

EARTH
KISSED
FOOD ♡
MADE WITH
JOY

   zestubud

www.zestubud.com



Prices exclude 10% govern + 7% service charge

OUR MENU IS A PLANT FORWARD.

ANIMAL FRIENDLY CELEBRATION OF THE
BOUNTEOUS **ROOTS, FRUITS AND SHOOTS** OF
OUR BALINESE EDIBLE ECO SYSTEM
(AKA THE FOOD FOREST)

ALL ITEMS ARE VEGAN AND MOST ARE
AVAILABLE IN GLUTEN FREE VERSIONS.

SOME SAY OUR FOOD IS MOSTLY HEALTHY,
WITH A NAUGHTY, DECADENT EDGE. WHEN
WE LOOK IN THE MIRROR, THAT RINGS A
BELL.

DEAR FRIEND. WELCOME HOME.

CHEW SLOWLY, BREATHE DEEPLY AND **MAY**
YOU ALLOW YOURSELF TO RECEIVE THE
MAGIC OF LIFE'S MYSTERY.

LOVE, ALWAYS,
YOUR ZEST FAMILY



JACKFRUIT FILLET STEAK



CAPSICUM & BROCCOLI SUSHI



CHOPPED SALAD



RATATOUILLE PIZZA



SEAWEE WAFFLES



ZINGY LAKSA



UMAMI ASPARAGUS



JACKFRUIT EMPANADAS



JACKFRUIT TUNA SUSHI

DON'T PANIC IT'S ORGANIC

BUT MOST OF ALL OUR FOOD IS
MEDICINE TO SOOTHE YOUR SOUL
AND BRIGHTEN YOUR MIND SO YOU
TOO CAN BE ANGELIC.

GET IT?

LET'S DROP OUR GUARD AND KNOW
YOU ARE LOVED ESPECIALLY FOR
THOSE HIDDEN POCKETS OF DARK-
NESS. OWN IT, DON'T SPOIL IT YOU
ARE A ROCK STAR AND IF YOU CAN'T
SEE IT WE WILL SHOW Y O U.

HEAR IT .
YOU ARE GOD

ZEST ALL DAY BREAKFAST

‘We shall forage the forest and make creamy sweet porridge that nourishes our bodies and sets fire to our auras’ - Shri-Mon, in-house Elf of the Zest Forest



OVERNIGHT OATS

- Orange, soaked figs and toasted almonds || 77k
- Dragonfruit, passionfruit, pumpkin seeds and raw cacao || 88k
- Mango, fresh berries, coconut and rosewater || 77k

SUNRISE SMOOTHIE BOWLS

- **MANGO PASSION BOWL** || 88K
Mango, pineapple, coconut flesh & yoghurt, topped with passion fruit, mango, banana, grated coco, starfruit, crushed granola
+ cinnamon granola: 10k
- **BLACK VELVET CACAO BOWL** || 98K
Cacao mass, banana, coconut cream, Irish moss, coconut sweetener, granola, sesame seeds
+ peanut butter & peanut butter cream: 10k
- **PEANUT BUTTER JELLY BOWL** || 88K
Peanut butter, banana, strawberries, coconut yoghurt & mylk, granola, sesame seeds, peanut butter cream
+ chocolate sauce : 10k
- **SNAKESKIN PORRIDGE** || 80K
Warm oat porridge with red rice, chia, apricot, pili nuts, stewed snakeskin fruit, mango, apple and mint
- **FRUIT CELEBRATION SALAD** || 70K
Pineapple, papaya, dragonfruit, passionfruit, coconut yoghurt and granola

THE BRUNCH TRIBE

For those who skip
breakfast and savor
the art of late-mor-
ning feasts, The
Brunch Tribe gathers!



(Until 5PM)



Here, brunch is a ritual of nourishment, laughter, and bliss. Join the tribe!

