

Breakfast

Fruit Salad & Yoghurt [V]
Cut fruit prepared & ready for any time in the morning

Eggs [V]
Poached, fried, scrambled or as an omelette

Add
Toast [G] / Bacon
Cooked Tomatoes / Cooked Mushrooms

Pancakes [V]
Plain / Banana or Mango with maple syrup & lime

Nasi Goreng [V] [G]
Bliss Special: Chicken & egg omelette
or Traditional: Vegetarian with fried egg

Mie Goreng [V] [G]
Fried noodles with your choice of chicken,
shrimp or vegetarian

All Day Food

by bliss

Lumpia Pantai Canggü [VG]
Vegetable spring rolls, fried

Salt & Pepper Squid

Salt & Pepper Prawns

Salt & Pepper Tofu [VG]

Fresh Vietnamese Rice Paper Rolls [V]
With marinated shrimp & fresh vegetables

Coconut Prawns with Mango Salsa

Ayam Betutu
Traditional cooked chicken wrapped in banana leaf

Palem Udang
Steamed prawns & coconut grilled in banana leaf

Pesan Be Pasih
Mahi Mahi grilled in banana leaf

Ayam Kare
Chicken curry

Be Siap Base Kalas
Chicken in spiced shredded coconut sauce

Ayam Pelalah
Shredded chicken with chillies & lime

Ayam Taliwang
Lombok style deep fried chicken with chili sauce

Grilled Seafood Skewers [G]
Mahi Mahi fillet, squid & prawn

Sambal Be Tongkol
Tuna with shallot & lemongrass

Sambel Udang
Prawns in spiced tomato sauce

Mahi Mahi Kare
Fish curry with coconut milk

Sate Lilit Ikan [G]
Minced seafood sate

Beef Rendang [G]
Tenderly stewed beef in traditional Indonesian spices

Tahu Kalas [VG]
Lightly Fried Bean Curd in spicy coconut dressing

Tempe Tahu Manis [VG] [G]
Tofu & Tempe with soy spice

Tempe Tahu Sauce Tomat [VG]
Tofu & tempe with tomato & garlic

Sayur Manis Kare [VG]
Vegetable Curry with cauliflower,
beans, eggplant, capsicum

Kacang Kalasan [VG]
Long Bean in spicy coconut dressing

Tofu Rendang [VG] [G]
Lightly fried tofu in traditional Indonesian spices

Lunch

Vietnamese Rice Paper Rolls [VG] [G]
With marinated shrimp or chicken & fresh vegetables

Chicken Sate [G]
Grilled chicken and satay sauce.
Served with rice & green beans with chilli & garlic

Tuna Fillets [G]
Prepared in light marinade of lemon, garlic,
with green beans & rice

Soto Ayam
Chicken soup with vermicelli noodles & boiled egg

Soto Perkedel [V]
Vegetarian soup with vermicelli noodles and corn fritters

Grilled Jumbo Shrimp [G]
Marinated in garlic, & lemon juice with rice
or one of the our salads

Traditional Club Sandwich [G]
3 layers, served with lettuce, tomato, bacon, fried
or grilled chicken, mayo & French Fries

Vegetarian Club Sandwich [V] [G]
3 layers, served with corn fritters, pumpkin mash,
lettuce, tomato, mayo & French fries

KFC - Fried Chicken Fillets with French Fries

Fish & Chips
Mahi Mahi Fish

Corn on the Cob [VG]

Green Salad [VG]
Cooked Spinach [VG]
Corn on the cob [VG]
Perkedel Jagung [V]
Corn Fritters

Red Rice [VG]

Jasmine Rice with onion flakes [VG]

Cah Kang Kung [VG]
Freshly picked water spinach with chili & oyster sauce
Sweet Potato Medallions / Sweet Potato Fries [VG]

Sweet Potato Fritters [V]
with shredded coconut or garlic and parsley

Sweet Potato Smash [VG]
with olive oil and garlic or coconut oil

Steamed Vegetables [VG]
Steamed fresh, local vegetables

Vegetable Skewers [VG] [G]
Fresh capsicum, mushroom and eggplant

Green Beans with Garlic and Chilli [VG]

Long Beans with Garlic and Chilli [VG]

Snacks

Snack Platter [V] [G]

2x vegetarian rice paper rolls
2x Corn Fritters served cold
2x cold chicken satay skewers
& a vegetarian omelette served cold

French Fries [VG]

Fried Chicken Breast Pieces

Salt & Pepper Prawns

Nuts and Snacks
Available from the closest supermarket

Fresh Fruit [VG]
There is always a supply of fresh fruit in the fridge.

