

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



CARROT SALMON SUSHI

HONOLULU BLIZZARD

NASI GORENG

JACKFRUIT SATE

HUMMOUS, PITTA BREAD AND CRAUIDTES

POTATO FRIES

NAUGHTY NAPOLI PIZZA

UMAMI ASPARAGUS

CORN RIBS

BOMBAY BOOM

JACKFRUIT TUNA SUSHI

MUSHROOM PARMIGIANO

JACKFRUIT FILLET STEAK

STRAWBERRY WAFFLES

MANGO PASSION BOWL

MATCHA LATTE

HUMMOUS

GUACAMOLE

TOAST
W/ VEGAN
BUTTER

RUCOLA +
PARMEZAN

ROYAL BREAKFAST

OVERNIGHT OATS

CARROT SALMON BRUSCHETTA

GRANOLA

STRAWBERRY
YOGHURT

MANGO SMOOTHIE

BALI JUNGLE
PORRIDGE

CHICKPEA OMELET



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 and coconut || 88k

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
- **CACAO HAZEL BERRY BOWL** || 98K
Ceremonial grade cacao, hazelnut, strawberry, hazelnut butter, mocha cream, edible flowers
+ Add extra caramel sauce: 10k
- **STRAWBERRY AND PEANUT BUTTER BOWL** || 88K
Banana, strawberry and peanut butter smoothie base w/ coconut yoghurt, caramelized peanuts, granola, strawberry and peanut butter cream
- **BALI JUNGLE PORRIDGE** || 78K
Warm oatmeal w/ heritage red rice, coconut water, chia, snakeskin fruit, mango, local green apple and cinnamon
- **FRUIT CELEBRATION SALAD** || 88K
Mango, pineapple, papaya, dragon fruit, passion fruit, coconut yoghurt and granola
- **1 INGREDIENT BANANA BREAD** || 55K
Served grilled and topped with more banana.



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!

SMOKED CARROT 'SALMON' BRUSCHETTA || 88K
w/ herb cream cheeze, cucumber, asparagus and avocado
On gluten free banana flour cracker



MUST TRY!

TEX MEX JACK BREAKFAST STACK || 88K
Cheezy corn fritter, salsa, guacamole, Jackfruit sausage, potato,
cashew sour cream. rucola

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 SEAWEED WAFFLES || 108k
With tree nut, cheddar cheese, avocado, sweet chilli,
mushroom and toasted sesame

MUST TRY!

STRAWBERRIES AND CREAM WAFFLES || 88k
With strawberry jam, sliced strawberry, cookie crumble
ice cream and coconut sprinkle

PUMPKIN, AND CINNAMON WAFFLES || 82k
With caramel sauce, orange and cinnamon ice cream

PANCAKE STACK || 108K
Triple pancake stack with strawberries, chocolate sauce
and whipped coconut cream
(+ coconut icecream: 15k / scoop)

Chef Simon Inoa Kingma says "All of our pancakes, waffles, cakes and sweet
treats are gluten free and naturally sweetened'. Who says you can't have
dessert for breakfast?"

BRUNCH ESSENTIALS



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

(Until 5PM)



PICK & MIX

- Papaya tossed w/ lime juice (250 gram) 35k
- Sliced watermelon (400 gram) 45k
- Coconut yoghurt (80/160 gram) 30k/60k
- Strawberry vanilla yoghurt (100/200 gram) 40k/75k
- Serve of house made granola (50/100 gram) 30/60k
- 2 slices of toast (sourdough/gluten free) 20k/30k
- Butter / EV Olive Oil (15 gram) 15k
- Mayo / Ketchup / Tartar / Aioli (30 gram) 15k
- Herb garden cream cheese (60 gram) 40k
- Chickpea Hummous (80 gram) 35k
- Fresh basil pesto (45 gram) 30k
- Sliced cucumber, radish, tomato (100 gram) 20k
- Smashed avocado or Guacamole (75 gram) 30k
- Rucola tossed w/ EV olive oil + cashew Parmesan (60 gram) 45k



