



OWN DETOX PATH

Some of our dishes and fresh ingredients

BREAKFAST

- White scrambled egg with moringa plant
 - Yogurt
 - Oats
 - Granola
 - Moringa Pancake
-
- Fruit: dragon fruit, banana, mango, papaya, pineapple, strawberry, passion fruit and others
 - Soya milk
 - Honey
 - Raw sugar
 - Oats pancake
 - Waffles with Moringa

SOUPS

- **Pumpkin soup** : Pumpkin and ginger
- **Asparagus soup** : Asparagus , flour , ginger
- **Beetroot soup** : Beetroot , potatoes, ginger
- **Mix vegetable soup**: Carrot, peppers ,potato, pumpkin, zucchini, ginger
- **Carrot soup** : Carrot, ginger
- **Corn soup** : Sweet corn
- **Broccoli soup** : Steamed Broccoli
- **Moringa soup** : Fresh Moringa leaves
- **Chicken and Spinach Bubur** : Rice, chicken breast, spinach, ginger

SALADS

- **Quinoa Salad** : Quinoa , mixed green vegetables
- **Grilled organic chicken Salad** : Chicken and green mixed salad, grilled zucchini, pumpkin, fresh tomato, star fruit
- **Grilled Tuna Avocado Salad**: Grilled orange and ginger, garlic , marinated tuna, lemongrass, avocado, mixed green salad, cherry tomatoes
- **Prawn and Orange Salad** : Grilled orange and ginger marinated prawn, lemon dressing



- **Grilled asparagus salmon carpaccio** : Grilled salmon, grilled asparagus and salad leaves
- **Green Papaya salad with Shrimp** : Green Papaya, mango, shrimps, carrots, coriander leaves, cherry tomatoes.

MAIN

- **Cancoong stir fried** : Cancoon, onion, garlic, peppers, tomatoes, ginger, lemongrass, chili, shrimps
- **Sayur urap** : Mixed steam vegetables, spinach, carrot, Chicken(or fish), dry coconut, ginger, lemongrass, turmeric, onion, garlic
- **Ican Pepes** : Tuna, spinach, lemongrass, cherry tomatoes, basil
- **Tofu with Fish** : Ginger, tofu, mahi-mahi filet, garlic, lemongrass, onion , chili, lime juice, topped with steamed vegetables in sweet and sour sauce.
- **Fish Cake** : Mahi-mahi fresh chopped fillet, lemongrass, sage, ginger, green vegetables
- **Grilled Prawn**: Grilled prawn, orange, asparagus, pineapple
- **Pumpkin and Carrot Gnocchi** : Pumpkin, carrot, potato(just a bit), flour , served with grilled zucchini sauce and mint leaves
- **Grilled Tuna** : Grilled tuna and spinach, topped with grilled orange sauce
- **Frittata with Moringa**: Grilled moringa, eggs, topped with tomato, garlic, onion, chili sauce
- **Red rice with Moringa**: Fried red rice, grilled moringa, tofu

JUICES and TEAs

- **Coconut water** : Fresh coconut water
- **Ginger lemon tea** : Hot tea with fresh ginger and lime, served with honey
- **Sursop (sirsak) leaves ice tea**: Boiled leaves of sirsak plant, served with honey
- **Jamu** : Traditional Balinese therapeutic hot infusion of herbs
- **Water with Lime**
- **Mixed fruit and vegetable juices** (Banana, Pineapple, Mango, Papaya, Dragon Fruit and others)

*Full vegetarian or vegan option available upon request



Almonds just a couple small handfuls a day of vitamin-packed almonds help cleanse the deposits out, according to a recent study from the *Journal of the National Cancer Institute* researchers found a clear inverse response between vitamin E intake and liver cancer risk.

Artichokes contain antioxidant plant compounds called caffeoylquinic acids, which are used to treat hepatic (liver) disorders because they stimulate bile flow. Bile helps the body to digest fats, and efficient bile flow clears the system of potentially inflammatory substances contained in fatty foods.

Avocado provides heart-healthy monounsaturated fatty acids and glutathione, a compound that blocks the absorption of certain fats by the intestines that cause oxidative damage AND is essential for liver pathway cleansing.

