

DRINK

IMMUNITY SHOT 100ml

Jamu curcumin. ginger. apple cider. lime. honey.
black pepper. garlic. cayenne 35

Stress less reishi, vanilla cashew mylk, chlorella,
ashwagandha, agave, coconut oil 45

Love potion maca. ashwagandha. shatavari. raw
cacao. ginger. cinnamon. vanilla cashew mylk.
honey 45

COFFEE

espresso 22

dbl/macchiato 26

long black 26

flat white/latte 30

cappuccino 30

mocha 34

gingerbread latte ginger. cinnamon. espresso 34

jamu latte espresso. turmeric. cardamom 34

hot chocolate on milk 34

PB hot chocolate ginger & cinnamon 38

coco cashew +7.5
almond maca mylk +7.5
coco mylk +5
extra shot coffee +12
decaf is available

TEA

herbal mint 24

black agung 29

green sencha premium 35

organic matcha 35

calming blend ginger. honey. mint.
lime. cinnamon. cardamom. clove 35

chai masala 36

red velvet chai beetroot. cacao. chai 38

adaptogen tea reishi. ashwagandha.
turmeric jamu. coconut cashew mylk 76

REFRESH

Balian sparkling water sml 25 lrg 40

Balian mineral water sml 20 lrg 35

lime & kaffir lime soda 33

tamarind & ginger soda 33

mint. cinnamon. cardamom. clove soda 33

iced tea lemongrass or rosella 33

coconut water 650ml 32

kombucha ginger 650ml 35

FRAPPE

mango. orange. lemongrass 40

kombucha. pineapple. ginger 40

raspberry. soursop. lime 40

coffee & coconut cream 40

SLOW PRESSED JUICE 350ml

orange – hand pressed 40

OCA orange. carrot. apple 40

fresh jamu sweet potato. orange. apple.
turmeric. black pepper. cardamom 40

greens kale. spinach. cucumber. apple.
ginger. lime 45

blood flow apple. carrot. beetroot. gotu kola.
ginger. cayenne pepper 52

liver spinach. apple. cucumber. lime. celery.
parsley. moringa. ashitaba 52

alkalyse aloe. karssi oil. chia. lime. basil. Ginger.
mint. kombucha. coconut keffir. Honey 52

enzyme pineapple. lime. turmeric. chia. coconut.
ginger. honey 52

DRINKS

SMOOTHIES & SHAKES **PB**

Add
Maca +10
Spirulina +12
Ashwagandha +12
Chlorella +12
Reishi +18

holotropic dragon fruit. banana. papaya. coconut yoghurt	43
trop0 mango. oatmylk, turmeric, agave	43
anti inflammatory pineapple, rosemary, spinach, orange	43
sunrise organic raspberry. apple. pineapple	49
exotic orange. pineapple. passionfruit	49
antioxidant strawberry, blueberry, cucumber, lime, coconut water	49
cell binder chai. cashew. dates. himalayan salt. flaxseeds. cacao. coconut. vanilla. banana.	52
bounty chocolate coconut. cashew. raw vegan chocolate	52
penida colada coconut. passionfruit. pineapple. banana. cinnamon	52
moringa & strawberry kale. dates. cashew mylk	56
vegetable + fibre shake. beetroot. carrot, cucumber. kale. ginger. Lime. basil. chia seeds (we leave some of the pulp for extra fibre!)	52
brazilian gold acai, orange, banana, coconut water	56
mermaid spirulina. chlorella. pumpkin seed mylk. coconut cream. banana. mint	68
game changer love potion (cacao. maca. ashwagandha. ginger. cinnamon. shatavari) banana. peanut butter. cashew mylk	73

BEER

Albens apple cider	54
Prost	40
Stark Wheat	60
IPA	60
Mango	60

WINE

local	
Isola white bottle	290
Isola Red bottle	290
Isola Rose bottle	290
Imported	
Whites	
Wild rock Sauv blanc '16 (NZ)	630
Trimbach pinot blanc	630
Wild Rock Pania organic chardonnay '14	725
Red	
Santa Carolina Cabernet Sauvignon '16	630
Wild Rock Gravel Pit	
Merlot Malbec Organic	675
Wild Rock Pinot Noir Marlborough NZ	705
Fire gully Shiraz Margaret River AUS	820

6% service charge + 10% government tax to be added
free delivery

BREAKFAST

SWEET

- warm apple crumble rice porridge** **PB GF** soursop. snake fruit.
spiced apple. kombucha raisins. honey. heritage red rice & mung beans 59
- WAMMcakes** **V GF NF** pumpkin pancakes. strawberries.* banana.
chocolate & coconut cream sauce 62
- bali bircher** **PB** fresh grated coconut. oats. apple. seeds. nuts. ginger citrus.
coconut yoghurt. mango* 59

