



KARMA

FREE

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.

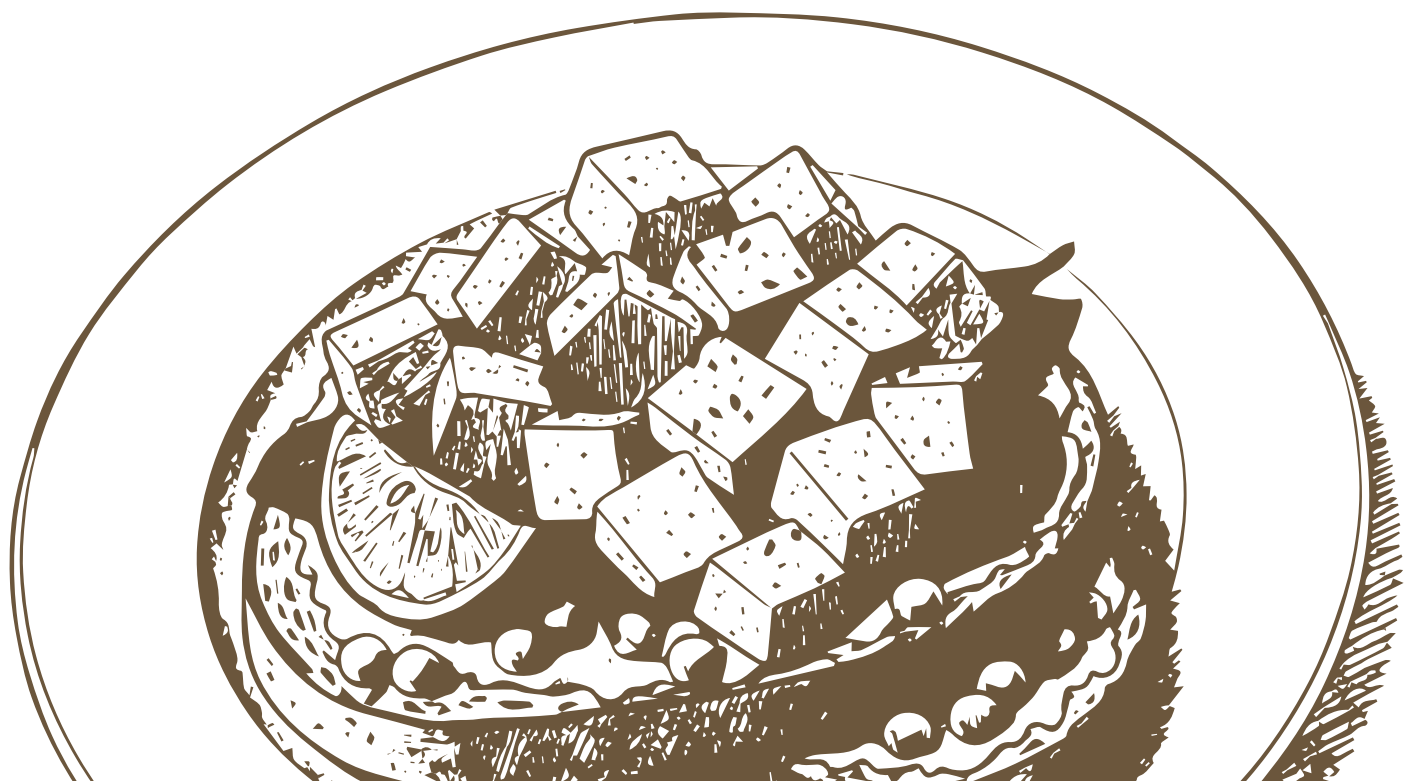
That's why we work with the highest-quality local ingredients: most of our vegetables are organic, our eggs are free-range, our meats are grass-fed, and our gluten-free breads are crafted from sweet potatoes, coconut, and pumpkin flours. Each recipe is created to nourish body, mind, and spirit, reminding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





All Day Breakfast

7AM – 6PM





Toast

I AM BALANCED 88

Toasted gluten-free coconut bread, Organic eggs (poached/scrambled/sunny) or tofu, served on toast with grass-fed cow butter or coconut oil.

