everything fresh each day, without the use of additives, preservatives, or artificial colorings. Yet, we never compromise on flavor, ensuring that every meal reflects our dedication to preparing food with LOVE and serving from the HEART.

We recognize that everyone has unique tastes and dietary needs. This is why we provide a variety of options, ranging from vibrant plant-based creations to premium poultry and meat dishes, to suit individual preferences while maintaining the same level of freshness and care.

Our menu is inspired by global culinary traditions—from Mediterranean and Middle Eastern to Japanese, Chinese, and Balinese—ensuring everyone can find their favorite. We understand that everyone is unique, so if you have any food allergies or specific preferences, please inform us, and we will do our best to accommodate your needs.

Inspired by the ocean, rooted in the land—may these meals awaken your senses and soothe your soul.

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

Enjoy the feast!

The Organic Ocean Team



Highest Standard of Quality for Your Health

At Udara, we use:

- Himalayan rock salt that contains up to 84 minerals and trace elements
- We cook in pots and pans that are free from Aluminium and Teflon coating
- We use local cold-pressed coconut oil which is the best oil to use raw & heated
- We only use brown coconut sugar & real honey as sweeteners which is much healthier than industrial white sugar
- We strive to source our ingredients local and organic as best as we can to support the economy on the island and serve you food made of vibrant, high quality ingredients
- Our vegetables & fruit are washed in filtered water with added ozone for disinfection
- We provide gluten free options for pasta & bread and many of our dishes can be customized as a vegan vegetarian or vegan version
- You can be sure that we only use real and alive foods free of artificial flavours, colourings or GMO

BREAKFAST

From 07.30 am – 12.00 pm

Udara Omelette (VGT / GF)

Eggs, Sautéed Spinach, Mushrooms, Feta Cheese, Rucola, Sundried Tomato, Lemon Dressing

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, Tropical Fruits, Cinnamon, Honey

Tropical Fruit Pancake (VGT)

Pancake with Tropical Fruits, Cinnamon, Honey

70K



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 Dragonfruit, 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.

RETREAT PACKAGES

BREAKFAST

- Breakfast Menu
- Coffee or Tea
- Juice or Smoothies *by glass*
- Sliced Fruits

LUNCH

- Starter or Dessert
- Main Course
- Juice or Smoothies *by glass*

TEA TIME

- Dessert
- Coffee or Tea

DINNER

- Starter or Dessert
- Main Course
- Juice or Smoothies *by glass*

STARTER



85K

From the Ocean

Salt & Pepper Squid (GF)

Breaded Squid, Lettuce, Mild Chili, Spring Onion, Crushed Black Pepper, 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

Smoked Tuna Tataki (GF)

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

SOUPS

• Spicy Red Lentils (VG / GF) 70K

• Pumpkin Coconut Soup (VG / GF) 70K

• Coconut Mushroom Soup (VG / GF) 80K

**Served with garlic butter gluten free multigrain toast*

• Tom Yum Goong (GF) 85K

Thai style soup with prawn, squid, fish, mushrooms, tomato, lemongrass, coriander and Thai spice paste



80K

From the Farm

Summer Rolls (VG / GF)

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

Crunchy Avocado Hand Rolls (VG / GF)

Avocado, Carrot, Cucumber, Sushi Rice, Nori Wrap, Coconut Yoghurt

Hummus with Pita Bread (VG)

Beetroot Hummus, Mixed Salad, Avocado Tomato Salsa, Pita Bread

SIDES

• Grilled Veggies with Olive Oil (VG / GF) 40K

• Pumpkin Potato Mash (VGT / GF) 40K

• Sweet Potato Fries, with Harissa Spicy vegan Mayo (VG / GF) 35K

• Thai Cucumber Salad with Sesame Ginger Dressing (VG / GF) 35K

• Mixed Seasonal Salad, with Mustard Dressing (VG / GF) 35K

• Steamed Vegetables with Peanut Sauce (VG) 40K

• Shirataki Noodles Aglio Olio (VG / GF) 45K

• Steamed Rice 20K

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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 Cream, served with Turmeric Pilaf Rice and Sautéed Vegetables
- Seafood Shirataki Noodles (GF)** 135K
Stir Fry Seafood, Konjac Noodles with Chili Sesame Soy Sauce, Bok Choy, Mushroom, Tomato, Carrot, Sprinkled with Sesame Seeds
- Tuna Sambal Matah (GF)** 135K
Sesame Pan Seared Tuna, Served with Herbs rice, "Urab" Vegetables, Shallot Lemongrass Chili Kefir Lime Relish
- Seafood Linguine** 120K
Classic pasta tossed with Prawns, Squid, Fish with Virgin Olive Oil, Chili & Parmesan Cheese
- Satay Lilit (GF)** 120K
Mahi Mahi fish mash seasoned with yellow Balinese spices, served with Herbs Rice, "Urab" Vegetables
- Tomato Feta Linguine with Prawns** 115K
Simply Delicious Prawn Pasta Cooked in Creamy Feta Tomato Herbs Sauce
- Calamari Mango Taco** 120K
Flour Tortilla, Breaded Crispy Calamari, Mango Salsa, Carrot, Shredded Cabbage, Red Radish, Thousand Island Sauce, Fresh Coriander

