





## **PROLOGUE**

*KARMAFREE is more than just a brand, it's a lifestyle rooted  
in balance, respect, and mindful choices*

*Inspired by the ancient principle of karma, we believe that every action has a  
ripple effect, and our mission is to ensure that ours are as positive as possible.*

*We hold a deep belief that food is medicine. What we choose to eat becomes  
the foundation of our vitality, clarity, and connection with nature. In a world  
where the food industry is one of the largest contributors to environmental  
degradation, from pollution and waste to deforestation and loss of  
biodiversity, we are committed to doing things differently. Every plate we  
serve is a conscious act of care, proving that food can heal not only our  
bodies but also the planet when sourced and prepared with integrity.*

*That's why we work with the highest-quality local ingredients: most of our  
vegetables are organic, our eggs are free-range, our meats are grass-fed, and  
our gluten-free breads are crafted from sweet potatoes, coconut, and  
pumpkin flours. Each recipe is created to nourish body, mind, and spirit,  
reminding us that healing begins what we choose on our plate.*





*Our commitment extends beyond food. We avoid single-use plastics, recycle all our waste through Bali Eco Recycling, and choose packaging that honors the earth.*

*In our clothing line, we echo the same philosophy: garments are crafted from organic fabrics, naturally dyed with plants. At KARMAFREE, every choice, from what we serve in our café to what we create in our collections, is made with intention. We partner only with brands that align with our values and share our commitment to caring for both people and the planet.*

*With deep gratitude, we thank you for supporting us. Every visit, every meal, every shared moment contributes to a healthier community and a kinder world. Your choice to walk this path with us makes all the difference, and we are honored to nourish and share our creations with you along the way.*

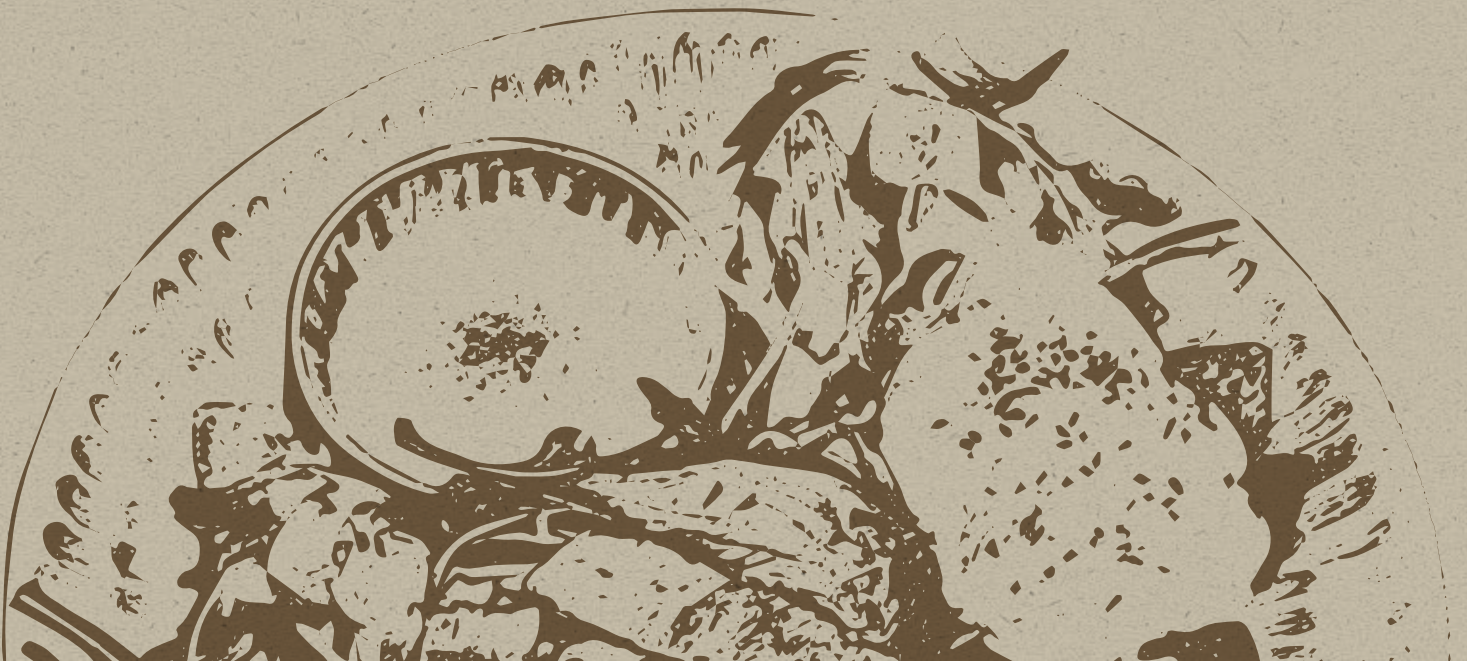




## *Dinner Menu*

6.30PM – 9PM

*A dining experience, where flavor meets purpose. All ingredients are locally sourced, organic where possible, and thoughtfully prepared with your wellbeing and our planet in mind.*







