



fivelements
RETREAT

Sakti Dining Room



Welcome to our Sakti Dining Room

Our Sakti Dining Room offers raw vegan living foods cuisine in celebration of our "aliveness."

Our goal is simple: To let mother nature's cuisine shine with all their exciting tastes, textures, vibrant colors and pure flavours.

The food we serve is prepared with love, passion and attention to detail.

Our menu is designed to give optimal plant-based nutrition and high energy whilst having a delicious culinary experience to delight the senses. This process starts with sourcing the finest organic ingredients at the height of their season to honour the earth and ourselves, as we are one and the same.

We support local farmers, sustainable agriculture and environmentally friendly products.

We invite you to step inside and enjoy the beauty and pleasure of feeling nourished, loving your life, adoring yourself and accepting the world, being present, generous and grateful every day.

"Let Food be thy Medicine and Medicine be thy Food"

Hours of Operation

7:00am - 11:00am - Breakfast

11:00am - 3:30pm - Lunch

3:30pm - 6:00pm - Afternoon Tea & Snack

6:00pm - 10:00pm - Dinner

(9:30pm - last order)

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Breakfast Set Menu

Choice of Fresh Juice

Green Smoothie, Green Juice or
Tropical Fruit Juice: Watermelon, Papaya, Pineapple, Orange

Seasonal Tropical Fruit Salad

Fresh Mint, Coconut Yoghurt

Chickpea Cassava Flatbread

NRaw Carrot Hummus, Sauteed Mushrooms, Pickled Carrots, Ginger Torch Sambal, Herbs *heated dish
or

Chia Porridge

coconut chia porridge, chia seeds, Goji berries, coconut milk, strawberry banana compote
or

Vegetable "Nasi Goreng"

Organic Red Rice, Seasonal Vegetables, Sambal Matah *heated dish
or

Spice Granola

Cinnamon spice granola, nuts, cinnamon, coconut milk, banana
or

Superfood Dragon Bowl

Purple Dragon Fruit, Banana, Coconut, Chia Seeds, Strawberry, Sprouted Nut Granola, Coconut Yogurt
or

Open Faced Cheese Sandwich

Cassava Flour Bread, Cashew Cream Cheese, Asian Pesto, Tomato, Cucumber, Basil

A Selection of Fivelements Teas & Balinese Coffee

Set Price
180,000

ALL MENU ITEMS are free of dairy and eggs, and are prepared with gluten-free ingredients, with noted exceptions. Please inform your server of any allergies. Nut-free option available.

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Lunch and Dinner Menu

Chef's Tasting Menu

A creative selection from our Chef with accompanied rejuvenating "Elixirs"
Entire table preferred

3-Courses 400,000
5-Courses 550,000
7-Courses 650,000

Plates to Share

Plates to share for 2 people

Curried Kale Chips

Dehydrated Kale, Balinese Spices, Coconut

50,000

Oyster Mushroom "Alla Milanese"

Asian Pickles, Organic Mix Greens, Miso Ginger Mayonnaise

75,000

Hummus Flatbread

Almond Coriander Flatbread, Carrot Cashew Hummus, Raw Vegetables, Wild Herbs, Flowers

80,000

Soups

Mushroom Coconut

Mushrooms, Lemongrass & Kaffir Lime, Fresh Herbs, Sesame Rice Cracker *heated dish

70,000

South Indian Dhal

Coconut Yoghurt, Cilantro, Chili, Sesame Rice Cracker *heated dish

65,000

"Soupe du jour"

Please ask you server for the daily selection.

60,000

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Afternoon Menu

Curried Kale Chips Dehydrated Kale, Balinese Spices, Coconut	50,000
South Indian Dhal Coconut Yoghurt, Cilantro, Chili, Sesame Rice Crackers *heated dish	65,000
Hummus Flatbread Almond Coriander flatbread, Carrot Cashew Hummus, Wild Herbs, Flowers	65,000
Fivelements Superfood Salad Organic Greens, Vegetables & Herbs, Avocado, Tamarillo, Ginger-Cacao Cashews, Noni and Spirulina Chips	95,000
Curry Laksa Young Coconut Noodles, Smoked Tempeh, Asian Greens, Edamame, Sprouts, Shiitake, Herbs *heated dish	100,000
Tropical Garden Pizza Almond Crust, Chili Tomato Sauce, Cashew Cream Cheese, Pineapple, Tamarillo, Avocado, Coconut "Bacon"	95,000

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Afternoon Menu

Sweet Treats

Coconut Cashew Ice Cream

Choice of Homemade Cashew Ice Cream

Please ask your server for our daily flavours

per scoop 35,000

Trio of Seasonal Sorbet with Tropical Fruits

Please ask our server for daily flavours

65,000

Raw & Wild Chocolates and Truffle

Choice of Fivelements Signature Raw Chocolates

Please ask your server for our flavour selection

two pieces 40,000

Afternoon Tea & Cake Special

Choice of Fivelements Signature Teas & Blends

Accompanied by our Pastry Chef's Daily Raw Cake

85,000

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Salads

Balinese Green Urab-Urab Organic Greens, Vegetables Herbs, Coconut 'Bacon', Aromatic Balinese Dressing	75,000
Kale Avocado "Tartare" Cucumber, Pineapple, Fresh Coriander and Shallots	80,000
Asian Tomato "Caprese" Cashew "Tofu", Asian Vinaigrette, Basil, Herb Oil	80,000
Fivelements Superfood Salad Organic Greens, Vegetables & Herbs, Avocado, Tamarillo, Ginger-Cacao Cashews, Noni and Spirulina Chips	75,000

