



BHALANCE  
MIND AND SOUL

# THE TASTE OF BLISS

Every dish is crafted with love  
and shared from the heart

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## Welcome to BHALANCE RETREAT MIND AND SOUL,

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your sanctuary of tranquility nestled in the serene village of Manggis, Karangasem, Bali

At Bhalance Retreat, we are devoted to crafting exquisite culinary experiences that nurture both the mind and soul. Drawing inspiration from the Balinese Hindu beliefs in reincarnation and karma, we embrace the philosophy that our bodies are temples for our souls. We believe in the power of nourishing these temples with wholesome food, positive thoughts, and uplifting energy.

Our commitment to sustainability ensures that we source only the freshest, responsibly harvested ingredients. Our fruits and vegetables are carefully selected from the fertile, organic farms of Bedugul hills, guaranteeing that every bite is packed with freshness and flavor.

Our menu features a harmonious blend of seafood, vegetarian, and vegan options, each crafted with care and without the use of additives, preservatives, or artificial colorings. We draw culinary inspiration from Mediterranean, Middle Eastern, Japanese, and Balinese cuisines, promising a delightful experience for every palate.

Understanding the unique dietary needs and preferences of our guests, we are attentive to food allergies and ingredient sensitivities. Please inform us of any specific requirements, and we will strive to accommodate your needs with the utmost care.

At Bhalance Retreat, every dish is prepared with LOVE and served with HEART, aiming to provide you with not just a meal, but a moment of pure bliss and nourishment. Welcome, and may your experience with us be as rejuvenating as the beautiful surroundings we are proud to call home..

# MENU LIST

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ALL BREAKFAST **RP.95.000**  
FROM 7:30AM TO 11:30 AM

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## SCRAMBLED SPICY TOFU (VG)

Tofu spiced with carrot, sliced avocado, tomatoes, chives on multigrain toast.

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## HEALTHY BREAKFAST (VG)

Fresh fruit with coconut dry and nuts served with Balinese honey

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## AVOCADO MASH ON TOAST (VGT)

Poached eggs, avocado mash, cherry tomato, feta cheese on multigrain toast.

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## TROPICAL PANCAKE (VGT)

Pancake with tropical fruits, cinnamon, honey.

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## BHALANCE OMELET (VGT)

Eggs, sautéed water spinach, mushrooms, with feta cheese.

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UPGRADE YOUR BREAKFAST WITH FRUIT  
SALAD AND YOUR CHOICE OF COFFEE OR TEA **RP.50.000**

(VG – VEGAN) (VGT - VEGETARIAN)

ALL PRICE INCLUDED TAX AND SERVICE

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# STARTER

FROM 12:00 AM

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## FROM THE SEA

### **PRAWN CROSTINI 76K**

Herbs seasoned prawns with guacamole spread, basil, tomato on multigrain toast.

### **SNAPPER AVOCADO TACO 72K**

Sauteed snapper, guacamole, salad tomato, spicy mayo.

### **TUNA TATAKI 66K**

Seared sesame crusted tuna with ginger soy dressing.

## FROM THE FARM

### **GYOZA (VG) 66K**

Pan fried japanese dumplings filled with vegetables served with soy sauce.

### **TAPIOCA (VG) 68K**

Two tapioca flat bread stuffed with avocado, sweet potato, mushroom and water spinach.

### **EGGPLANT PIE (VGT) 76K**

Oven baked eggplant pie stuffed with zucchini and mozzarella served with tomato sauce.

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# SALAD

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## FROM THE SEA

### **TUNA SALAD 88K**

Fresh tuna served with salad, sundried tomato, onions, cucumber, olive, crouton, lemon vinegar.

## FROM THE FARM

### **VEGETARIAN CESAR SALAD (VGT) 92K**

Romaine, boiled egg, olive, crouton, tomato, parmesan cheese, homemade Cesar dressing.

**\*\*Vegan option without Egg, changed to Scramble Tofu\*\*(VG).**

(VG – VEGAN) (VGT - VEGETARIAN)

ALL PRICE INCLUDED TAX AND SERVICE

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# MAIN COURSE

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## FROM THE SEA

### SEAFOOD NASI GORENG 108K

Balinese fried rice with mixed seafood served with local spicy sauce.

### FISH BURGER 108K

Bun burger, snapper patty, cucumber, homemade tartar sauce, served with potato fries.

### LINGUINE SEAFOOD 158K

Classic pasta tossed with assorted seafood, tomato sauce, virgin olive oil, and chili.

### SESAME CRUST TUNA 168K

Seared sesame crust tuna served with olive, confit bell pepper, and sweet potato.

### KING PRAWN 178K

Grilled king prawn served with vegetables, fries purple potato, rice and chili sauce

### TUNA SAMBAL MATAH 158K

Sesame pan seared tuna, served with herbs rice, urab vegetables, shallot lemongrass chili kefir lime relish.