Grilled Prawn Taco 120K
Flour Tortilla, Grilled Prawns, Shredded Cabbage, Carrot, Red Radish, Thousand Island Sauce, Mango Salsa, Fresh Coriander

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) 98K
Tossed Tofu with Coconut Oil, Mixed Vegetables, Garlic, Ginger, Soy Sauce, Peanut Tahini Sauce, topped with Coriander, Sprouts, Sesame Seeds, served with steamed Rice

Goodness Fried Rice (VGT / GF) 85K
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 / GF) 85K
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 Beans, Quinoa, Corn, Guacamole, Bell Pepper, Mixed Lettuce in Flour Tortilla, Crispy Potato Chips, Smashed Avocado and Coconut Yoghurt

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



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MAIN MENU



Japanese Inspired

- Gyoza (VG)** 80K
Pan fried Japanese Dumplings filled with Mushrooms, Ginger, Leek, served with Ginger Soy Sesame Sauce
- Tempura Mushroom Sushi (VG)** 85K
Crispy Button Mushroom, Nori, Rice, Bell Pepper Pickle, Chia Seed Caviar, Vegan Chili Mayo, Pickled Ginger, Wasabi, Soy Sauce
- Dragon Roll** 85K
Prawn, Cucumber, Avocado, Mango, Nori, Rice, Wasabi Pickled Ginger, Soya Sauce
- Teriyaki Mahi-Mahi Sushi** 110K
Mahi-Mahi Fish, Teriyaki Sauce, Nori, Vegan Tartar Sauce, Sprinkles of roasted Sesame, Pickled Ginger, Wasabi, Soy Sauce
- Crispy Calamari Sushi** 110K
Breaded Crispy Calamari, Avocado, Nori, Vegan Thousand Island Sauce, roasted Sesame Seeds, Pickled Ginger, Soy Sauce

Organic Chicken Dishes

- BBQ Chicken Wings (GF)** 95K
Crispy Chicken, glazed Chili Sauce, Roasted Sesame Seeds, Parsley, Remoulade Sauce on the side
- Chicken Cordon Bleu** 135K
Breaded Chicken Breast, Mozzarella Cheese, Mint Yoghurt, Sautéed Garlic Butter Potatoes, Mixed Salad with Lemon Dressing
- Chicken Steak Boneless (GF)** 135K
Grilled boneless Chicken, Mashed Potato, Grilled Carrot, Broccoli, Cherry Tomato, Sliced Red Radish, Creamy Mushroom Sauce
- Tandoori Chicken Kebab** 135K
Boneless Chicken marinated in Tandoori Paste, Yoghurt, Side of Mixed Salad, Mango Chutney, Paratha Bread

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MAIN MENU

Main Course Beef

- Beef Roulade** 195K
Wahgyu Beef, Mashed Potato, Grilled Carrot, Broccoli, Pickled Cucumber, Pickled Carrots, Pumpkin, Cherry Tomato, Sliced Red Radish
- Beef Goulash** 195K
Tenderloin Beef Stew in Brown Sauce, Mixed Diced Bell Pepper, Onion, Garlic, Coconut Yoghurt, served with Linguine Pasta or Shirataki Noodles (GF)
- Thai Beef Shirataki Noodles (GF)** 195K
Grilled Marinated Sliced Tenderloin Beef, Thai Dressing, Carrot, Cucumber, Mixed Lettuce, Coriander Leaf



Burger

- Beetroot Veggie Burger (VG)** 98K
Black Bun Burger, Beetroot Falafel, Mango, Avocado, Lettuce, Tomatoes, Cucumber, Spicy vegan Mayo, served with Potato or Sweet Potato Fries
- Teriyaki Fish Burger** 135K
Mahi Mahi Fish in Beer Batter, Thousand Island Sauce, Rucola, Cabagge, Tomato, Pickled Cucumber, Tomato Ketchup, Potato or Sweet Potato Fries
- Big Beef Burger** 145K
Beef Patty, Mozzarella Cheese, Thousand Island Sauce, Fried Egg, Lettuce, Tomato, Pickled Cucumber, Tomato Ketchup, Potato or Sweet Potato Fries
- Chicken Cheese Burger** 135K
Grilled Boneless Chicken, BBQ Sauce, Mozzarella Cheese, Tomato, Pickled Bell Pepper, Thousand Island Sauce, Lettuce Tomato Ketchup, Potato or Sweet Potato Fries

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MAIN MENU



Chinese Specials

Prawn Dim Sum

Siu Mai dumplings with prawns, Mahi-Mahi, spring onions with spicy red sauce.

