All Day Breakfast Tropical Black Rice [VG] [G] [V Black rice with coconut milk Please order the night before. **Blissful Bali Pancakes [G]** Banana or mango or plain + syrup/bacon/whipped coconut cream/lime Bowl of Tropical Fruit [V] [G] With vanilla yoghurt can also add granola & honey. 2 Pancake Stack [G] Banana or mango or plain + syrup/bacon/whipped coconut cream/lime Bliss Smoothie Bowl (V) \*\* Mango + banana + avocado + spinach / top granola + 3 Pancake Stack Deluxe {G] Banana or mango or plain + syrup/bacon/whipped coconut cream/lime shredded coconut + coconut cream + honey Bliss Breakfast Bowl [V] \*\* Chia Pudding [VG] [G] [V] Yoghurt + banana + granola + nuts + coconut + honey Chia seeds + coconut cream + fruit of the day. Please order the night before. Bliss Chia Pot [VG] [G] [V] Chia pudding + thick mango banana avocado whip + mint Please order the night before. ggtastic Bliss Sweet Healthy Rice Bowl [V] [ Red rice + coconut & mango cream + chopped nuts + honey -Eggs [V] Poached/Fried /Scrambled /Spinach Scrambled /Fried Scrambled Breakfast Awesome Omelettes [V] Bali style thin and the tastiest omelettes you've ever tried with your choice of spinach/ tomato / mushroom / onion / bacon andwiches **Big Egg Breakfast** 2 eggs + bacon + avocado + corn fritters + hot tomato (cooked tomato with chilli) + mushrooms + sourdough toast. Bacon Sandwich Deluxe Thick sourdough toast + bacon + smashed avocado + fried egg. Egg Sandwich [V] Thick sourdough toast + smashed avocado + fried egg. B.L.T White or brown bread with bacon, lettuce, tomato. **Cheese Toastie** Imashed Goodness Sourdough toast + cheese cooked in a frypan Add egg, bacon, tomato or avocado Served on thick sourdough toast or corn fritters [G Smashed Avocado [VG] ][V] Smashed Peas + mint [VG] [V] Balinese Smashed Mango salsa [VG] [V] Add poached eggs/tomatoes/bacon/spinach/mushroom/salsa cigl Nasi Goreng [V] [G] We cater for everyone, whether you are vegetaria vegan, gluten free, paleo, halal, have allergies o special requirements we can cater for you. Bliss Special: Chicken & Egg Omelette or Traditional Vegetarian with fried egg. Dietary Requirements IVI Vegetarian dish or option available IVGI Vegan dish or option available IGI Contains Gluten - Most of our dishes are Gluten Free as we use rice flour. Please ask for gluten free alternatives for any menu item marked with IGI. Mie Goreng [V] [G] Fried noodles with your choice of chicken, shrimp or vegetarian.

NB: If you have specific tastes not included in our extensive Balinese Menu such as cheeses, chips, Iollies, etc. you can purchase these at the supermarket, we will organise a driver to take you on request.

moothies by bliss

Tropical Delight

This is your arrival drink where we mix the best tropical fruits of the day + banana for a smooth refreshing tropical taste sensation.

Green Explosion

Cucumber, spinach, apple, lime, coconut water - Total hydration to quench your thirst at a cellular level.

## Mellow Yellow

Lime, pineapple, tumeric, ginger and a dash of honey - Great for digestion.

Dreamy Dragon

Dragon Fruit, vanilla yoghurt, honey and a dash of coconut water – Sweet, creamy and deliciously dreamy.

## **Ultimate** Hydration

Cucumber & coconut water with a dash of lime - Gorgeous simplicity.

## Watermelon Slushie

Watermelon and ice blended to make the perfectly rehydrating poolside sensation - Simple but effective!

Pincapple Sensation

Pineapple, lime, mint and ice - So refreshing.

Strawberry Seduction

Frozen strawberries, watermelon & mint - Red and romantic.

## Pincapple. Banana. Mango Delight

Fresh Pineapple mixed with frozen banana and mango with a splash of coconut water - The perfect boost juice.

Healthy Lemonade Spritzer

Lemon juice, lime juice, coconut water & honey - A soothing citrus sensation.

Creamy Tropical Cyclone

Coconut cream, frozen banana, mango & a dash of coconut water whipped into a creamy frenzy.