BREAKFAST BRUSCHETTA || 88K

Choose sourdough or gluten free banana flour crunch bread

CHOOSE 1 OF OUR SIGNATURE TOPPINGS

- **VEGAN SMOKED CARROT 'SALMON'**
w/ cashew cream cheeze, cucumber, capers and dill
- **WASABIFIED AVOCADO**
w/ kimchi, broccoli, umami asparagus
- **BLACK PEPPER CHEEZE**
w/ pesto, marinated tomato, cucumber, rucola and coriander

WAKE UP BURGER || 88K

Shiitake burger patty, daikon bacon, grilled onion, cheeze, tomato, ketchup
+ avo: 10K // + freedom fries: 25K

GANGSTA GORENG || 98K

Dopest Nasi Goreng on the island. Fried heritage rice, lemongrass sate, chickpea omelet strips, crispy spinach, durian sambal

BIG BREAKFAST SALAD STACK || 88K

Sweet potato and taro hash browns, crispy mushroom, avocado, grilled tomato, jackfruit sausage, rucola and papaya chutney, pickle.

ROYAL BREAKFAST || 98K

Grilled mushrooms, cheesy tomato, avocado, jack sausage, chickpea omelet, wilted spinach, bbq sauce, toast+butter

ZESTY CHICKPEA OMELET || 88K

With wilted spinach, mushroom, notzarella, sundried tomato, rucola and cashew 'parmezan'.

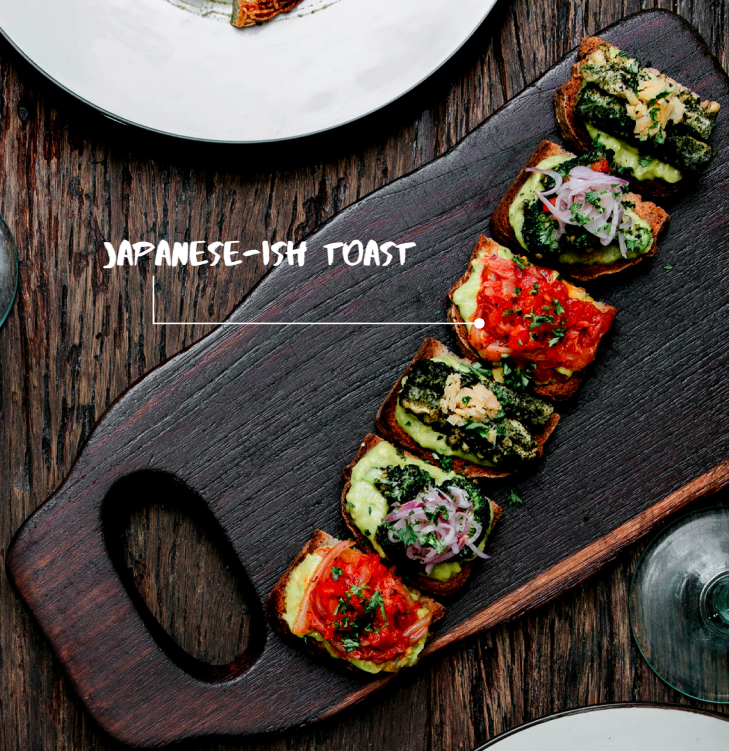
SAVOURY SEAWEEED WAFFLES (Must Try!) || 108k

With tree nut 'camembert', avocado, sweet chilli, mushroom and toasted sesame

ROYAL BREAKFAST



JAPANESE-ISH TOAST



MANGO STICKY RICE ROLL



PANCAKE STACK



BRUSCHETTA



MANGO PASSION BOWL



THE ZEST FOREST

AN ENCHANTED FOREST OF
HUMAN DIVERSITY.

A SAFE HAVEN FOR AIMLESS TRAVELERS,
REBELS ON THE RUN FROM MEDIOCRACY
AND COLORFUL SOULS WHO REFUSE TO
CHOOSE BETWEEN BLACK OR WHITE.

A PLAYGROUND FOR PARTY ANIMALS,
LIVING ROOM OF THE MODERN NOMADIC
AND A HUB FOR AUTHENTIC HUMAN
CONNECTION.

WE HOPE TO MASSAGE YOUR SPIRIT
WITH SMOOTH SOUNDS AND EPIC VIBES.
MAY WE TICKLE YOUR TASTEBUDS WITH
PLANT POWERED COMFORT FOODS
COOKED UP WITH THAT UNMISTAKABLE
ZESTY TWIST

...