SAVOURY

- healthier option: swap bread for steamed sweet potato
- hash browns taro & spinach** **PB GF NF** avocado. sambal. marinated kale.
sauerkraut 56
add grilled local haloumi +34
- shrooms** **PB NF** local organic mushrooms (shiitake, king oyster & button).
wilted greens. GMO free tempeh. Sourdough 59
add **PB** frankfurt +30 add fried egg +12
- veggie stack** **PB GF** creamed mushrooms. pumpkin. marinated kale.
roast tomato. super green moringa pesto 65

EGGS

- scram** **V NF** 2 free range duck eggs. wilted greens. roast tomato.
feta. sourdough 56
add organic bacon +26 organic pork sausage +50
- omelette** **UBUD V** organic mushrooms. spinach. sourdough 56
- MED V** feta. olives. tomato. pesto. sourdough 56
- AUSSIE** ham. cheese. tomato. BBQ sauce. sourdough 62
- hash benedict** **V GF DF NF** hash browns. wilted greens. organic
mushrooms.poached eggs. bali benedict sauce 69
add organic ham +26
- bali benedict** **V GF DF NF** soft poached free range duck eggs. greens.
sweet potato. smoked eggplant. hash brown. coco & kaffir sauce 72
- the BADASS** organic pork bacon & sausage. eggs. mushroom.
moringa pesto. tomato.provolone cheese. Sourdough 89
V option with jackfruit & marinated veggies 73

ADDITIONS

organic pork sausage	+50	PB jackfruit bean chilli	+28
organic bacon / ham	+26	PB hashbrowns (3)	+24
free range egg	+12	PB sausage	+30
		PB cashew cheese	+22
marinated feta	+22	PB wilted greens	+22
grilled halloumi	+32	PB crispy tempeh bacon	+22
GF loaf butter, jam	+35		
Sourdough butter, jam	+28		

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LUNCH

SOUPS

moringa & sweet potato PB served with garlic sourdough	42
pumpkin & coconut PB served with garlic sourdough	42
organic creamy mushroom PB with garlic sourdough	52
laksa PB GF Jackfruit and vegetables in a rich coconut broth, rice noodle and fresh herbs add prawns +30 organic chicken +25	55
miso & greens PB Organic, long fermented miso with tempeh. Chilli oil on the side	57
chicken Noodle broth NF Homemade noodles and dumplings, chilli oil on the side	59

SALADS

Add: seared tuna +35 organic chicken +25
fresh pita bread +10 GF bread +12

rainbow salad PB GF raw vegetable spirals & fresh leaves ginger & sesame dressing, sauerkraut 'slaw' pesto, nuts & seeds	61
falafel salad PB GF NF mung bean falafel, hummus, beetroot, coconut & ginger spiced dressing	68
roast pumpkin, beetroot & haloumi* salad GF (* PB cheese available) fresh salad leaves, sweet potato, roast tomato, herbs & seeds with ginger dressing	75

NACHOS

PB bean chilli nachos GF avocado. coconut sour cream. coriander. cashew chili cheese. corn chips	69
grass fed beef nachos GF beans. avocado. coconut sour cream. coriander. cheddar cheese. corn chips	89

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LUNCH

FAVOURITES

add fresh pita bread +10 GF bread +12 baguette +18

bali Love PB GF

organic rice, taro & corn perkedel, tofu satay, gmo free tempeh bakar, sambal matah

69

add: organic chicken sambal matah +25

vietnamese PB GF

rice noodle, fresh herbs and vegetables, pickles, GMO free marinated tempeh, salad, chilli sauce on the side

69

greek V

stuffed tomato. greek feta, tomato & olive salad. beetroot salad. leaves. tzatziki. pita bread (* pita can be replaced with GF bread)

79

add: lamb keftedes meatballs +40

moroccan PB GF

couscous, moroccan tomato & cucumber salad, spiced chickpeas, marinated vegetables tagine & fresh orange

79

add: a lamb merguez sausage +50

french V GF

local camembert, poached duck egg, baby potatoes, green beans, tomato, mustard dressing

79

middle east PB

Mung bean falafel. hummus. babaganoush. taboule. tahini sauce. sauerkraut. pita bread

