



fivelements

Sakti Dining Room™

“Let Food be thy Medicine and Medicine be thy Food “

Breakfast Menu

Choice of Fresh Juice

*Green Juice, Watermelon, Papaya, Pineapple,
Tangerine, Banana and Mixed Juice*

60

Tropical Fresh Fruit

A platter of fresh tropical fruit

70

Seasonal Fresh Fruit Salad

Seasonal fruit salad, coconut yoghurt and honey

75

Live Seed & Goji Berry Granola

With nut or seed milk, fresh banana and berries

75

Sweet Crepes

*Avocado, mango cream and sliced bananas wrapped inside a banana crepe
topped with fresh fruit compote and chocolate cream*

75

Banana Walnut Bread

Two slices of crunchy walnut banana bread and cashew cream served with almond butter

85

Cinnamon & Raisin Toast

*Two slices of home-made bread of almond, zucchini, carrots, green apple, raisin & cinnamon
served with almond butter*

85

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Tomato Benedict

Sprouted buckwheat bread topped with scallion cream cheese, sliced tomatoes, baby spinach and caramelized onions sprinkled with black pepper and coconut hollandaise

90

Seasonal Bali Fruit & Flaxseed Porridge

With cashew nut

70

Raw Zucchini Humus

Almond herb crackers, marinated organic green, avocado and fresh basil

80

Egg free- Scramble Tofu Florentine

Diced tomatoes, mushrooms, scallions, and turmeric served on swirl spinach and whole grain bread

75

Red Rice Congee

With nori, tamari and scallion

60

Whole Grain Toast

With tropical fruit jam, almond butter or Genovese basil pesto spread, with fresh tomato slices and extra virgin olive oil-either served with smoke tempeh

70

Sautéed Greens

Broccoli floret and baby spinach with smoke tempeh and red sweet pepper caulis

60

Small things

Mixed greens with extra virgin olive oil 40

Baked sweet potatoes with garlic 40

Grilled tomatoes with oyster and shitake mushrooms 50



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Lunch Menu

3-Course Prix Fix Menu

Choice of one juice, appetizer, one entrée & one dessert
350

Soups

Mushroom Coconut

*A delicious array of mushrooms, spring vegetables, lemongrass and kaffir lime leaves *heated dish*
75

Lentil Dal

*Garnished with coconut yoghurt, cilantro and lime *heated dish*
70

Lesty Garden

Baby spinach, zucchini, ginger, shallots, scallions, lemon juice and coconut water
65

Appetizers

Stuffed Zucchini Blossom

Napa cabbage, bok choy, shitake mushrooms, tofu, ginger root, green chili paste and yuzu-tamari sauce
70

Veggie Nori Maki

*Avocado, red beet, jicama, carrot, cucumber, alfalfa sprouts, Swiss chard, cilantro & scallions rolled in nori weed
with wasabi and organic tamari sauce*
70

Bruschette Plate

A trio of vine-ripened tomatoes with basil, spiced avocado with coriander pesto & almond feta cheese with tamarillo
70

Balinese Lumpia

A crunchy raw vegetable spring roll served with sweet chili tamarind dipping sauce
70

Salads

Grilled Organic Vegetable

Asian eggplant, zucchini, red and yellow paprika, baby arugula & almond feta cheese with pure balsamic reduction
85

Farmer Spring

Organic spring greens from Baturiti farms and ripened avocado with orange truffle dressing
80

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Nature Healing

Dark leafy kale, baby spinach, Italian parsley, purple cabbage, sunflower sprouts, green olives, lemon juice, Balinese virgin coconut oil and crushed black pepper

75

Green Delight

Mixed greens and baby rocket medley with cucumber crescents, alfalfa sprouts and avocado tossed with virgin coconut oil, chili, lime juice and sea salt, sprinkled with spiced pumpkin seeds

75

Entrees

Jumbo Sampler

Mini live lasagna and pizza, green leaf salad, mushroom farinata, sunflower crackers with olive tapenade, cilantro pesto and herb nut cheese

