

## BREAKFAST

### FRUIT BOWL | 55,- ( VE | GF )

Fresh seasonal fruits with a dollop of coconut yoghurt and a little granola crunch

### MANGO PORRIDGE | 75,- ( VE | HP )

A warm bowl of tropical mango and macadamia nut porridge with coconut yoghurt, coconut nectar, raisins, pumpkin seed, banana, pineapple and dragon fruit

### PROTEIN PANCAKE / WAFFLE | 85,- ( V | GF | HP )

Almond flour + whey protein (25gr) pancake or waffle with caramelized banana, coconut yoghurt, berry salsa, natural honey, mint and granola

### WANDERLUST SMOOTHIE BOWL | 75,- ( VE )

Mango, passionfruit, banana, chia seed and vanilla smoothie, coconut soaked chia seeds, tropical fruits, nuts and seeds

### EGGS AND AVOCADO | 65,- ( VE )

Whole grain sourdough topped with chili, paprika, olive oil and lemon marinated avocado, poached eggs, feta cheese, tomato, picked onion and rucola

### KETO BIG BREAKFAST | 110,- ( GF | LC | HP )

Eggs your style (2pc), slow roasted paprika, feta cheese, grilled chicken breast (100gr), bacon (2pc), avocado, edamame hummus, nut seed toast

### WANDERLUST OMELETTE | 60,- ( HP )

Egg omelette (3pc) with sautéed mushrooms, tomato, onion, cheddar cheese and your choice of bread

### THE "DRISK" | 80,- ( HP )

The head honcho's favorite plate: 4 eggs any style, 4pc streaky bacon, avocado, marinated feta, and your choice of bread

### HOUSE SMOKED SALMON | 150,- ( GF | LC | HP )

Feta cheese omelette, house smoked salmon (80gr), cherry tomato, avocado, rucola lemon, olive oil and smoked paprika seasoning

### BREAKFAST QUESADILLA | 65,- ( HP )

Bacon (2pc), avocado, scrambled egg (1pc), mozzarella, cheddar, Mexican spiced chicken (80gr) with smashed avocado and picked red onion

### BREAKFAST WRAP | 65,- ( HP )

Tortilla, scrambled eggs (3pc), streaky bacon (2pc), pork sausage (1pc), caramelized onion, cheddar cheese, rucola and a side of harissa sauce

### CLASSIC BIG BREAKFAST | 110,- ( HP )

Grilled sausage (2pc), bacon (2pc), eggs your style (2pc), baked beans, mushrooms, tomato, roasted sweet potatoes, and toasted sourdough

## SWEET THINGS

### MANGO AND CASHEW "CHEESE" CAKE | 45,- ( VE | GF | HP )

Topped with mango sorbet and tropical salsa

### CHOCOLATE MOKA TART | 55,- ( V | VE | GF | LC | HP )

With almond strawberry salsa and cocoa-nib wafer

### BANANA FLOUR BREAD FRENCH TOAST | 55,- ( V | GF )

With house ricotta, berry compote, date and tahini sorbet

### BLUE BERRY PROTEIN CHIA PUDDING | 45,- ( VE | GF | HP )

Blue berry and protein chia pudding with coconut yoghurt, mango, and berry smoothie

## BUILD YOUR OWN PLATE (add ons)

### PROTEINS

- Eggs your way (2pc) | 15,-
- Bacon (2pc) | 20,-
- Smoked salmon (50gr) | 75,-
- Falafel patty (150gr) | 45,-
- Rib eye (150gr) | 105,-
- Beef patty (150gr) | 55,-
- Grilled pork sausage (1pc) | 10,-
- Grilled chicken (150gr) | 30,-
- Marinated tempeh (80gr) | 15,-

### VEGETABLES, BREADS & DAIRY

- Sweet potato fries (120gr) | 25,-
- Avocado your way (80gr) | 20,-
- Marinated Feta cheese (20gr) | 25,-
- Blanched cauliflower (50gr) | 10,-
- Sautéed mixed vegetables (50gr) | 20,-
- Marinated grilled paprika (50gr) | 15,-
- Toasted bread (2pc) | 10,-
- Nut and seed wafer (1pc) | 10,-
- Steamed red rice (100gr) | 12,-

### DRESSINGS & SAUCES

- Lemon dressing (50ml) | 8,-
- Mint yoghurt (50ml) | 8,-
- Harissa dressing (50ml) | 8,-
- Mustard mayo (50gr) | 10,-
- Edamame hummus (50gr) | 12,-
- Chickpea hummus (50gr) | 12,-