### RIGATONI PRAWN AND SAFFRON 158K

Rigatoni pasta with saffron, prawn, zucchini in light creamy sauce

## FROM THE FARM

### VEGGIE BURGER (VGT) 108K

Bun burger, chick peas patty, lettuce, tomatoes, cucumber, salad spicy crayola sauce, served with purple potato

### GOODNESS FRIED RICE (VG) 92K

Vegetarian fried Rice made with local Rice, red bell pepper, chili, carrots, topped with sunny side egg. **\*\*Vegan option without Egg, changed to Scramble Tofu\*\*(VG).**

### NASI CAMPUR (VGT) 112K

Yellow rice, sweet spicy tofu, fried tempe, sauteed mixed vegetable, egg and eggplant spicy, served with dips.

### VEGETABLE MUSHROOM NOODLES (VG) 92K

Vegetarian noodles cooked with bok choy, carrot, button mushrooms, scallion, chili, topped with tofu, sesame seeds.

### RIGATONI BASIL PESTO (VGT) 138K

Rigatoni pasta with basil, pine kernel, parmesan cheese sauce.

### TORTELLI RICOTTA AND SPINACH (VGT) 138K

Tortelli stuffed with ricotta and spinach, with bok choy in butter sauce.

### SPINACH PAPPARDELLE IN MUSHROOM SAUCE (VGT) 138K

Handmade green spinach pappardele in creamy mushroom sauce

(VG – VEGAN) (VGT - VEGETARIAN)

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## DESSERT

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- **BALINESE SUMSUM PORRIDGE AND PANDAN CAKE (VGT)** 52 K
- **COCONUT GELATO SERVED WITH FRESH PINEAPPLE AND PAPAYA (VG)** 56 K
- **CREAM BRULE (VGT)** 64 K
- **BALINESE STYLE FRIEND BANANA WITH CHOCOLATE SAUCE (VGT)** 56 K

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## JUICE BOOSTER 52K

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- **REBOOT**  
Tangerine, Carrot, Apple.
- **CITRUS DELIGHT**  
Tangerine, Lime.
- **SUNNY MINT**  
Pineapple, Tangerine, Apple, Mint.
- **REFRESHING**  
Apple, Watermelon, Carrot
- **CHOOSE ONE FRUIT INGREDIENTS:**  
Carrot, Apple, Tangerine, Pineapple, Watermelon, Fresh Coconut

FRESH TROPICAL JUICE

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## SOFT DRINK

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- SPRITE 34 K
- COKE ZERO 34 K
- SODA WATER 34 K
- TONIC WATER 34 K
- COCA COLA 34 K
- MINERAL WATER 34 K
- SPARKLING WATER 750 ML 46 K

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## COFFEE

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- ESPRESSO 32 K
- MACCHIATO 32 K
- LONG BLACK 32 K
- CAPPUCCINO 46 K
- LATTE 46 K

OAT MILK AVAILABLE

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## TEA

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- EARL GREY 32 K
- PURE GREEN TEA 32 K
- 100% PEPPERMINT 32 K
- JAVANESE JASMINE 32 K
- WHITE TEA 32 K

ALL PRICE INCLUDED TAX AND SERVICE

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# HERBAL TEA 38K

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## **WEDANG JAHE**

A traditional Indonesian herbal drink made from red ginger, pandan leaves, cinnamon, and palm sugar. Naturally warming and soothing, it helps improve circulation, ease digestion, and bring gentle comfort to the body.

## **PEPPERMINT LEMONGRASS TEA**

A refreshing infusion of peppermint, fresh lemongrass, and lemon. Helps reduce bloating, support digestion, and promote relaxation. Rich in antioxidants that help strengthen the immune system.

## **JASMINE HERBAL TEA**

A calming blend of jasmine tea, ginger, clove, and kapulaga. Known for its anti-inflammatory and pain-relief benefits, it supports circulation and offers a naturally comforting aroma. Honey on the side adds a smooth, soothing finish.

## **SECANG LEMONGRASS INFUSION**

A warm and aromatic drink made from brewed secang wood and fresh lemongrass, with a touch of lemon. Naturally antioxidant and known for boosting the immune system, neutralizing free radicals, and aiding healthy blood circulation.