Appetizers

Chickpea and Cassava Flatbread Raw Carrot Hummus, Sauteed Mushroom, Pickled Carrots, Ginger Torch Sambal, Herbs *heated dish	75,000
Southeast Asian Style Tacos Young Jackfruit "Carnitas", Avocado, Ginger Torch Sambal, Coconut Sour Cream, Pickled Cabbage	85,000
Mushroom Dumpling Shiitake, Miso Dashi, Spinach, Radish, Spring Onion	80,000
Spicy Avocado Nori Roll Jicama "Rice", Lapsang Smoked Tempeh, Sesame Chili Sauce, Pickled Vegetables, Teriyaki Sauce	75,000

* Please choose your two or three courses from the menu.

2-Courses Lunch	175,000
2-Courses Dinner	200,000
3-Courses Lunch	250,000
3-Courses Dinner	300,000

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Main Course

Tropical Garden Pizza	95,000
Almond Crust, Chili Tomato Sauce, Cashew Cream Cheese, Pineapple, Tamarillo, Avocado, Coconut "Bacon"	
Zucchini Tomato Lasagne	95,000
Tomato Ginger Marinara, Cashew "Ricotta" Cheese, Asian Herbs Pesto, Shiitake, Raw Chili Sambal	
Curry Laksa	100,000
Young Coconut Noodle, Smoked Tempeh, Asian Greens, Edamame, Sprouts, Shiitake, Herbs *heated dish	
Beetroot & Red Rice Risotto	100,000
"Ricotta" Cheese, Pickled Beetroot, Crispy Red Rice, Herb Oil *heated dish	
"Shiitake Beetroot Burger"	125,000
Caramelized Onion, Kimchi Mayonnaise, Umami Ketchup, Pickles, Jicama "Slaw" Sweet potato Chips *heated dish	
Balinese Sampler (2 Persons)	per person 200,000
Tempeh Satay, Yellow Tofu Curry, Organic Red Rice, Urab, Acar Pickles, Sambal Matah, Sesame Crackers *heated dish	
Fivelements Supefood Salad	95,000
Organic Greens, Vegetables & Herbs, Avocado, Tamarillo, Ginger-Cacao Cashews, Noni and Spirulina Chips	

Side Dishes

Mushroom Stir Fry	1 side dish 60,000
Grilled Tofu or Tempeh	2 side dishes 100,000
Garlic Greens Stir Fry	
Sesame Rice Crackers	
Baked Sweet Potato	
Organic Red Rice	
Homemade Kimchi	
Sweet Potato Chips	

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Dessert Menu

Coconut Cashew Ice Cream 35,000
Please ask your server for our daily flavors

Raw Chocolate & Truffles two pieces 55,000
Choice of Fivelements Signature Raw Chocolates five pieces inc. coffee 85,000
Please ask your server for our flavors selection

Select one of the desserts including tea or coffee 80,000

Trio of Seasonal Sorbets with Tropical Fruits
Please ask your server for our daily flavors
or

Mocha Semifreddo
Dark Chocolate Mousse, Chocolate Ring, Cacao "Soil", Cardamom Vanilla Ice Cream, Dark Honey
or

Pandan Coconut Panna Cotta
Strawberry, Red Fruit Tea Oil, Kayu Manis Leaves, Dragon Fruit Sandat Gel, Passion Fruit Sorbet
or

Coconut Lime Cheese Cake
Ginger Torch Sorbet, Dragon fruit, Local Flowers
or

Chocolate Symphony
Mousse Layer Cake, White Chocolate Ice Cream, Truffle, Raw Cacao Syrup

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Teas & Herbal Blends

Fivelements Signature Blends

All Teas & Tisanes

45,000

Pertiwi

Pu'erh tea, Lemongrass, Adas

Apah

Rosella, Coriander, Sencha

Teja

Cinnamon, Ginger, Pepper, Clove

Bayu

White tea, Cardamom, Spearmint

Akasa

Chamomile, Vanilla, Cardamom

Black Tea

Javanese Agung

One of Indonesia's finest quality teas, a medium-bodied Black Tea with spicy notes

Lapsang Souchong

A smoky Chinese Tea cured over pine fires

Earl Grey

Classic Black Tea with oil of Bergamot lending intense Citrus flavor

Ginger Black

Indonesian home-grown blend of Black Tea and dried Ginger Root

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Oolong Tea

Telaga Oolong

Top quality Indonesian Oolong with subtle fruity notes
helpful for weight management