DON'T PANIC ITS 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

HIGH VIBE SALADS

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



- **GARDEN GREEN SALAD** || 72K

Island Organic mixed greens, bok choy, cucumber, cherry tomato, sliced avocado, fresh moringa, tossed with umami seed mix, balsamic vinaigrette + cashew parmezan

- **HONOLULU BLIZZARD** || 78K

Sprouts, greens, carrot, tossed with gingered pineapple, pickled capsicum, mint, topped with tempura wakame

- **SPICY GREEN PAPAYA SALAD** || 78K

Rucola, cabbage, radish, cucumber, sprouts, tossed w/ mango, crushed peanut, chilli. lime and crispy garlic



- **CAESAR 2.0** ½ SERVE (SIDE DISH) || 50K FULL SERVE || 92K

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

- **CURRIED CAULIFLOWER SALAD** || 88k

Mixed greens, mint yoghurt, cucumber, pickles and crispy curried cauliflower,



These salads ain't no rabbit food.

Island organic mountain greens tossed with high vibe sprouts, crunchy veg, protein rich seeds and zingy dressings. These bowls are designed to nourish your body, mind and spirit.



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

...

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.

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

MORINGA MEDICINE BOWL || 98k

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

BOMBAY BOOM || 88k

Aromatic Wokfried Vegetables w/ meaty jackfruit and minty rucola



SUPER GREEN BOWL || 98k

Broccoli, quinoa, moringa, asparagus, okra, spinach, avocado,
parmesan cheese, mint yogurt, lemon dressing, red rice,
coriander, baby romana and winged bean



As we are about to bite, chew, swallow

(and burb?)

Let us connect to our hearts. Feet on the ground. Thank you.
Mother Earth. May your voice be heard. May this meal be served
with loving words and may we who get to enjoy this feast from the
Earth always remember, to put you first.

ZESTY PLATES

Modern Plant powered
versions of restaurant
classics.



MAINS

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

SIDES

POTATO FRIES w/ mayo or ketchup || 55K

CASSAVA FRIES w chipotle mayo || 55K

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

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

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



NASI GORENG / Special Fried Rice || 55K

NORI SEAWEEED CRISPS + wasabi mayo || 35K

ZESTY BITES

Order a few
to share,
or not to share.



THAI INSPIRED TARO CAKES || 65K
w/sweet chili, cucumber & mint

UMAMI ASPARAGUS + wasabi mayo || 70K



SPICY CORN RIBS w/ kaffir lime glaze & tomato salsa || 55K

JACKFRUIT EMPANADAS + SALSA || 65K

ROMAINE LETTUCE WRAPPERS || 60K
w/ Beetroot, cauliflower, asparagus, sharp vegan cheese, walnut, dill

HUMMOUS, Pitta bread & crudités || 80K



JACKFRUIT LEMONGRASS SATE w/ Sweet Chilli || 60K

ONION RINGS w/. tartar sauce || 55K

COCONUT CALAMARI || 60K
with garlic , ginger , spring onion and lime + umami dipping sauce

ADD ON EXTRA

- Plant Based Butter / EV Olive Oil || 15K
- Mayo/ Ketchup/ Tartar/ Aioli || 15K
- Cashew Parmezan || 15K
- Homemade Kimchi || 25K
- Smashed Avocado / Guacamole || 30K
- Sourdough/ Gluten Free Toast || 20K // 30K
- Fire Roasted Pitta Bread || 30K
- Rucola Tossed w/ Parmezan + EV Olive Oil || 45K
- Cashew Sour Cream || 20K
- Roasted Tomato Salsa || 25K

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

THE MIGHTY MUSHROOM

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

SUSHI MAFIA 8 Pieces

88k

VEGAN SMOKED CARROT 'SALMON'

Broccoli and herb garden cream cheese



JACKFRUIT 'TUNA' AND AVOCADO

Avocado, capers, dill, mayo

WAKAME (Grain Free)

Avocado, Jackfruit Tuna, wakame waffle, sprouts

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

BURGERS & WINGS

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



BURGERS

BIG GRILL BURGER || 108k (GF+10K)

Saucy double decker w/ homemade pickles, tomato, onion, lettuce,
cheeze + secret sauce

ZEST BURGER SLIDERS || 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

Potato, Sweet Potato or Cassava fries (+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

TREENUT CHEEZERY AGED CHEEZE BOARD || 225k

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



POWERED BY PLANTS SINCE 2017.