Dessert

Banana Spring Roll [V]
With chocolate & mint

Mango Rice [VG]
With coconut milk (when in season)

Bubur Injin [VG]
Black rice with coconut milk

Banana or Mango Sumping [V]
Coconut pudding cooked in banana leaf

Pisang Goreng [V]
Deep fried banana with vanilla sauce

Dadar [V]
Coconut Pancake

Seafood BBQ

Ikan Bakar Bali
BBQ Snapper with traditional herbs & spices

Whole BBQ'd Jumbo Prawns

Chargrilled Calamari

Sauces: Lemongrass & Minced Chilli, Tomato Sambal
Chilli Chop Chop (fresh chilli in soy sauce) [G]

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



Healthy Choices

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Fresh Vietnamese Rice Paper Rolls [VG] [G]
With marinated shrimp & fresh vegetables

Jukut Urab [VG]
Vegetables with grated coconut

Serombotan [VG]
Vegetable salad in peanut chilli dressing

Pecelan [VG] [G]
Vegetable Salad with peanut dressing

Grilled Seafood Skewers [G]
Mahi Mahi fillet, squid & prawn

Gado Gado Roll [VG] [G]
A Balinese plate of tofu, tempe, a cabbage roll filled with cold vegetables and served with peanut sauce

Green Papaya Salad [VG]
Grated green papaya, served with long beans and cherry tomatoes with a light dressing

Gado Gado [VG] [G]
Cold lightly steamed vegetables with fried tofu & tempe with a peanut dressing

Asian Coleslaw [VG] [G]
Red cabbage, white cabbage, carrot and coriander served with a soy, ginger and garlic dressing

Tempe Tahu Sauce Tomat [VG]
Tofu & Tempe with tomato & garlic

Sambal Be Tongkol
Tuna with shallot & lemongrass

Nicoise Salad
Grilled tuna, lettuce, baby potatoes, black olives, beans and a hard boiled egg served with a dijon dressing

Grilled Chicken and Avocado Salad
Grilled chicken, lettuce, tomato, cucumber, shredded carrot and avocado salsa. Served with olive oil and balsamic vinegar

Stir-fry [VG] [G]
Stir-Fried fresh local vegetables in a light soya sauce
Choose: Vegetarian, Chicken, Shrimp or Tofu and Tempe.

We cater for everyone, whether you are vegetarian, vegan, gluten free, paleo, halal or have allergies or special requirements we can cater for you.

Dietary Requirements

[V] Vegetarian dish or option available
[VG] Vegan dish or option available
[G] Most of our dishes are Gluten Free as we use rice flour. Please ask for GF alternatives for any menu item marked with G.

Anything on the menu can be prepared for you upon request.

So the breakfast, lunch or dinner menu you can have any time of the day.

Snacks and early morning breakfasts can be prepared for you in advance.

Please ask us for any other requests.

Healthy Bowls

Create your own healthy bowl with red rice, green beans, and your choice of protein topped with a delicious salsa. [VG]

Protein Choices

Grilled Mahi Mahi, Tuna Fillet, Snapper, Prawns or Tofu & Tempe

Salsa Choices

Tomato Salsa, Avocado Salsa, Mango Salsa, Spicy Salsa (Corn & Chilli) or Bliss Salsa (Tomato, Avocado and Mango Salsa all mixed together)

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!

Smoothies

by bliss

Pineapple Sensation

Pineapple, lime, mint and ice - So refreshing

Strawberry Seduction

Frozen strawberries, watermelon & mint - Red and romantic

Pineapple, 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