79

BAGUETTE : GF buns available

add a side of sweet potato & cassava wedges +35
chicken +30 ham +25 avocado +22

organic chicken NF

avocado. cheddar cheese. beetroot & feta dressing. tomato. salad

76

cheese & salad V

cheddar cheese. carrot. tomato. sauerkraut. beetroot. moringa pesto. sundried tomato. salad **can be PB cheese

62

marinated beef

grass fed beef in tomato sauce. cheddar cheese

82

6% service charge + 10% government tax to be added
free delivery

NIGHT

5pm – 9pm

STARTERS

SNACKS

Tostones : crispy plantain snacks with guasacaca avocado dip	PB GF	49
Dip board a selection of changing dips with vegetable sticks	V	55
AREPA (2) 'Corn pita' sandwich Venezuelan style		
Pulled jackfruit & bean mix, poblano sauce, corn salsa	PB GF	55
Organic chicken , avocado, mayo & cassava leaf	GF	65
Beef (grass fed), cheese & pickles	GF	65
Dadinhos cheesy tapioca fried cubes with chilli jam	V	38

SOUP

Laksa	PB GF	
Jackfruit and vegetables in a rich coconut broth, rice noodle and fresh herbs		55
Add prawns +30 chicken +25		
Fish Soup	NF	
Nourishing broth with prawns, homemade fish balls, sorghum and barley		78
Miso & greens	PB GF NF	
Organic, long fermented miso with tempeh		57
Chicken Noodle broth	NF	
Homemade noodles and dumplings, chilli oil on the side		62

NIGHT

5pm– 9pm

MAINS

rice / cassava bread / taro puree are interchangeable at no extra cost

Swap rice for persian rice / vegetables / couscous +8

VEG / PLANTS

Jackfruit curry **PB NF**

GMO free tofu and veggies in balinese spices with a side of persian rice & avocado & pineapple cuban salad

79

North African Bean Tagine **PB NF GF**

grains and marinated vegetables in our homemade harissa, couscous
GF option available

79

Bangkok Tempe Curry Noodle salad **PB** mildly spicy:

rice noodles, fresh herbs, chilled & flavoursome thai curry sauce with tempe. lao banana flower larb salad. (green mango, herbs)
green beans in chili, peanut, sesame sauce

76

Tempe Steak **PB**

in tamarind sauce with crispy kaffir and peanuts. side of ginger stir fried vegetables and a lao banana flower larb salad (green mango, herbs)
GF option: with pumpkin seed tempe +10

76

Red lentil & Sweet potato curry **PB GF NF**

Creamy coconut, dreamy pumpkin & kale with a side of broccoli & crispy persian rice

76

Spicy MungBean kofta **PB GF NF**

in harissa sauce with minted yoghurt and steamed organic rice,
side of spiced chickpeas

76

Tofu sambal matah (GMO free tofu) **PB**

with dan dan vegetables tahini & peanut sauce)
& steamed organic rice

59

Rainbow Vegetable Stir Fry **PB NF**

Seasonal vegetables, organic shiitake mushrooms in a sesame ginger sauce. steamed organic rice

65

Choose: Tofu / Tempe

Pumpkin seed tempe **GF** +12

NIGHT

5pm– 9pm

MAINS

rice / cassava bread / taro puree are interchangeable at no extra cost
Swap rice for persian rice / sauteed vegetables / couscous +8

SEAFOOD

Creamy saffron & Garlic Shrimp GF NF

With steamed organic rice and a side of wilted greens & bok choy 98

Fresh Emperor Fish Fillet GF

Pan fried in tamarind sauce with crispy kaffir and peanuts with steamed wangi rice and lao banana flower larb salad (green mango, herbs) 125

Fish Soup GF NF

Nourishing broth with prawns, homemade fish balls, sorghum and barley 78

Bangkok Shrimp Curry Noodle Salad GF rice noodles, fresh herbs, chilled & flavoursome thai curry sauce with tempe. cuban avocado & pineapple salad. green beans in chili, peanut, sesame sauce 90

CHICKEN

Chicken Mexican Mole GF

Oaxaca poblano spiced sauce with farm fresh greens in a green tomato mole sauce with steamed organic rice 92

Organic Chicken Sambal Matah GF

with dan dan vegetables and steamed organic rice 79

Chicken Noodle Broth NF

Homemade noodles and dumplings in organic broth, side chilli oil 62

LAMB

Moroccan Spicy Lamb* Kofta GF NF

in harissa sauce with minted yoghurt and steamed organic rice, side of marinated mediteranean vegetables 89

PORK

Organic Pork Adobo

Served with avocado and pineapple cuban salad. ginger broccoli. wangi steamed rice 89

