



MENU

Order for Delivery - Phone: 082340193656
Delivery charge under 100,000rp order = 5,000rp
We open Monday - Sunday from 6am till 5:00pm
Delivery orders till 4:00pm

We bake fresh homemade sourdough bread **every day!**

Please understand that we use fresh local ingredients to make all of our foods including sauces, falafel, jams and more. Sometimes certain ingredients are not available and we try our best to give you a tasty alternative. Let us know if you have any food allergies.

SWEET STUFF

Homemade baked treats to have for breakfast, a quick snack or dessert.

JUICY CARROT CAKE - 35,000

Authentic, moist carrot cake with delicious cream cheese frosting.

VEGAN GLUTEN-FREE CHOCOLATE BROWNIE - 25,000

With black beans as a base, this brownie gives you the 'chocolate fix' without the guilty feeling!

BUSHA'S BANANA BREAD - 20,000

A special grandma's recipe.

CINNAMON ROLL - 20,000

A classic that needs no explanation!

LUSH CHOCOLATE CAKE - 25,000

A super rich double chocolate cake with an amazing chocolate frosting on top.

VEGAN CHOCOLATE FUDGE CAKE - 25,000

Dense and rich, this slice is more filling than you'd expect.

HOMEMADE ENERGY BARS & BALLS

Perfectly healthy snacks, pre-surf, post-surf, or anytime of the day when you need an energy boost!

DREAM DATE BALL - 18,000

With dates, cashew nuts, lime and coconut.

PEANUT BUTTER BROWNIE BALL - 18,000

With homemade peanut butter, cacao, dates and cashew nuts.

IMMUNITY BOOSTER BALL - 18,000

With dates, toasted cashew nuts, fresh ginger and turmeric.

SALTED CARAMEL BALL - 18,000

With dates, toasted cashew nuts, vanilla and sea salt.

ENERGY BOMB BAR - 25,000

Packed with cashews, dates, raisins, oats and coconut, and a cinnamon honey topping.

COCO CHOCO BAR - 25,000

The healthy version of the Bounty Bar; a coconut bar covered in homemade chocolate.

BREAKFAST - SERVED ALL DAY

OATS WITH HONEY - 20,000

Simple, healthy and filling. Add toppings to your taste: raisins, homemade peanut butter, nuts, dates (per topping 5,000 extra).

DRAGON JAR - 45,000

Colourful breakfast in a jar. Banana and dragonfruit blended with coconut milk and some honey, topped with watermelon, a chopped up energy ball, nuts and shredded coconut.

BREAKFAST JAR - 45,000

Homemade yogurt from the Green Bean Café, our homemade cinnamon granola, sliced banana, raisins, seeds and honey.

EPIC OMELETTE - 40,000

Big and tasty omelette filled with spring onion, tomato, basil, and feta cheese. Sliced homemade bread on the side.

JAM SESSION - 30,000

Our toasted thick sourdough slices with homemade peanut butter, sliced banana banana and two homemade jams.

LUNCH - SERVED ALL DAY

LA PAULITA - 45,000

Traditional Spanish potato & onion omelette in our homemade sourdough bread, roasted veggies, lettuce, hummus and coriander-tomato sauce.

FALAFELICIOUS - 50,000

Delicious falafel balls served in a homemade tortilla wrap with roasted veggies, pickled beetroot, carrot and spring onion, salad, hummus, pebre sauce and yogurt dressing.

VEGGIE WEDGE - 45,000

Homemade sourdough bread bun with roasted veggies, a fresh tomato-cucumber salad and nut-free pesto topped with feta cheese.

RAINBOW SALAD - 55,000

A colourful fresh salad made from tomato, carrot, green beans and watermelon, topped with sesame seeds and a balsamic dressing and two delicious spinach-feta 'spring roll' sticks from the oven.

CREAM CHEESE AVOCADO BUN - 45,000

Homemade sourdough bun with parsley cream cheese, avocado, lettuce and tomato.

PUMPKIN WRAP - 50,000

Homemade tortilla wrap with fresh pumpkin, salad, avocado, tomato, feta, pesto and a bit of balsamic vinegar.

VEGGIE PIZZA - BIG 65,000 SMALL 45,000

For those 'hangry' people... or to share with someone! Topped with homemade tomato sauce, aubergine, onion, garlic, zucchini, tomato and cheese.

SHAKES

Choose cow milk, soy milk or coconut milk as a base and add your flavour:

TROPICANA - 35,000
Papaya, orange, banana, honey.

SURF BOOSTER - 45,000
Homemade peanut butter, honey, banana, oats and cacao.

RISE AND SHAKE - 35,000
Banana, oats, honey.

OTHER DRINKS

BREWED COFFEE - 15,000

ICE TEA - 15,000 (with ice cream - 25,000)

ITALIAN COFFEE - 20,000

GINGER TEA (HOT) - 10,000

GREEN TEA (HOT) - 10,000

HOMEMADE GINGER LEMON ICE TEA 15,000

HOMEMADE GREEN MINT ICE TEA - 15,000

FRUIT JUICE - 15,000 one fruit - 20,000 mixed

FRESH COCONUT - 20,000

Please note that we do not sell canned or bottled drinks. We use plastic reusable bottles for take-away and delivery orders with a deposit of 50.000 per cup. You will get this deposit back when you return the cup. You can refill your own water bottle at a charge at Shake & Bake. KEEP LOMBOK CLEAN!☺