HIGH VIBES MENU

To ask myself , **what**
to feed the little
creatures in my **gut?**
after listening
I heard...
that I should put my
body **first.**
So I savour every bite
Before I give it all
back to the Earth



SPICY YOUNG PAPAYA SALAD || 88K

w/ kintamani orange, young coconut, fresh herbs, crushed peanut, cashews and lime

CURRIED CAULIFLOWER SALAD || 98K

w/pickled capsicum, shallots, cashews, mint yoghurt and greens

CHOPPED SALAD || 82K

The simple salad you can eat with a spoon. Mixed lettuce, cherry tomato, cucumber, carrot, black olive and pickled shallots. On the side: house dressing, cashew Parmesan, umami seed mix.

Add gluten-free banana flour garlic bread. (+20k)

PLANT POWERED POKE BOWL || 98K

Coconut 'calamari', watermelon 'tuna', edamame, daikon, crispy nori, sprouts, sesame rice, spicy tahini dressing

CAESAR 2.0 ½ SERVE (SIDE DISH) || 50K FULL SERVE || 88K

Romaine lettuce, Caesar dressing, cashew 'parmesan', sourdough croutons, daikon 'bacon', cherry tomato and tempura mushrooms

Side serve: 55k || Full portion: 88k

RAW 'SPAGHETTI' || 98k

Zucchini, carrot and radish 'pasta' tossed with fresh basil pesto, semi dried tomatoes and pinenuts

RAW "LASAGNA" || 108k

Raw Zucchini 'Lasagna' with probiotic tomato sauce, cashew cream cheese, basil pesto, yellow pepper and fresh basil

Add Gluten free garlic bread + 20K

ZESTY INFAMOUS WINGS || 77K

Sweet and Smokey cauliflower wings w/ ailoli

Curried cauliflower wings w/ mint yoghurt

Wasabi broccoli wings w/ radish + ginger drizzle

MUST TRY!

ZEST SOUL MEDICINE

Hugs in a bowl to
make the sun shine on
a rainy day.



PLANT POWERED PHO || 98k

Vietnamese inspired Noodle soup. Shiitake broth, mushrooms, boy choy.

ZINGY LAKSA || 98k

Ocean inspired noodle soup. Home-made noodles, mushroom, cherry tomatoes & tempura broccoli.

PEANUT MISO RAMEN || 88k

Nutty, creamy buckwheat noodle soup w/ chickpea omelet, crispy jackfruit, enoki mushroom, miso roasted leek and chili oil

BANGING BUCKWHEAT NOODLES || 88k

Bangkok street food inspired wok noodles w/ chickpea omelet, broccoli, carrot, crushed peanut, coriander + lime

SUPER GREEN BOWL || 88k

Broccoli, quinoa, moringa, asparagus, okra, spinach, avocado, parmesan cheese, mint yogurt and lemon dressing

ZEST KITCHARI || 88k

Nourishing mungbean and rice porridge with Long bean, spinach, pumpkin, mushrooms, fresh herbs and toasted almonds

MORINGA MEDICINE BOWL || 98k

Fresh moringa leaves, broccoli, shiitake mushroom, galangal, chilli, peanut, cashews, coriander, heritage rice
+sauerkraut: 15K

SOUP DU JOUR || 65k

Ask us for today's special soup. Served in a mug. Sip slowly.

TREENUT CHEEZERY AGED CHEEZE BOARD || 188k

Smokey Cheddar, camembert, cranberry walnut, black pepper cheese and Jackfruit pate. Pickles, fruits, nuts and crackers

ZESTY PLATES

Order a few
to share,
or not to share.