## DRINKS

### COFFEES

- ESPRESSO | 22,-
- DOUBLE ESPRESSO | 25,-
- LONG BLACK | 25,-
- MACCHIATO | 25,-
- AFFOGATO | 25,-
- PICCOLO | 25,-
- FLAT WHITE | 30,-
- CAPPUCCINO | 30,-
- CAFÉ LATTE | 30,-
- ENGLISH BREAKFAST TEA | 35,-
- CHAMOMILE TEA | 35,-
- BLACK TEA | 35,-
- EARL GREY TEA | 35,-
- WHITE PONY TEA | 35,-
- BULLETPROOF | 45,-

### SUB WITH:

- ALMOND / COCONUT / SOY MILK | 10,-



### OUR BREAD OPTIONS

- SOURDOUGH
- RYE SOURDOUGH
- MULTI GRAIN
- BANANA FLOUR (GF)

### WANDERLUST ICE TEA

- BPF ICE TEA LATTE | 35,-
- Pea flower tea, chamomile tea, vanilla extract, fresh milk
- BERRIES ICE TEA | 35,-
- Mix berry fruit, strawberry, berry syrup, black tea

### HEALTHY JUICE

- LIGHT GREEN DETOX | 45,-
- Spinach, cucumber, parsley, apple and broccoli
- MIRACLE JUICE | 45,-
- Cucumber, celery, beet root, carrot, lemon and ginger
- ENERGIZING JUICE | 45,-
- Carrots, oranges, sweet potato, ginger, and turmeric
- PAIN KILLER JUICE | 45,-
- Pineapple, celery, ginger, coconut meat, lemon
- FLAT BELLY JUICE | 45,-
- Passion fruit, bananas, orange, coconut water



- (V) VEGETARIAN
- (VE) VEGAN
- (LC) LOW CARB
- (GF) GLUTEN FREE
- (HP) HIGH PROTEIN

### SMOOTHIES

- ADD WHEY/VEGAN PROTEIN | 25/35,-
- TROPICAL SMASH | 45,-
- Dragon fruit, mango, banana, coconut milk + granola and fresh fruit and coconut
- BERRY NECESSARY | 45,-
- Mix berry, banana, vanilla extract, coconut milk + granola and fresh fruit and coconut
- EXPRESSIVE | 45,-
- Espresso, banana, date, coconut milk + granola and fresh fruit and coconut
- THE PEANUT BUTTER ONE | 45,-
- Peanut butter, banana, coconut milk + granola and fresh fruit and coconut

### SIMPLE PROTEIN

- VANILLA/CHOCOLATE WHEY, ICE WATER | 35,-
- VANILLA/CHOCOLATE VEGAN, ICE WATER | 45,-
- UPGRADE YOUR MIXER TO: ALMOND / COCONUT / SOY | 10,-

## BITES

- **NUT SEED SUSHI | 65,- ( VE | GF | LC | HP )**  
Nori wrapped curry spiced nut and seed filling, avocado, asparagus, broccoli, red cabbage, cucumber and herbs with Japanese dipping sauce, cashew mayonnaise
- **CHICKEN SANG CHOI BAU | 50,- ( GF | HP )**  
Lettuce cups of stir-fry diced carrot, mushroom, onion and chicken with hoisin dressing, toasted shallots, garlic and coriander
- **BEEF CARPACCIO |**  
Shaved beef ribeye, parmesan, bloomed capers, herbs, truffle dressing and toasted sourdough  
**100gr - 95,- | 200gr - 170,-**
- **KOREAN CAULIFLOWER POPCORN | 45,- ( V )**  
Crisp oat and seeds coated cauliflower tossed with Korean chili sauce, toasted sesame seeds, garlic and coriander
- **SOFT CHICKEN TACOS | 60,-**  
3 soft tacos filled with Mexican spiced chicken, corn salsa, avocado, slaw and jalapeno

## BOWLS OF STUFF

- **BIG BOWL OF SALAD | 75,- ( VE | GF | LC | HP )**  
green dressing, avocado, tempeh, broccoli, red onion, kale, asparagus, edamame, beetroot curl, sesame seeds, toasted almonds, coriander, mint, basil, parsley, rucola
- **POKE BOWL |**  
Japanese inspired shredded vegetable salad, beetroot, cucumber, red onion, cabbage, edamame, carrot, mushroom, radish, Japanese dressing and coriander  
- **tofu and tempeh | 65,-**  
- **tuna (100gr) | 95,-**  
- **smoked salmon (50gr) | 120,-**
- **CHICKEN & AVOCADO SALAD | 95,- ( GF | LC | HP )**  
Chefs cut salad with, roasted chicken (120gr), avocado (150gr), broccoli, lettuce, feta cheese, beetroot, tomato, red onion, basil, parsley, artichoke dressing
- **MEXICAN RICE BOWL | 85,- ( GF | HP )**  
Grilled Mexican spiced chicken (100gr), burn corn, tomato salsa, blistered paprika, avocado, tomato, half-way mozzarella and cheddar, red cabbage. choice of: white, red or cauliflower rice,
- **ZUCCHINI, MINT AND NUT SALAD | 75,- ( V | GF )**  
Shaved zucchini, mint and basil pesto, toasted nut wafer, cherry tomato, artichoke herbs and olive oil