BEEF

Hungarian Beef Goulash GF NF

Grass fed slow cooked stew with sambal hijab, green beans, taro puree 115

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NIGHT

5pm-9pm

SIDES

Salads

- banana blossom larb salad** PB GF 40
green mango, herbs, starfruit, toasted rice
- avocado & pineapple cuban salad** PB GF 40
moringa, local leaves, in a vibrant sauce

Rice/ bread

- organic steamed white rice** PB GF 16
- persian rice** PB GF 25
crispy jamu rice
- flat cassava bread: bread of the amazon** PB GF 16

vegetables

- taro root Puree** with olive oil PB GF 21
- cassava wedges** with a garlicky citrus sauce PB GF 34
- baked creamy vegetables** with local gouda V GF 42
- dan dan vegetables** PB 34
seasonal vegetables in tahini & peanut sauce
- sauteed seasonal vegetables** PB GF 34
Choose: olive oil & garlic OR
soy, ginger & garlic small (we use GF soy sauce)

KIDS

12 years and younger

DRINKS

Orange and banana slushie 29

Strawberry slushie 29

Juice **orange, apple, carrot** 29

Pink dragon smoothie PB papaya. banana. chia. dragonfruit. coconut yoghurt 29

Lassie: PB coconut yoghurt smoothie **banana / strawberry / mango** 32

Chocolate shake 32

BREAKFAST

GF **banana muffin** 22

sourdough toast with butter, jam or peanut butter 29

kids Pink dragon smoothie bowl PB 38

Oats. seeds. Banana

kids PB Yoghurt and muesli 38

Choose 2 toppings:

Raspberry jam. Peanut butter. Chia seeds. Banana

chocolate pancakes (2) 38

With honey and banana

1 fried egg on toast 28

Add bacon +28

Add free range pork sausage +50

KIDS

12 years and younger

LUNCH & DINNER

Kids meals are smaller portions but if your little ones have bigger appetites we can make bigger sizes

Toasted sandwich on our homemade sourdough

Cheese, tomato, avocado 32

Organic chicken and avocado 38

Organic ham and cheese 32

Mouse picnic bites of cheese, vegetable sticks, raisins, cashews, peanut butter, fruit 40

Pumpkin & coconut soup PB with garlic bread 42

Vegetable soup PB - blended creamy pumpkin. carrot. celery. garlic. broccoli. red lentils. cauliflower on mushroom stock base with garlic bread 42

Kids Chicken noodle soup wontons. homemade noodles. vegetables. chicken 42

Fried rice heritage rice. fried egg & vegetables 35 **add** chicken +18 ham +10

Mini burgers (3) meatball & cheese side of veggies and sweet potato & cassava wedges 55

Fish fingers side of veggies and sweet potato & cassava wedges 55

Honey soy organic chicken with rice and vegetables 50

Pasta: with local parmesan

spaghetti 42

cheese ravioli 52

saucers:

V basil parmesan pesto (we hide broccoli in this sauce!)

PB tomato napoli sauce

grass fed beef & tomato sauce (+20)

Add chicken +25 ham +25 meatballs +30

MINI DESSERTS

GF **chocolate brownie** 35

fruit salad 30

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DESSERTS

Chocolate brownie GF 35

Carrot chai cake with banana sweetened cream cheese frosting GF 36

Miso salted caramel chocolate tartlet PB NF GF 36

Kinatamani orange and almond cake DF GF with torch ginger and citrus gel 38

Kaffir Lime & strawberry cheesecake NF GF 42

Raw bliss ball PB GF coconut. Dried fruits. Nuts. seeds. Spices 21

Raw snickers bar PB GF better than the original 42

Chocolate chia mousse PB GF, sugar free with fruits and nibs 55

Raw rich chocolate slice PB with hints of kaffir lime 63

Raw moringa and gota kola white chocolate slice V GF (contains honey) 63

Raw organic raspberry cheesecake slice PB GF 63

ORDERING

We deliver in and around the Ubud area for free

Please choose from our online order menus that are updated daily

FOOD MENU : <http://bit.ly/MotherUbud>

and contact our team today to place your order on whatsapp **+62 8135 3458 049**

Please note that we update our Menu & supply list daily but some items may not be available.

TERMS & CONDITIONS

FREE DELIVERY

Delivery is available between 8am and 9.00pm only (last order)

Minimum spend of 100,000 IDR.

Payments can be made with

- cash
- Card (the EDC machine may not get signal, so prepare cash if needed)

Deliveries are for the Ubud area only (we have the right to decline an order on any basis)

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