

## HEALTH HUB DINNER MENU

Hotel Komune's Health Hub Menu is free of, palm oil usage / MSG / artificial additives / packaged ingredients / cane and refined sugar and any GMO products.  
is intended to be locally sourced / organic as a first choice / environmentally sustainable / supports local farmers when not grown on site in Hotel Komune Organic Gardens.  
All chicken or pork products are free range / seafood is sustainable and not farmed / beef is first quality Australian air flown

## HEALTH KEY

(V) VEGETARIAN | (P) PROTEIN RICH | (PS) PESCATARIAN | (GF) GLUTEN FREE | (DF) DAIRY FREE | (E) EXCELLENT

## GARDEN HARVEST

## EDAMAME (V)

Organic green soy beans steamed / sprinkled with  
Kusamba sea salt  
37

## VIETNAMESE RICE PAPER ROLLS (V)

Bean sprouts / cucumber / spring onion / vermicelli / organic mint /  
cilantro 40 wrapped in rice paper / homemade sweet spicy dipping  
sauce  
40

## GADO-GADO

Mixed organic garden vegetables / bean curd / free range egg / fresh  
homemade spicy peanut sauce  
45

## TOMATO AND MOZZARELLA (V)

Fresh plum tomatoes / local mozzarella / homemade basil pesto  
65

## BEETROOT COCONUT GINGER SOUP (V)

Oven roasted beetroot / fresh organic ginger / local harvest coconut  
juice / sprout medley topping  
65

## STUFFED SWEET POTATO (V) (GF)

Organic sweet potatoe roasted / fresh garden kale / ginger / lemon zest  
/activated seed sprinkle / cashew  
cheese garlic parsley dressing  
65

## RAW BALI SALAD (V) (GF)

Snake green beans / bean sprouts / shallot / lemon juice / chilli /  
peanuts  
65

## TEMPEH CURRY (GF) (DF) (P)

Mixed Tofu / Tempe / braised turmeric curry sauce  
65

## ZUCCHINI PASTA (GF) (P) (V)

Raw zucchini / carrot cut in pasta style / home-grown rucolla / cashew  
nut cheese / organic basil pesto  
65

## STEAMING MISO SOUP (V)

Japanese Miso broth / tofu / ocean greens / seaweed  
65

## VEGETABLE LAWAR (V) (GF) (DF)

Balinese mixed vegetables / grated local coconut / fresh spices  
65  
with satay organic tofu (P)  
75

## TAHU GEJROT (P) (PS)

Organic tofu / fresh bean sprout / organic lemon grass / peanut sauce  
65

## ORANGE CASHEW RICE (V)

Basmati rice / orange zest / local cashews / yellow and red capsicum /  
mandarin oranges segments / zucchini /  
organic garden mint  
75

## PUMPKIN AND SPINACH RAVIOLI (V) (E)

Freshly filled / roasted pumpkin / local spinach / cold pressed olive oil  
and organic pesto sauce  
75

## MACRO BOWL (V) (P)

Organic local Brown rice / steamed seasonal vegetables / sea  
vegetables / marinated grilled tofu / tempeh /  
grated carrot / beetroot / jicama / mound of mixed sprouts /  
avocado / roasted pumpkin / sesame seed sprinkle /  
lemon tahini dressed  
75  
with quinoa (no rice) (P)  
80

## RUCCOLLA AND APPLE SALAD (GF) (P)

Fuji apples/ fennel / shallot / organic garden rocket / parsley /  
walnuts / sherry dressing / grated Italian parmesan  
80

## CHICKEN TAMARIND VEGETABLES (P)

Organic chicken fillet / baby bok choy / carrot / red capsicum /  
daikon chili tamarind dressing / red rice  
95

## WOOD FIRED OVEN

## CHEESE AND GARLIC FLATBREAD (E)

Fresh rolled flour dough / mozzarella cheese /  
cheddar cheese / garlic / Kasumba rock salt  
55

## PUMPKIN FLATBREAD (V)

Bed of organic basil pesto / crispy roasted pumpkin /  
organic rocket / pinenuts / low fat feta  
95

## VEGETARIAN FLATBREAD (V)

Fresh organic tomato Napoli sauce base / organic grilled  
aubergine / zucchini pasta strips / walnuts / low fat feta  
95

## OCEAN

## VIETNAMESE RICE PAPER ROLLS (P) (PS)

Bean sprouts / cucumber / spring onion / vermicelli / organic mint and  
cilantro / fresh king prawn /  
wrapped in rice paper / homemade sweet spicy dipping sauce  
45

## HOMEMADE FISH CAKES (P) (PS)

Ocean fish minced / fresh herbs and spices / roasted organic vegetable salad  
/ cashew dressing / Tempe fries  
65

## QUINOA SALAD (GF) (DF) (P)

Organic quinoa / mixed seeds / organic garden rocket /  
wild bush honey dressing / satay white fish  
95

## PRAWN MANGO SALSA (P) (PS)

Grilled sea prawn / baby organic grown rocket / cashew nut and macadamia  
dressing / lemon grass infused zesty lime dressing / organic quinoa  
95

## IKAN BETUTU (P) (PS)

Fresh white fish fillet / Balinese spicy root vegetable marinade / brown rice  
95

## SESAME TUNA (P) (PS)

Sashimi grade tuna fillet / nicoise salad / olives / green beans / soft boiled egg  
/ potato / vine ripened tomato fresh herbs / homemade mustard dressing  
130

## PADDOCK 2 LEGS &amp; 4 LEGS

## BALINESE LAWAR (GF) (DF)

Balinese mixed vegetables / grated local coconut / long green beans  
fresh spices / grill free range chicken  
85

## ROAST VEGETABLE SALAD (GF) (DF) (P)

Roasted beetroot / organic grown pumpkin / sweet potato/ vine ripened  
tomato / jicama / zucchini / onion organic garden rocket / pumpkin  
seeds / light mustard dressing  
75  
with satay organic tofu (P)  
85  
with satay free range chicken (P)  
95

## VIETNAMESE SALAD (P)

Crunchy julienned vegetables / cabbage / carrot / shallots / bean  
sprouts / rice noodles / mint / cilantro / peanuts / sweet spicy lime  
dressing /  
free range grilled chicken breast  
85

## CRUSTED FREE RANGE EYE FILLET (P)

Flame Grilled petite eye fillet / pistachio nut crust / wilted coconut  
spinach / harissa spiced quinoa bean sprout medley  
125

## GRILLED CHICKEN (P)

Organic free range chicken breast / rocket / organic quinoa salad /

## FINISHER

## CASHEW CHEESE CAKE (V) (GF)

Blended cashew nut / local mango / fresh coconut water /  
coconut oil / cut to bite squares  
25

## ALMOND DATE CAKE (V) (GF)

Chopped fresh almond / imported dates /  
grated toasted local coconut gratings  
25

## SWEET POTATOE KLEPON (V)

Organic Balinese purple sweet potatoe / local palm sugar filled  
25

## COCONUT CREPES (E)

Light fluffy crêpes / grated coconut / mango gelato  
50

## FRUIT PLATTER (V)

Selection of fresh local fruits  
40

## WATERMELON PIZZA (V)

Full round slice organic watermelon / mixed seasonal tropical fruit  
pieces / fresh homemade jam topping  
40