155

Zucchini Pappardelle Alfredo

Shaved zucchini noodles tossed lightly with creamy cashew Alfredo sauce, kalamata olives, capers and cherry tomatoes, sprinkled with macadamia parmesan and finished with truffle oil and chiffonade of Italian basil

160

Live Lasagna

Cashew cheese, tomato marinara, basil pesto, baby spinach and marinated shitake mushrooms layered with thinly sliced zucchini served with béchamel herb sauce

165

Mushroom Farinata

Coconut crepes filled with caramelized onion, marinated shitake mushrooms, shredded spinach and sun-dried tomatoes, set on green garlic aioli and served with romaine and asparagus salad

145

Gado-Gado Rolls

Locally grown organic farm root vegetables, bean sprouts, alfalfa sprouts and peppers rolled in white cabbage, served with homemade spiced cashew sauce

110

Raw Kway Teow

Coconut and zucchini noodles tossed in a sweet chili-tamarind sauce with local organic vegetables, shitake mushrooms and bean sprouts, set on Asian vegetable "pepperoni"

110

Incredible Green Curry Tofu

*Asparagus, carrots, green eggplant, radish, cherry tomatoes and corn vermicelli in a spicy coconut green curry with Thai sweet basil and cilantro *heated dish*

135

Roasted Medallions

*Medallions of nut-purple sweet potatoes, topped with buttered cilantro and Portobello mushrooms served with grilled zucchini, aubergines and tomatoes, dressed with aged balsamic reduction *heated dish*

155

Side Dishes

Avocado with lemon juice and extra virgin olive oil 50

Sautéed oyster and shitake mushrooms with rosemary and garlic 65

Tri-color Balinese rice 45

Toasted whole grain bread with extra virgin olive oil 60

Asian kale slaw 50

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Dinner Menu

Chef's Tasting Menu

*A creative selection from our Chef with accompanied rejuvenating “elixirs”
5-Course, 550 / 7-Course, 700*

Soups

Soto Seitan

*Bean sprouts, cabbage, cherry tomatoes, sweet potato, celery and corn vermicelli
with turmeric-lemongrass bouillons *heated dish
70*

Lentil Dal

*Garnished with coconut yoghurt, cilantro and lime *heated dish
70*

Soup du Jour

70

Appetizers

Stuffed Zucchini Blossom

*Napa cabbage, bok choy, shitake mushrooms, tofu, ginger root, green chili paste and yuzu-tamari sauce
70*

Veggie Nori Maki

*Avocado, red beet, jicama, carrot, cucumber, alfalfa sprouts, Swiss chard, cilantro & scallions
rolled in nori weed with wasabi and organic tamari sauce
70*

Bruschette Plate

*A trio of vine ripened tomatoes with basil, spiced avocado with coriander pesto
& almond feta cheese with tamarillo
70*

Balinese Lumpia

*A crunchy raw vegetable spring roll served with sweet chili tamarind dipping sauce
70*

Tulamben Crab-Free Cake

*Almond, zucchini, red bell peppers, nutritional yeast and kombu, caressed with miso-parsley sauce
65*

Salads

Grilled Organic Vegetable

*Asian eggplant, zucchini, red and yellow paprika, baby arugula and almond feta cheese
served with pure balsamic reduction
85*

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Farmer Spring

Fresh organic spring greens from Baturiti mountain farms and ripened avocado with orange truffle dressing
80

Green Delight

Mixed greens and baby rocket medley with cucumber crescents, alfalfa sprouts and avocado tossed with virgin coconut oil, chili padi, lime juice and sea salt, sprinkled with spiced pumpkin seeds
75

Balinese Paté Tomatoes

Zesty cauliflower, shitake mushrooms, carrots, red curry, walnut, ginger, palm sugar and herbs, stuffed in lightly dehydrate tomatoes, set atop young coconut noodle salad
75

Entrees

Live Lasagna

Cashew cheese, tomato marinara, basil pesto, baby spinach and marinated shitake mushrooms layered with thinly sliced zucchini served with béchamel herb sauce
165

Asian Tofu Gyoza

Cashew sesame tofu, shitake mushrooms, scallions and mungbean sprouts enveloped in thai rice wrappers served with sweet chili-sesame dressing and set on tender greens
135