## BURGERS, WRAPS AND SANDWICHES

- all served with your choice of sweet potato fries or straight cut fries
- **BIG VEGETABLE BURGER | 75,- ( V | HP )**  
Falafel patty (150gr), tomato, lettuce, harissa sauce, red onion, beetroot, cucumber, carrot, coriander rucola
  - **BEEF BURGER | 99,- ( HP )**  
House-made beef patty (150gr 100% brisket) cheddar cheese, lettuce, tomato, caramelized onion
  - **BAD BOY BURGER | 115,- ( HP )**  
House-made beef patty (150gr 100% brisket), bacon (2pc), egg, beetroot, cheddar cheese, tomato, lettuce, mustard mayonnaise, gherkins, onion
  - **FISH BURGER | 85,-**  
Banana flour battered barramundi (100gr), tartare sauce, lettuce and tomato
  - **CHICKEN WRAP | 70,- ( HP )**  
Tortilla wrap filled with grilled (peri peri or plain) chicken breast (120gr), avocado, cheddar, lettuce, red cabbage, onion, house mayonnaise
  - **STEAK SANDWICH | 110,- ( HP )**  
Pan fried ribeye (100gr), mustard, caramelized onion, tomato, rucola, cheddar cheese, mayonnaise and sourdough
  - **SMOKED SALMON WRAP | 95,-**  
Tortilla wrapped smoked salmon (60gr), capers, romaine lettuce, boiled egg, avocado, peperonata, mayonnaise, dill
  - **BLAT | 65,-**  
An old time classic that is, bacon (3pc), lettuce, tomato, avocado with a dollop of mayonnaise



WANDERLUSTCAFE\_BALI



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PROTEINPANCAKE



OUR BREAD OPTIONS

SOURDOUGH  
RYE SOURDOUGH  
MULTI GRAIN  
BANANA FLOUR (GF)



(V) VEGETARIAN  
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## MAINS

- **NUT & MUSHROOM PASTA | 95,- ( V | HP )**  
Trio of mushrooms, toasted almonds, toasted cashews, almond milk, ricotta, rucola, parmesan truffle oil  
**(make it keto? just ask to our waiter)**
- **CHILI BASIL STIR-FRY |**  
With snow peas, tofu, beans, mushroom, chili, capsicum, kale and chili paste  
- **tempeh (100gr) | 65,-**  
- **chicken (100gr) | 80,-**  
- **beef | (100gr) 95,-**
- **KETO CHICKEN "AGILIO E OLIO" | 75,- ( LC | HP )**  
Zucchini "pasta", shredded chicken (120gr), garlic infused extra virgin olive oil, red chili, basil, parsley, lemon zest and parmesan
- **KETO CHICKEN FRIED "RICE" | 75,- ( GF | LC | HP )**  
(secret is... it's not rice) wok tossed cauliflower grit, shredded chicken (100gr) yellow curry paste, egg, carrot, cabbage, onion, coriander, kale, poached egg
- **TANDOORI CHICKEN SKEWERS | 85,- ( GF | HP )**  
Grilled tandoori spiced chicken (200gr) and served quinoa tomato, cucumber salad, yoghurt cucumber, picked onion and herb salad
- **BEEF BROTH RAMEN | 120,- ( HP )**  
Double roasted bone broth with, leek, toasted nori, soy soaked egg, udon noodles, bok-choy, torched soy glazed rib eye (100gr), sesame seed, mushrooms, toasted garlic and xo chili paste
- **THAI CHICKEN CASHEW STIR-FRY | 80,- ( HP )**  
Thai inspired chicken (150gr) and cashew stir-fry served with (red rice or cauliflower grit) and xo paste
- **SEARED BARRAMUNDI | 110,- ( GF | LC )**  
Seared barramundi (150gr) with lemon olive oil dressing, Mediterranean salsa and peperonata
- **TUSCAN CHICKEN | 110,- ( GF | LC | HP )**  
Cream braised chicken breasts (220gr), with mushroom, dried tomatoes, kale, herbs, parmesan and grilled eggplant
- **SEARED SALMON | 140 (GF | LC)**  
Fresh salmon (140gr), seared medium with capers, lemon, olive oil, braised kale, fennel and asparagus salad
- **CARNIVORE PLATE | 110 (GF | HP | LC)**  
Barbecued brisket (80gr), truffle butter eggs (2pc), pork sausages (1pc), bacon (2pc) grilled cheddar and mozzarella
- **GRILLED RIBEYE | ( HP )**  
With cauliflower fritters, artichoke vinaigrette, rucola, sweet potato fries and cashew mustard sauce  
**150gr - 150,- | 250gr - 230,- | 350gr - 310,-**