95K

Beef Hoisin Ginger on Lettuce Bed

Wok-seared tenderloin slices with shiitake mushrooms, cashews on a bed of lettuce, served with hoisin sauce and shredded crispy potato.

125K

Five-Spice Roasted Chicken

Chicken marinated in a warming five-spice blend and honey, served with sauteed green vegetables.

138K

Chili Prawns (GF)

Prawns tossed in a sauce of bell pepper, red chilies, onion, ginger, and garlic, served with turmeric pilaf rice and steamed bok choy.

135K

Kung Pao Chicken (GF)

Wok-seared Chicken with bell pepper, bok choy, onion and cashew served with steamed rice.

138K

Vegetarian option: served with Tofu instead of Chicken

110K

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BOWLS



Moroccan Bowl (VG) 85K
 Beetroot Falafel, Green Peas Hummus, Mixed Leaves, Grilled Zucchini, Carrot, Bell Pepper, Purple Cabbage, Quinoa, Lemon Mustard Dressing

Poke Bowl 115K
 Citrus Ponzu shoyu flavoured Tuna on Rice, Mango, Avocado, Cucumber, Carrot, Purple Cabbage, Edamame, Crispy Seaweed, Spicy Mayo, (VG option comes with Fried Tofu or Tempeh and vegan Mayo)

Spiral Rainbow Salad (VG / GF) 80K
 Carrot, Cucumber, Beetroot, Purple Cabbage, Mixed Lettuce, Avocado, Mustard Dressing



Green Salad Bowl (VG / GF) 98K
 Green Curly Lettuce, Asparagus, Broccoli, Avocado, Edamame, Green Peas Hummus, Spinach, Rucola, Cashew Nuts, Tabouleh, Coriander Leaf, Mint Yoghurt Sauce

Cauliflower Salad Bowl (VG) 98K
 Cauliflower, Mixed Salad, Sundried Tomato, Cherry Tomato, Bell Pepper Pickle, Black Olive, Coriander Leaf, Lemon-Olive Oil Dressing

Prawn Mango Noodle Salad (GF) 98K
 Grilled Prawn, Mango, Coriander, Red Chili, Basil Noodles, Tomato, Shallot and Sweet Chili Dressing

(GF - Gluten Free)

(VG – Vegan)

(VGT - Vegetarian)

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DESSERT



Banana Apple Pie (VG / GF) 45K
Banana, Green Apple, Palm Sugar, Granola, Date, Chocolate Powder, Salt, Coconut Oil, Coconut Cream, Cinnamon Powder

Mango Vanilla Cheese Cake (VG / GF) 45K
Cashew Nut, Coconut Cream, Sugar, Vanilla Extract, Mixed Berry Jam, Blueberry

Pumpkin Chocolate Mousse (VG / GF) 45K
Pumpkin, Chocolate Powder, Palm Sugar, Vanilla Extract, Coconut Cream, Matcha Powder

Sticky Rice Pudding (VG / GF) 45K
Sticky Rice, Coconut Cream, Sugar, Cinnamon, Mango, Mixed Berry Jam, Strawberry

Chocolate Brownies (GF / VGT) 45K
Rice Flour, Cassava Flour, Chocolate Powder, Dark Chocolate, Walnuts, Baking Powder, Sugar, Butter, Egg

Hazelnut Cake (GF / VGT) 45K
Hazelnut, Almond Flour, Coconut Flour, Baking Powder, Egg, Sugar, Chocolate Powder, Butter

Carrot Cake (GF / VGT) 45K
Carrot, Walnut, Cassava Flour, Sun Flower Oil, Egg, Cinnamon, Whipped Cream, Cream Cheese, Sugar, Salt, Baking Powder

Energy Ball (VG / GF) (2 pieces) 38K
Date, Granola, Chocolate Powder, Coconut Oil, Salt, Dried Coconut, Toasted White Sesame, Palm Sugar

Orange Almond Cake (GF / VGT) 45K
Sliced Almond, Orange, Egg, Sugar, Baking Powder

Vanilla Ice Cream (1 scoop) (GF / VGT) 25K

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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, Banana	
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, Soursoup

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 68K

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 58K
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
- Decaf +10

Latte Remixed 38K

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

Soya Milk & Coconut Milk, Chai Tea, Virgin Coconut Oil, Matcha, Goji Berry

Choice of Milk

- Whole Milk
- Soya
- Coconut Milk
- Oat Milk +10K

Ceremonial Cacao 50K

Mineral Water & Squash

- Sparkling Water 35K
- Soda Water 35K
- Pure Mineral Water 30K
- Hydrogen Water 30K
- Lime Squash 35K

Young Coconut 35K

Tea 35K

- Black Java Tea
- Green Tea
- Lemon Ice Tea
- Lime
- Mint
- Lemongrass
- Ginger
- Rosella Flower

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 110K
Margarita, Shake or Frozen Please!
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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