Green Tea

Matcha

Fine Japanese ceremonial grade Matcha, rich in Antioxidants

Sencha Dewata

A locally produced, full-flavored steamed Green Tea with a fresh Vegetal character

Jasmine

Classic floral scented tea, good for weight management

Ginger Green

Blend of Green Tea with local ginger root
strengthens the immune system

Tisanes

Fruit Paradise

Tropical infusion including Hibiscus and Rosehip

Herbal Energizer

Stimulating herbal infusion with Anise notes

Rooibos

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

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Hot Elixirs & Tonics:

Matcha Latte	55,000
Premium Japanese Green Tea, Coconut Milk, Coconut Sugar	
Chai Latte	50,000
Locally sourced Tea and Spices, Coconut Milk, Coconut Sugar	
Hot Chocolate	50,000
Coconut Milk, Raw Cacao, Vanilla , Coconut Sugar	
Bali Spiced Chocolate	50,000
Coconut Milk, Raw Cacao Powder, Coconut Sugar, Balinese Spices	
Arabica Latte	50,000
Cold Pressed Organic Arabica, Coconut Milk, Coconut Sugar	
Mocha Latte	55,000
Cold Pressed Organic Arabica, Coconut Milk, Raw Cacao, Coconut Sugar, Cardamom, Cinnamon	
Cold Pressed Arabica Shot	35,000
Organically Grown Kintamani Arabica Hot or Cold	
"Kopi Bali" Organic Coffee	40,000
Black or with Coconut Sugar and Coconut Milk	

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Healthy Juices & Elixirs

Pure Tropical Juices Watermelon, Papaya, Pineapple, Tangerine, Mango, Banana	75,000
Watermelon Lemonade Watermelon, Tangerine, Coconut Water, Lime, Honey	75,000
Electrozyme Tonic Cucumber, Apple, Moringa, Celery, Lime, Coconut Water, Kale, Spirulina	85,000
Super Immunity Booster Dark Leafy Greens, Cucumber, Pineapple, Orange, Ginger, Turmeric, Cilantro, Lime	85,000
Cleanser Beetroot, Carrot, Ginger, Tangerine, Celery	90,000

Waters & Elixirs

Ginger Spice Ginger, Pineapple, Lime, Honey, Chili	50,000
Healing Roots Elixir Coconut Water, Ginger, Turmeric, Tamarind, Lime, Black Pepper, Raw Honey	65,000
Sparkling Lemongrass and Ginger Tonic	50,000
Rosella Kombucha Rosella Hibiscus infusion, Home Brewed Kombucha Tea, Lime	50,000
Fresh Young Coconut Water	45,000
Equil Sparkling	40,000

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Milks, Shakes & Superfood Smoothies

Green Energy Smoothie Greens, Banana, Pineapple, Coconut Water, Moringa, Lime	60,000
Balinese Superfood Smoothie Raw Cacao, Banana, Coconut Milk, Aloe Vera, Borneo Bee Pollen, Goji Berry, Cinnamon, Coconut Sugar, Chia Seeds	90,000
Chocolate Mousse Shake Raw Cacao, Coconut Milk, Coconut Meat, Coconut Sugar, Cinnamon	70,000
Strawberry Vanilla Milkshake Coconut Milk, Banana, Strawberries	70,000
Himalayan Goji Goji Berries, Coconut Milk, Vanilla, Banana, Ginger, Bee Pollen, Turmeric	70,000
Matcha Super Green Coconut Milk, Spinach, Matcha, Moringa, Spirulina, Avocado, Raw Honey	75,000

Sakti Elixir Shots

Tumeric Liver Cleanser, Immune Booster, Moringa,	45,000
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Iced Latte

Iced Chai Latte Locally sourced Tea and Spices, Cashew Milk, Coconut Sugar	50,000
Iced Mochaccino Cashew Milk, Cold Pressed Arabica, Chocolate Ice Cream, Coconut Sugar	55,000
Iced Matcha Latte Premium Japanese Matcha Green Tea, Cashew Milk, Coconut Sugar	60,000

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Kids Menu

Miso Soup Tofu, Seasonal Vegetables, Spring Onion	50,000
Sweet Potato Chips Homemade Cashew Mayonnaise, Tomato Salsa	60,000
Mac 'Fettucini' Cheese Zucchini Fettucini, Cashew Cheese, Rawmesan	65,000
Vegetable Rice "Nasi Goreng" Tofu, Seasonal Vegetable, Organic Brown Rice	65,000
Dragon Corn Vermicelli Vegetables, Tofu, Noodles, Tomato	65,000
Vegetable Curry Tofu, Seasonal Vegetables, Brown Rice	65,000
Shiitake Beetroot Burger Shiitake Beetroot Burger, Sweet Potato Chips, Jicama Slow	70,000
Ice Cream Sundae Vanilla & Chocolate Ice Cream, Banana, Chocolate Sauce	70,000
Tropical Fruit Sorbet Please ask your server for our flavour selection	65,000
Dark Chocolate Mousse Cacao Soil, Calamansi	65,000

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