Gado-Gado Rolls

Locally grown organic farm root vegetables, bean sprouts, alfalfa sprouts and peppers rolled in cabbage leaves served with homemade spiced cashew sauce
110

Laksa Noodles

A hearty dish made with young coconut and pumpkin noodles, bean sprouts, cilantro and peppers tossed with a delicious laksa sauce
160

Grilled Seitan

Delicious home-made grilled seitan marinated with 12 local spices set on carrot pure with steamed broccoli and rosemary roasted sweet potatoes *heated dish
160

Fivelements Home-Baked Eggplant

Stuffed with five spice-marinated tofu infused with rambutan blossoms, served with coconut black rice and lightly sautéed baby spinach with kemangi basil coconut sauce *heated dish
155

Roasted Medallions

Medallions of nut-purple sweet potatoes, topped with buttered cilantro and Portobello mushrooms served with grilled zucchini, aubergines and tomatoes, dressed with aged balsamic reduction *heated dish
155

Side Dishes

Avocado with lemon juice and extra virgin olive oil 50

Sautéed oyster and shitake mushrooms with rosemary and garlic 65

Tri-color Balinese rice 45

Toasted whole grain bread with extra virgin olive oil 60

Asian kale slaw 50

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Pizza & Sandwich Menu

Live Pizzas

Garden Pizza

Cashew cheese, tomato marinara, peppers, mushrooms, beetroot, broccoli, carrots, olive tapenade and Italian basil on an almond sundried tomato crust

125

Pizza Subak

Coriander pesto, spinach, tofu, bean sprout, coconut noodles, marinated green beans, white cabbage, tomatoes and gado-gado sauce on spinach curry crust

115

Live Pizza Calzone

Filled with almond feta cheese, cashew mozzarella cheese, zucchini, mixed mushrooms, red peppers, onions, chili, avocado and oregano with pomodoro sauce

135

Mexican Pizza

Nut cheese, sassy salsa, guacamole, cherry tomato, black olives and coriander served on a pumpkin seed crust

120

Sandwiches & Wraps

Falafel Sandwich

Almond-sesame seed falafel, fresh tomatoes and zucchini humus on sunflower bread served with white cabbage coleslaw

105

Avo-Bello Panino

Avocado, Portobello mushrooms, cilantro pesto, cashew cheese and tamarillo on whole grain onion bread

100

Asian Summer Wrap

Cucumber and carrot julienne, romaine lettuce, scallions, cilantro, mint leaves, corn vermicelli and mung bean sprouts with cashew-peanut dip wrapped in rice paper

95

Farmer Grill Sandwich

Grilled purple eggplant, zucchini, beetroot, tomatoes, rosemary-lime tofu, lettuce and almond cheese on fresh baked multi-grain bread

*heated

105

Green Kale Mushroom Burger

Nut-free, incredible veggie burger of kale, mushroom, sundried tomatoes, onion, basil, parsley and cilantro on Mediterranean bread with tomato, lettuce, avocado and coleslaw

100

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Dessert Menu

Tropical Parfait

Layered young coconut cream and sweet mango puree with strawberry compote
75

Mousse Trio

Tamarillo, mango and passion fruit mousses topped with apple granola
80

Lemon & Berry Dacquoise

Lemon custard & berry cream layered with coconut-cashew meringue set on vanilla cream sauce
85

Strawberry Crème Fraiche

Marinated fresh strawberries with aged balsamic vinegar topped with avocado crème fraiche
70

Chocolate Ganache Cake

*Divine chocolate cake glazed with raw cacao, maple syrup, cinnamon
and vanilla bean set on whole-nut crust*
75

The Symphony

An assortment of our pastry chef's delicious dessert tastings served with live ice cream or sorbet
125

Superfood Raw Chocolates

*Choice of chocolate mint, almond, whole nuts, chili, cinnamon or Balinese long pepper
two pieces per serving*
25

