

KARMA  
FREE

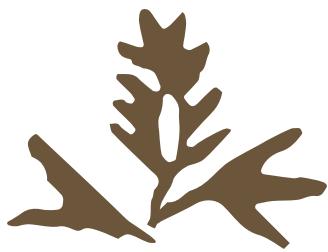
## ***PROLOGUE***

*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.*

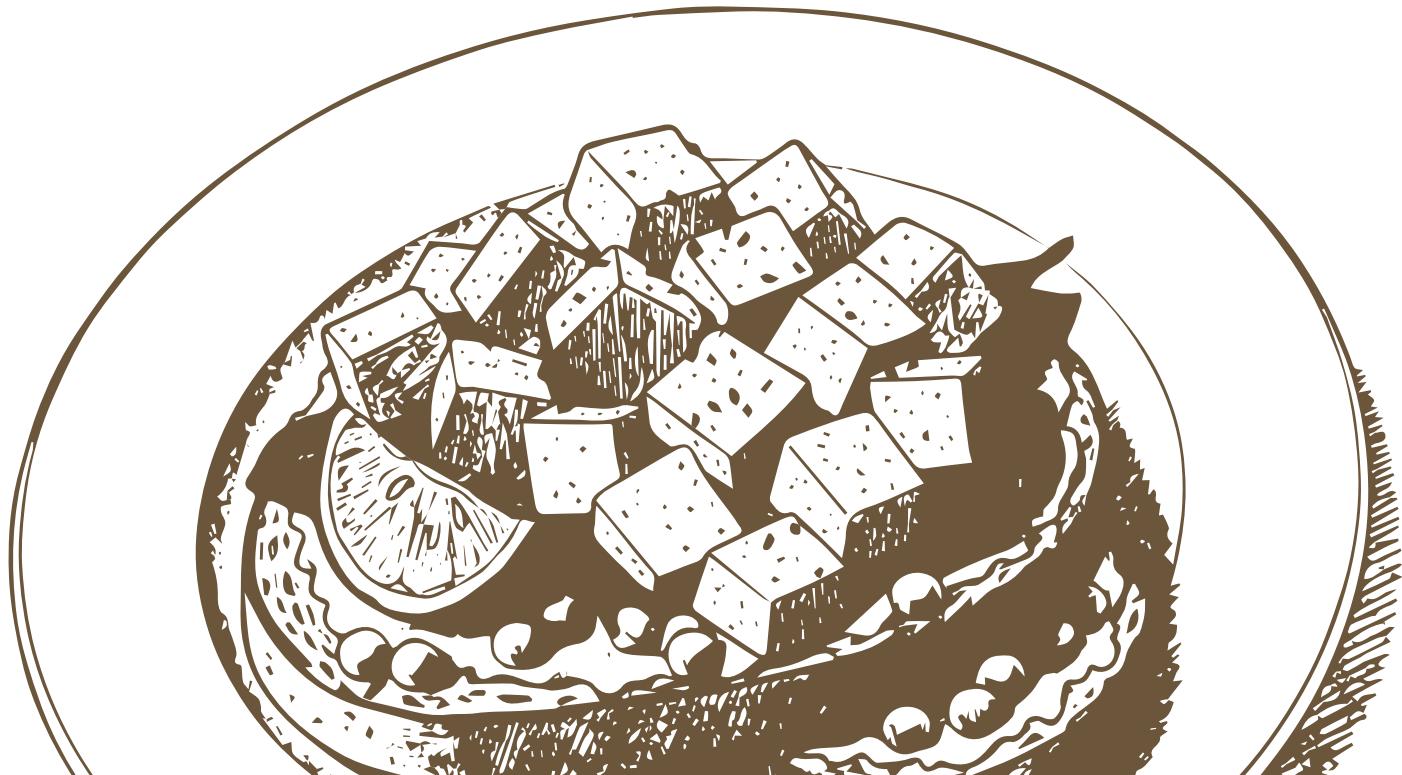
*That's why we work with the highest-quality local ingredients: most of our vegetables are organic, our eggs are free-range, our meats are grass-fed, and our gluten-free breads are crafted from sweet potatoes, coconut, and pumpkin flours. Each recipe is created to nourish body, mind, and spirit, reminding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

# All Day Breakfast



## 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

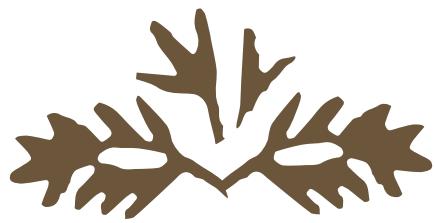
### BLUEBERRY PROTEIN PANCAKES ..... 118

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

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



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



## *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).*

“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



## 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.*

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

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Contains Nuts

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Contains Seeds

Vegetarian

Gluten Free

Vegan

Contains Meat

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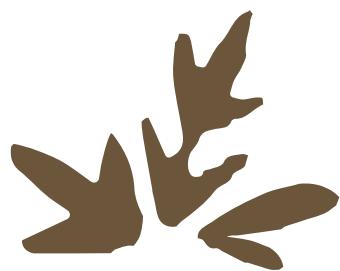
# Add-*Ons*

## ***Savory Add-*Ons****

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

## ***Sweet Add-*Ons****

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



## *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).

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

## Non-Coffee

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

<b>ASHWAGANDA LATTE</b>	<i>Hot</i>	<b>58</b>	<i>Iced</i>	<b>68</b>
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## CEREMONIAL CACAO

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

<b>CEREMONIAL GRADE MATCHA</b> (OKUMIDORI KYOTO / YABUKITA)	<i>Hot</i>	<b>78</b>	<i>Iced</i>	<b>83</b>
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<b>CEREMONIAL GRADE MATCHA LATTE</b> (OKUMIDORI KYOTO / YABUKITA)	<i>Hot</i>	<b>88</b>	<i>Iced</i>	<b>93</b>
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<b>CHICORY LATTE</b>	<i>Hot</i>	<b>78</b>	<i>Iced</i>	<b>88</b>
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<b>TURMERIC LATTE</b>	<i>Hot</i>	<b>58</b>
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<i>Add-Ons</i>					
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

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



# *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.*

# Superfood Smoothies



## 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

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*Scan Here to See Our Menu Photos*



## ***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.*