– Vegetarian: with egg/dairy | Vegan option: with tofu + coconut oil

I AM EMPOWERED! 118

Toasted gluten-free coconut bread, Smashed avocado, tomatoes, homemade vegan sunflower tahini dressing, choice of organic eggs (poached/scrambled/sunny) or tofu. Add vegan cheese (+20K)

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

I AM GRATEFUL 128

Toasted gluten-free moringa pumpkin bread topped with smashed avocado, sautéed spinach & seasoned green peas. Choice of tofu or egg. Finished with vegan cream cheese or feta, toasted pumpkin seeds & lemon.

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

I AM STOKED! 118

Toasted gluten-free coconut bread, Rucola, tomatoes, homemade pesto, choice of poached, scrambled, or sunny organic eggs or tofu. Topped with feta or add vegan cheese (+20K)

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

I AM FREE & I'M GOING SURFING 98

Toasted sweet potato bread, Almond butter, banana, honey & cinnamon.

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



Contains
Nuts



Nuts
Free



Contains
Seeds



Vegetarian



Gluten
Free



Vegan



Contains
Meat



Balanced Bowls

GREEN BOWL 108

Quinoa, okra, bok choy, sautéed zucchini, avocado, homemade pesto. Choice of 2x organic eggs or grilled tofu.

- Vegetarian : with eggs | Vegan option : with tofu

RAINBOW BOWL 108

Quinoa, sautéed carrots, mushrooms, bok choy, cherry tomatoes, homemade sunflower tahini dressing. Choice of 2x organic eggs or grilled tofu.

- Vegetarian : with eggs | Vegan option : with tofu

Sweet & Healthy

BERRY CHIA PUDDING 88

Chia pudding, coconut yogurt, homemade berry compote and homemade granola.
(+5K for Takeaway Jar)

CARAMELIZED APPLE QUINOA PORRIDGE 128

Quinoa, oats, homemade coconut milk, caramelized apples with coconut nectar, almond butter & walnuts.

- with GF oats

OVERNIGHT OATS 88

GF oats, homemade coconut milk, berries or apple, cinnamon, coconut nectar.
(+5K for Takeaway Jar)

TROPICAL BOWL 118

Homemade granola, Greek or coconut yogurt, almond butter, chia pudding, fruits of the day.

- Vegetarian : with Greek yogurt | Vegan option : with coconut yogurt

BLUEBERRY PROTEIN PANCAKES 118

Gluten-free, protein-packed pancakes made with buckwheat flour, banana & blueberries.
Topped with coconut yogurt & mixed berry compote.

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Contains
Nuts



Nuts
Free



Contains
Seeds



Vegetarian



Gluten
Free



Vegan



Contains
Meat



Lunch Menu

7:00AM – 6PM





Salads & Bowls

BURRITO IN A BOWL 118

Brown rice, tofu, black beans, avocado, corn, tomato, spinach & lettuce. Topped with coriander & vegan homemade chili sauce.

CHICKEN CAESAR SALAD 148

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

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

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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Nuts
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Seeds



Vegetarian



Gluten
Free



Vegan



Contains
Meat



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.

RED LENTIL & PUMPKIN SOUP 88

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

MISO SOUP 88

Kombu dashi broth with tofu, carrot, enoki mushrooms, spinach, wakame seaweed & white miso.

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Contains
Nuts



Nuts
Free



Contains
Seeds



Vegetarian



Gluten
Free



Vegan



Contains
Meat



Add-Ons

Savory Add-Ons

Avocado Sliced	26	Lemon	10
Bok Choy	18	Mushrooms	20
Brown Rice	18	Okra	18
Butter	9	Olive Oil	18
Carrots	18	Pesto	20
Cherry Tomatoes	24	Quinoa	38
Chilli Sambal	18	Rucola	20
Feta	24	Spinach	22
Free-Range Egg	18	Vegan Cream Cheese	24
GF English Muffin	48	Tahini Dressing	20
Gluten-Free Bread of Your Choice	24	Zucchini	20
100gr grass fed beef chunks	88	100gr Free-Range chicken thighs	58

Sweet Add-Ons

Almond Butter	22	Chia Pudding	28
Banana	16	Dragon Fruit	18
Blueberries	28	Granola	28
Blueberry Compote	22	Greek Yogurt	35
Coconut Yogurt	28	Papaya	16

Taxes are INCLUDED, no surprises at the end.