Selection of Sakti Sorbets & Live Ice Cream

55 per scoop

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Teas & Herbal Blends

Fivelements Signature Blends

Pertiwi

Puerh tea, lemongrass, adas
60

Apah

Rosella, coriander, sencha
55

Teja

Cinnamon, ginger, pepper, clove
55

Akasa

Chamomile, vanilla, cardamom
50

Bayu

White tea, cardamom, spearmint
50

Black Tea

Javanese Agung

*One of Indonesia's finest quality teas, a medium-bodied
black tea with spicy notes*
45

Lapsang Souchong

A smoky Chinese tea cured over pine fires
50

Earl Grey

Classic black tea with oil of bergamot lending intense citrus flavor
60



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Ginger Black

Indonesian home-grown blend of black tea and dried ginger root

55

Chai

Locally sourced blend of tea and spices, great with coconut milk and raw honey

50

Oolong Tea

Telaga Oolong

Top quality Indonesian oolong with subtle fruity notes,
helpful for weight management

45

Green Tea

Matcha

Fine Japanese ceremonial grade matcha, rich in antioxidants

65

Sencha Dewata

A locally produced, full-flavored steamed green tea
with a fresh vegetal character

55

Jasmine

Classic floral scented tea, good for weight loss

60

Ginger Green

Blend of green tea with local ginger root, strengthens the immune system

55

Tisanes

Fruit Paradise

Tropical infusion including hibiscus and rosehip

50

Herbal Energizer

Stimulating herbal infusion with anise notes

50

Mate

Traditional South American herbal tea with a smoky, grassy flavor

50

Red Berries

Fruit, flowers and most of all, berries

50

Rooibos

Red bush tea from South Africa, rich with full body taste

50

Rosella Kombucha

Pure rosella infusion with probiotic kombucha culture,
served chilled with lime, lifts energy and aids digestion

55

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Healthy Juices & Drinks

Juices and Elixers

Pure Tropical Juices

Watermelon, papaya, pineapple, tangerine, tamarillo, mango, banana

65

Sparkling Lemongrass and Ginger Tonic

60

Electrozyme Tonic

Cucumber, apple, wheatgrass, celery, lime, coconut water, kale, spirulina

65

Body Cleanser

Dark leafy greens, cucumber, ginger, pineapple, cilantro, lime

55

Super Immunity Booster

Broccoli, dark leafy greens, celery, parsley, turmeric, ginger, apple, orange

80

Vitamins Boost

Carrot, celery, tomato, watercress, limes

70

Blood Sugar Regulator

Carrot, cucumber, tomato, spinach

75

Stomach Soother

Aloe vera, honey lime-aid

75

Stamina Boost

Beetroot, carrot

85

Beta Carotene

Pure carrot juice

70

Super Antioxidant

Cacao powder, cacao nibs, orange juice & zest, noni, goji berries

85

Colon Cleanser

Beetroot, carrot & celery

80

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Waters

*Fresh Young Coconut Water,
Equil Sparkling or Naturale,
Sparkling Rose Water*
50

Milks, Shakes & Smoothies

Nut and Seed Milks

Pumpkin, sesame, cashew, almond or coconut milk
60

Healthy Bones & Blood

Cashew milk, banana, Borneo bee pollen, Bali cinnamon
80

Super Energy Blush

Banana, almond milk, cacao powder, maca, ginger, bee pollen, red beet syrup
90

Superfood Smoothie

Banana, cacao powder, cacao nibs, maca, bee pollen, gojiberry, coconut milk
90

Green Energy Smoothie

Greens, banana, orange juice, spirulina, honey
60

Pleasant Digestion Smoothie

Papaya, lime, honey
55

Chocolate Shake

Raw chocolate, almond milk, vanilla bean, maple syrup
85

Calcium Aid

Banana, seed milk, berries, basil
70

Himalayan Uplift

Goji berries, coconut milk, vanilla, bananas, ginger
65

Low Blood Pressure Omega Boost

Avocado, lime, coconut sugar
55

Sakti Elixer Shots

Tumeric Liver Cleanse, Wheatgrass, Ginger
50

Additional Supplements

*Raw Cacao, Maca, Spirulina, Bee Pollen,
Raw Honey, Extra Virgin Coconut Oil*
35