## Starters

### SWEET POTATO BRUSCHETA ..... 88

*A gluten-free sweet potato toast topped with cashew cream cheese, tomatoes, and house-made cashew pesto.*

### KARMAFREE STARTER SALAD ..... 78

*A refreshing mix of lettuce, arugula, watercress, edible flowers, and toast topped with vegan feta cheese. Regular feta cheese available upon request.*

*“ Want to customize your meal or need an upgrade? Add-Ons await on the other page! “*



Contains  
Nuts



Nuts  
Free



Contains  
Dairy



Vegetarian



Gluten  
Free



Vegan



Contains  
Spices





## Grass-Fed Meats

### CHICKEN CAESAR SALAD ..... 148

*Romaine, arugula, capers, croutons, poached egg & grilled marinated chicken thigh. Tossed with Caesar dressing.*

### BUTTER CHICKEN MEATBALLS ..... 148

*Baked meatballs made from free-range Balinese chicken, in a spiced tomato curry with coconut cream and butter. Served with rice, sautéed spinach & fresh cilantro.*

### INDONESIAN BEEF RENDANG ..... 188

*Slow-cooked organic, grass-fed Balinese beef in a fragrant coconut cream spice blend with lemongrass, galangal, and turmeric. Served with cassava, sautéed greens & rice.*

### THAI BEEF SALAD ..... 158

*Tender slices of organic, grass-fed Balinese beef tossed with fresh herbs, cucumber, tomato, and mixed greens in a healthy version of a traditional slightly spiced traditional thai dressing. Topped with our signature seed brittle.*

– Vegan option : with smoked tofu

### HEALTHY CHICKEN PLATE ..... 148

*200g of rosemary and oregano-marinated free-range Balinese chicken thighs. Served with salted spinach, oven-baked pumpkin purée, and a trio of grilled mushrooms (shimeji, shiitake, and button mushrooms).*

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## Vegetarian

### QUINOA GARDEN SALAD ..... 128

*Mixed greens, quinoa, avocado, cherry tomatoes, carrots & olives. Choice of tofu or egg. Topped with vegan cream cheese or feta, pumpkin seeds & rosemary vinaigrette.*

– Vegetarian : with egg/feta | Vegan option : with tofu + vegan cream cheese

## Vegan

### EGGPLANT & ZUCCHINI LASAGNA ..... 148

*Layered zucchini and eggplant with freshly made pomodoro sauce, cashew white sauce, and finished with a dollop of cashew pesto.*

### GRILLED TOFU FILLET WITH PASSION FRUIT & CAPERS SAUCE ..... 148

*Marinated tofu seared to golden, topped with tangy-sweet passion fruit glaze and capers. Served with pumpkin purée, grilled mushrooms & herbed lemon rice.*

### MUSHROOM STROGANOFF WITH NUTS CRUMBLE & LEMON ZEST BASMATI RICE ..... 148

*A nourishing twist on a beloved classic: sautéed mushrooms trio in a plant-based stroganoff sauce crafted with wholesome ingredients. Finished with a crunchy house-made nuts crumble (farofa). Served with fragrant basmati rice with a touch of lemon zest.*

### SWEET POTATO GNOCCHI POMODORO ..... 128

*Homemade sweet potato gnocchi tossed in our homemade pomodoro sauce.*

– Non Vegan: Add grana padano cheese (+28K)

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## Mains



### Soups

#### AYURVEDIC KITCHERI ..... 108

*Traditional Ayurvedic detox dish made with red lentils, brown rice, zucchini, carrots, broccoli & spinach. Gently spiced with turmeric, cumin & ginger. Served with gluten-free warm cassava pita bread.*

#### MISO SOUP WITH SEASONAL VEGETABLES ..... 88

*Homemade kombu dashi, tofu, wakame, mushrooms, carrots, and spinach finished with white miso.*

#### RED LENTIL & PUMPKIN SOUP ..... 88

*Warming and creamy with fresh turmeric, ginger, and garam masala. Garnished with sesame seeds & gluten-free croutons.*

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*Taxes are INCLUDED, no surprises at the end.*