PPSSSTT.. THIS MAY SOUND LIKE DRAMA BUT OUR CHEF IS A BIT OF A SHAMAN WHO MARRIED THE EARTH MAMA AND AT THEIR WEDDING (IN FRONT OF HER PAPA) HE MADE 3 VOWS FROM THE BOTTOM OF HIS HEART CHAKRA

DEAR MOTHER EARTH AND FATHER SUN, CREATOR OF ALL LIFE.

I SHALL MASSAGE AND OIL YOUR TENDER HEART AND SOIL WITH GOOD THOUGHTS, COMPOST, WORMS AND SWEET TREATS WRAPPED IN BANANA LEAF FOIL

JUST LIKE THE BIRDS I SHALL MOSTLY BE HEARD, NOT SEEN, TREAT EVERY CREATURELY KINDLY, NOT MEAN AND INDEED I TRUST, THAT WITH THIS DEVOTION TO LOVE, ABUNDANT FRUIT WILL FALL FROM THE GREAT TREES ABOVE

I SHALL ONLY TAKE WHAT I NEED TO FEED MY BELOVED COMMUNE-ITY AND HAND IN HAND WE SHALL GENTLY LAND, OUR FEET ON THE EARTH AND AS WE PUT THE FOREST FIRST OUR PRAYERS SHALL BE HEARD

NEXT, BEFORE WRITING DOWN THE FIRST PAGE OF THE FIRST EVER ZEST MENU... THE 7 ZEST COMMANDMENTS WERE CARVED OUT ON A STONE.

- 1 THOU SHALL COOK WITH A KIND MIND AND AN OPEN HEART, FOR YOUR GUESTS WILL TASTE THE FULL SPECTRUM OF YOUR SOUL INTENTION
- 2 WHAT IS TAKEN FROM THE SOIL MUST RETURN TO THE SOIL. HONOUR THE FULL CYCLE OF LIFE AND FOCUS ON WHAT THY SHALL GIVE AND TRUST THY SHALL RECEIVE.
- 3 KEEP THE KITCHEN PURE. GMO'S, WEIRD CHEMICALS, TOXIC SEED OILS, REFINED SUGAR AND PREFABRICATED PIZZA DOUGH SHALL NOT ENTER THE THE CHAMBERS OF YOUR CULINARY KINGDOM
- 4 BE NICE NOT ONLY TO THE KING WHO ROLLS THE DICE BUT TO THE ONES WHO GROW YOUR RICE FOR IN MY EYES TRUE POWER BELONGS TO THE ONES WHO TEND TO THE GARDENS OF THIS EARTHLY PARADISE
- 5 EVERY MORNING AT THE DAWN OF THE DAY THY SHALL COME TOGETHER IN CIRCLE AS ONE, HOLD HANDS, AND PRAY SO THAT THY WORRIES MAY FADE, PEACE ENTERS THE DAY AND LOVE FINDS THE WAY
- 6 SURRENDER YOUR FAILURES AND SUCCESSES FOR THOSE TRULY BLESSED DEDICATE THEIR EXISTENCE TO SOMETHING BIGGER THAN THEMSELVES.
- 7 AT THE END OF THE DAY AFTER A FULL DAY OF PLAY WITH MANY BUMPS ALONG THE WAY WE LIGHT THE FIRE AND PRAY THAT IT MAY BURN WHAT'S NOT TO STAY SO WE CAN LEARN AND GROW STRONG FOR THE GENERATIONS YET TO COME.

WE ARE FAMILY. WE ARE ONE.

VISIT OUR EARTH INSPIRED COOKING SCHOOL

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