## **BLUE PEPPERMINT PEA FLOWER TEA**

A pea flower and chamomile blend with fresh mint and lemon juice to refresh your body. Slightly change color with touch of lemon to give you more refreshing feeling

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# COCKTAIL 135K

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## NEGRONI

(CAMPARI, SWEET VERMOUTH, GIN, ORANGE SLICE)

## AMERICANO

(CAMPARI, SWEET VERMOUTH, SODA)

## DAIQUIRI CLASSIC OR FROZEN

(RUM, LIME, SUGAR)

## CUBA LIBRE

(RUM, COKE, LIME)

## LONG ISLAND

(GIN, VODKA, RUM, TEQUILA, TRIPLE SEC, LIME JUICE, SUGAR, COKE)

## BLACK RUSSIAN

(VODKA, COFFEE LIQUER)

## CAIPIROSKA

(VODKA, LIME WEDGES, SIMPLE SYRUP)

## MOJITO CLASSIC OR FROZEN

(RUM, LIME JUICE, MINT, SUGAR, SODA WATER)

## ESPRESSO MARTINI

(VODKA, COFFEE LIQUER, ESPRESSO, SIMPLE SYRUP)

## BOULEVARDIER

(WHISKEY, CAMPARI, SWEET VERMOUTH, ORANGE SLICE)

## MARGARITA CLASSIC

(TEQUILA, TRIPLE SEC, LIME JUICE, SIMPLE SYRUP)

## WHISKEY SOUR

(WHISKEY, VEGAN FOAMER, TRIPLE SEC, LIME JUICE, SIMPLE SYRUP)

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# SIGNATURE COCKTAIL 150K

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## SUNDOWNER SERENITY

This cocktail has a very complex, bold, and exotic flavor profile. The combination of tequila and Aperol creates a unique "bitter-sweet" character. The "Tropical Bitter-Sweet with a Kick" flavor sensation has a rich, refreshing fruity dimension. It's perfect for enjoying on a hot afternoon or evening.

## MIDNIGHT AT BHALANCE

This unique blend combines traditional Asian aromas (pandan) with the floral elegance of Europe (elderflower). This drink is "Smooth, Fragrant, and Soothing." The texture is slightly thicker due to the pandan syrup, yet still light on the palate. This is a very elegant and modern cocktail, perfect for those who enjoy a sweet-sour flavor profile with strong botanical notes.

## THE HERITAGE

This blend creates a cocktail with a bold yet refreshing character, with the smoky intensity of Scotch blended with the freshness of herbs and bright fruit. This cocktail is a great choice for those who enjoy whiskey-based drinks but want a more modern, breezy, and aromatic flavor profile.

## THE HIDDEN TREASURE

A complex yet harmonious symphony of flavors, designed to delight the palate with three layers of sensation. A tribute to the richness of local flavors, blended with modern mixology techniques, The Hidden Treasure is more than just a drink, but a discovery of flavors hidden in every sip.

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## LIQUORS

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JAGERMAISTER	115 K
SAMBUCA	115 K
LIMONCELLO	115 K
PRIME VODKA	115 K
BOTTEGA VODKA	155 K
GORDON LONDON DRY GIN	115 K
HENDRICKS GIN	155 K
JOSE CUERVO REPOSADO	115 K
DON JULIO REPOSADO	155 K
JHONNIE WALKER RED	115 K
JHONNIE WALKER BLACK	155 K
MACALLAN 12 YO DOUBLE CASK	155 K
MARTELL VSOP	115 K
GRAPPA POLI	115 K
RON FLOR DE CANA 18 YO	155 K

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## BEER BOTTLE

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BINTANG (INDONESIA)	46 K
BINTANG RADDLER LEMON (INDONESIA)	46 K
BINTANG CRYSTAL (INDONESIA)	48 K
ISLAND BREWING PILSENER (INDONESIA)	54 K

ALL PRICE INCLUDED TAX AND SERVICE

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# WINE

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<b>SPARKLING AND ROSE WINE</b>	<b>BOTTLE</b>
SACRED HILL, DE BARTOLI, ROSE 2023 (AUSTRALIA)	440.000
CARMEN, FRIDA KAHLO ROSE 2022 (CHILE)	490.000
LA GIOIOSA, PROSECCO DI TREVISO, SPARKLING BRUT (ITALY)	650.000

<b>WHITE WINE</b>	<b>BOTTLE</b>
VINA VENTISQUERO, SAUVIGNON BLANC, 2023 (CHILE)	440.000
TALAMONTI, TREBBIANO D'ABRUZZO 2023 (ITALY)	480.000
CARMEN, FRIDA, KAHLO RESERVA, SAUVIGNON BLANC 2022 (CHILE)	490.000
LA PLANETA BIANCO, CHARDONNAY 2021 (ITALY)	540.000
MATUA, MARLBOROUGH SAUVIGNON BLANC 2021 (NEW ZEALAND)	570.000

<b>RED WINE</b>	<b>BOTTLE</b>
VINA VENTISQUERO, CABERNET SAUVIGNON 2023 (CHILE)	440.000
TRAPICHE, MERLOT, 2020 (ARGENTINA)	460.000
TALAMONTI, MODA, MONTEPULCIANO 2022 (ITALY)	480.000
CARMEN, FRIDA, KAHLO RESERVA, CABERNET SAUVIGNON 2022 (CHILE)	490.000
PENFOLDS, KOONUNGA HILL, SHIRAZ 2020 (AUSTRALIA)	550.000
REMOLE, FRESCOBALDI, CHIANTI, SANGIOVESE 2021 (ITALY)	610.000

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