Beetroots are among the few edible plants that contain betalains, plant pigments that give some beets their deep red color and have powerful anti-inflammatory and fungicidal properties. Betalains promote cell structure, repair and regeneration, especially in the liver—the body's primary detox center.

Black cumin Besides their culinary uses, black cumin seeds also have a wealth of important health benefits and are one of the most cherished medicinal seeds in history

Broccoli is one of the cruciferous vegetables, which are named for their cross-shaped flowers and known for powerful antioxidant properties. Science has shown that a diet rich in cruciferous veggies reduces the risk of certain cancers. Other cruciferous vegetables include cabbage, cauliflower, Brussels sprouts and kale.

Dandelion root acting as a diuretic by increasing urine production.

Dill is rich in vitamins and anti-inflammatory chemicals. Dill contains chemicals that help with the activation of glutathione, a liver antioxidant that attaches to free radical molecules and disarms them.

Fennel like dill, has tons of vitamins and anti-inflammatory chemicals. Fennel is rich in Vitamin C, which has antimicrobial and antioxidant properties. Fennel is also high in fiber but low in calories—an ideal cleanse food.

Fresh green veggies, like **kale** are a good source of glutathione—essential for detox of liver pathway. Fresh vegetables can also provide excellent sources of insoluble fiber, which gets the gut moving. Crisp, crunchy raw veggies are highest in this sort of fiber.

Ginger Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effects.

Green tea is richer in antioxidants than white, black, and oolong teas, even though they all come from the same plant. The caffeine in green tea also gives this energizing drink a diuretic effect, which helps to alleviate bloating by counteracting water retention.



Lime Like all citrus fruits, is rich in antioxidant Vitamin C.

Moringa Leaves from tropical plant of Moring contain a significant source of B vitamins, Vitamin C, provitamin A as betacarotene, Vitamin K, manganese, and protein, among other essential nutrients.

Oats This breakfast staple is rich in soluble fiber, so oats will slow the rate of absorption for your food. "This also serves to promote healthy gut functioning and bacteria and stimulates the excretion of the bile made by the liver," says London. "By decreasing the amount of bile that is re-absorbed in the intestines, your body can eliminate the harmful toxic waste and improve the development of short-chain fatty acids." These fatty acids also improve gut health by stimulating the growth of beneficial bacteria, which should help even more with digestion and elimination.

Onion and garlic are both members of the allium family of vegetables, which provide pungent flavors to foods. These plants contain flavonoids that stimulate the production of glutathione, one of the liver's strongest antioxidants. As a result, onion and garlic have powerful anti-bacterial and immune-boosting properties.

Salmon Researchers say a healthy diet rich in anti-inflammatory omega-3 fatty acids may then help to reverse arterial stiffness—a common side effect of smoking, which, like a kinked hose, inhibits the flow of cleansing blood through the arteries and to vital organs. A three-week study in the *International Journal of Cardiology* found smokers who supplemented with just 2 grams of omega-3s a day—what you'll find in a 4-ounce portion of salmon—saw marked improvement in the elasticity of the arteries, allowing for healthy blood flow.

Sirsak (Soursop) Tropical fruit with therapeutic benefits widely promoted (sometimes as "graviola") as an alternative cancer treatment. It contains significant amounts of vitamin C, vitamin B and vitamin B2. The compound annonacin, which is contained in the seeds of soursop, is a neurotoxin associated with neurodegenerative disease.

Sweet Potatoes B-vitamins (which are found in high concentrations in sweet potatoes) are key in helping your body with its breakdown processes. Vitamins B6, B12, and the B vitamin folate all help promote normal digestion, cell function, and metabolism health.

Turmeric Curcumin, a compound derived from the bright-orange spice turmeric, works as a powerful anti-inflammatory in the liver, research shows.

Wheatgrass is a vitamin and mineral-rich grass commonly served in powder or juice form. While scientific evidence to support health claims about wheatgrass is lacking, products containing wheatgrass may add some yummy, low-calorie variety to your selection of cleanse foods and beverages.

Yogurt Contains probiotics that supplies healthy bacteria fortifying the GI tract's natural flora, aiding digestion and boosting the body's natural immune responses.