MUSHROOM SCHNITZEL 'PARMIGIANO' || 92K

w/ rucola & ratatouille stack

JACKFRUIT 'FILLET STEAK' || 108K

Wrapped in daikon 'bacon' w/ asparagus, crispy mushroom & onion gravy

BABY JACK SUGARCANE RIBS || 98K

w/ pineapple Coleslaw Salad & sticky sweet corn

THAI INSPIRED TARO CAKES || 65K

w/sweet chili, cucumber & mint

SPICY CORN RIBS w/ kaffir lime glaze & tomato salsa || 50K

JACKFRUIT EMPANADAS + SALSA || 65K

ROMAINE LETTUCE WRAPPERS || 60K

w/ Beetroot, cauliflower, asparagus, sharp vegan cheese, walnut, dill

UNAMI ASPARAGUS + wasabi mayo || 70K

HUMMOUS, Pitta bread & crudités || 80K

SWEET POTATO WEDGES + sweet chili sour cream || 55K

CRUSHED&CRISPY BABY POTATOES + chipotle mayo || 55K

STEAKHOUSE POTATO FRIES + homemade ketchup || 55K

BAKED POTATO PUREE || 45K

PATATAS TORTILLA w/ rucola & walnut salad || 60K

CRISPY NORI CRISPS + wasabi mayo || 35K

...

BUT MOST OF ALL,

MAY YOU FEEL

CELEBRATED AND LOVED

FOR YOUR UNIQUE PLACE IN

OUR ECO SYSTEM.

MAY YOU FIND COMFORT ON

OUR COUCH, PEACE IN YOUR

HEART AND PLENTY OF NEW

FRIENDS ALONG THE WAY

YOU ARE HOME,

YOU ARE LOVED

AND WE ARE ONE.

HUG. HUGE HUG.

YOUR ZEST FAMILY

FOOD FOREST PIZZA

Italian Mama's frown
but Pacha Mama
Smiles as we make the
pizza
without milking the
cow. Mama Mia!



Choose your crust

100k

- Classic Sourdough Crust
- Gluten Free rice&potato flour crust
- Grain free cauliflower & almond crust (+20K)

THE NAUGHTY NAPOLI

Foodforest papaya Napoli sauce, notzarella cheeze, fresh basil, cherry tomato

ROMAN JACK

Jackfruit, mushroom, vegan cheddar, shiitake sausage, notzarella cheeze

TEX MEX JACK

BBQ Jackfruit, spicy corn, vegan cheddar, cashew sour cream, coriander, lime

THE LEAN GREEN MACHINE

Moringa, spinach, miso, seaweed, avocado, pickled radish and coriander

THE MIGHTY MUSHROOM

Mushroom patê, mushroom melange, truffle oil, baisamic, cashew parmesan

RATATOUILLE

Zucchini, aubergine, marinated tomato, basil pesto, rucola & garlic olive oil

THE BOMBAY TRAIN

Curried cauliflower, notzarella, herb yoghurt, pickled ginger

BURGER & SUSHI MAFIA

Our Sushi is
shamelessly
inauthentic and
brutally delicious.
We steal jackfruit
from the tree and let
the tuna swim free.



BURGERS

BIG GRILL BURGER + fries of your choice || 108k (GF+10K)
Shiitake patty, iceberg lettuce, mayo ketchup, shallots. pickles

ZEST BURGER SLIDERS + fries of your choice || 108k

3 MINI BURGERS:

Mini Zest, Tex Mex Corn Burger , Chicken of the forest burger

THE KING OF ANATOLIA || 128k

Big grilled pitta pocket loaded with sweet potato Köfte, salad, garlic sauce , mint
yoghurt and spicy raw tomato relish on the side

SUSHI 8 Pieces

88k

w/ pickled ginger, wasabi and soy sauce (Tamari + 10K)

SMOKED CAPSICUM AND BROCOLLI

Sweet potato crisp, broccoli, nori

JACKFRUIT 'TUNA' AND AVOCADO

Avocado, capers, dill, mayo

TEMPURA ONION

Avocado, onion, paprika pickle, nori, chipote mayo

TEMPURA MUSHROOM

Tempura mushroom, nori, tartar sauce

BURMESE 'EGG' (Grain Free)

Burmese Chickpea Tofu , sundried tomatoes, beansprouts, rucola, chipotle mayo

WAKAME (Grain Free)

Avocado, Jackfruit Tuna, wakame waffle, sprouts