Drinks



Drinks



Coffee

Our coffee is made with double espresso shots (single on request)

Choice of beans : Regular, decaf, or organic (+9K).

*Milk options : Grass-fed cow milk or homemade vegan milk
(house blend of pumpkin seeds, sunflower seeds & coconut, or pure coconut milk).*

ESPRESSO	Single 30 Double 35
AMERICANO	Hot 40 Iced 45
LONG BLACK	Hot 40 Iced 45
CAFFÈ LATTE	Hot 58 Iced 62
CAPPUCCINO	Hot 58 Iced 62
FLAT WHITE / PICCOLO LATTE	Hot 58 Iced 62

Non-Coffee

Crafted with our homemade vegan milk, coconut milk or grass-fed cow milk also available.

ASHWAGANDA LATTE	Hot 58 Iced 68
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CEREMONIAL CACAO

<i>Cacao level</i>	Light 68 Regular 78 Strong 98
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Sweeter % with coconut nectar : Little – Tiny touch / Balanced – Regular recipe / Sweet – Extra

CEREMONIAL GRADE MATCHA

(OKUMIDORI KYOTO / YABUKITA)	Hot 78 Iced 83
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CEREMONIAL GRADE MATCHA LATTE

(OKUMIDORI KYOTO / YABUKITA)	Hot 88 Iced 93
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CHICORY LATTE	Hot 78 Iced 88
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TURMERIC LATTE	Hot 58
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Add-Ons

Ashwaganda	20	Espresso Shot	30	Honey	22
Bovine Collagen	28	Extra Shot Cacao	28	KARMAFREE Vegan Milk	10
Cinnamon Powder	8	Extra Shot Matcha	48	Organic Beans	9
Coconut Milk	10			Sea Moss Gel	28

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Superfood Smoothies

Inspired by our journeys to remote islands, our smoothies are crafted with locally sourced, organic ingredients that reflect our commitment to mindful and healthy living. Whether you're gearing up for an ocean adventure or winding down afterward, our delicious smoothies are designed to nourish and energize you.



CACAO MAGIC 78



Cacao powder, almond butter, banana, coconut milk, cinnamon, ashwaganda

A delicious blend of cacao powder, almond butter, and banana, and our homemade coconut milk. Enhanced with warming cinnamon and calming ashwaganda, this smoothie is a delightful treat for boosting mood and managing stress.

FEEL LIGHT 78



Dragon fruit, mint, camu-camu

A refreshing blend of vibrant dragon fruit, cooling mint, and the vitamin C, rich camu-camu. This smoothie is perfect for those looking to boost their immune system while staying light and refreshed.

ISLAND MAGIC 78



Papaya, banana, spirulina, red ginger, coconut water

A tropical blend of papaya, banana, and hydrating coconut water, enhanced with nutrient-packed spirulina and zesty red ginger for a boost to digestion and immunity.

PURPLE MAGIC 78



Blueberries, mulberries, banana, coconut yogurt, flaxseeds, camu-camu

A vibrant mix of berries, flaxseeds, and coconut yogurt designed to support overall hormonal balance and boost immunity with camu-camu. Nourish your body with this deliciously balanced smoothie, perfect for everyone.

SUNSHINE DETOX BLEND 78



Pineapple, banana, fresh ginger, cardamom, coconut milk

A refreshing mix of pineapple and banana with a kick of fresh ginger and aromatic cardamom. Coconut milk adds creaminess, making this smoothie a delicious way to detoxify and energize your day.

Add-Ons					
Almond Butter	22	Coconut Milk	10	Greek Yogurt	35
Ashwaganda	20	Coconut Yogurt	28	Spirulina	22
Bovine Collagen	28	Espresso Shot	30	Honey	22
Cinnamon Powder	18	Flaxseeds	18	Vegan Milk	10
Chia Seeds	18			Sea Moss Gel	28



Scan Here to See Our Menu Photos

KARMA

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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.***

EPILOGUE

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.