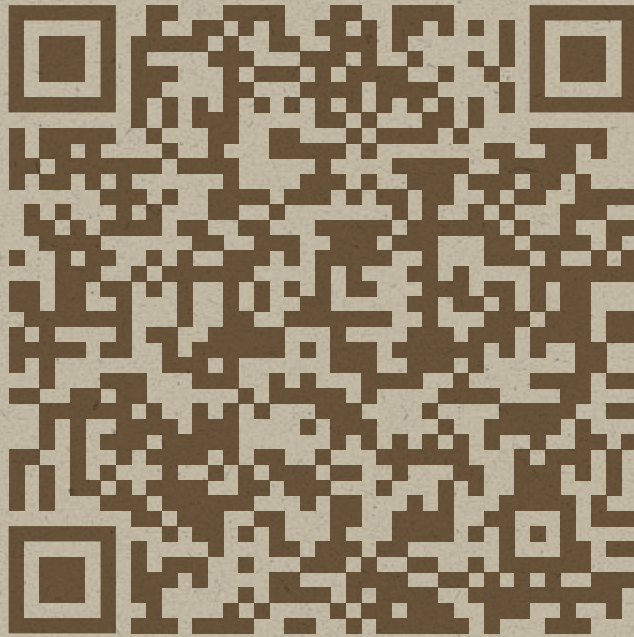
## *Sides*

<i>100 grams free grilled chicken thigh</i>	<i>58</i>
<i>Basmati rice</i>	<i>28</i>
<i>Pumpkin purée</i>	<i>48</i>
<i>1 slice sweet potato bread</i>	<i>24</i>
<i>Boiled cassava root</i>	<i>28</i>
<i>Seed brittle</i>	<i>48</i>
<i>100 grams grass fed beef chunks</i>	<i>88</i>

## *Desserts*

*Please check our display for  
vegan, gluten-free, and sugar-free cakes  
and other homemade creations.*

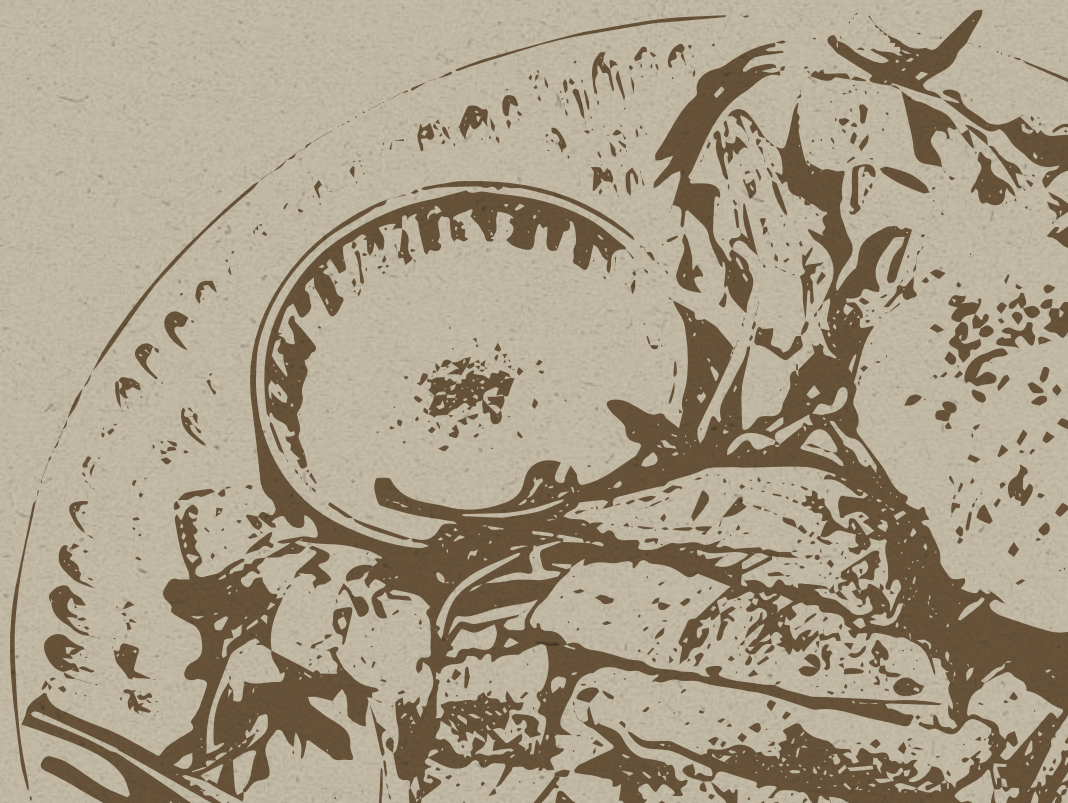




*Scan Here to See Our Menu Photos*

KARMA  
  
FREE







*Is it “Karmafree” to have meat on our food menu?*

*This was a tough choice for us.*

*The essence of Karmafree is to explore how our ways of consumption and creation can have a more positive impact on the environment. We do so through the way we create our clothes, using organic fabrics and natural dyes, and the way we craft our recipes and manage everything around them, from sourcing organic local ingredients to disposing of waste in ways that are not harmful to nature.*

*Eight billion people eating meat at every meal isn’t sustainable and we do not want to support industries built on mass consumption and the use of chemicals and suffering.*







*But when meat is consumed consciously, as a ritual, when the body truly calls for it, sourced from organic, grass-fed, and local farms, it becomes an act of balance. You support local farmers and nourish yourself with clean, healthy food.*

*We invite you to reflect on your choices, not to indulge unconsciously in flavor alone, but to eat with presence; to see food as medicine that restores harmony and vitality. This is our intention behind offering grass-fed meats on our menu.*

*With gratitude,*

*We thank you for sharing this path with us.  
May your meal be an offering of balance, awareness, and peace.*



