



LOKA




DRINK MENU

COFFEE + TEA MENU

ESPRESSO	25K
ESPRESSO DOUBLE SHOT	45K
ESPRESSO MACCHIATO	35K
LATTE MACCHIATO	35K
CAPPUCINO	35K
CAPPUCINO DOUBLE SHOT	45K
CAFÉ LATTE	40K
GOLDEN LATTE	40K
MIRACLE LATTE	40K
MATCHA LATTE	40K
FLAT WHITE	35K
LONG BLACK	25K
LOMBOK COFFEE	15K
ICED BANANA COFFEE	45K
HOT TEA (WITH GINGER OR LEMON)	40K
KRATOM TEA	40K
PICCOLO	35K
ROSELLA TEA	35K
PEPPERMINT TEA	35K
ICED LEMON TEA	25K
ICED TEA	20K

SMOOTHIES & PROTEIN SHAKES

ENERGY BOOST	45K
Strawberry, Dragon Fruit, Spinach, Milk	
HEALTHY MANGO STRAWBERRY	45K
Banana, Mango, Strawberry, Milk	
GREEN MIRACLE	45K
Spinach, Avocado, Green Apple, Broccoli, Moringa/Kelor, Milk	

BODY CLEANSER	45K
Spinach, Carrot, Apple, Pear, Pineapple	
MOCIA MAGIC	45K
Moringa/Kelor Leaf, Acai Berry, Milk	
BANANA MILKSHAKE	45K
Banana, Milk, Yogurt, Honey	
ADD CHOCOLATE OR VANILLA PROTEIN POWDER	20K
YOUR CHOICE OF MILK : SOYA  COCONUT  OAT 	
FRESH MILK	

JUICES

WATERMELON	25K
MANGO	30K
STRAWBERRY	30K
BANANA	25K
DRAGON FRUIT	25K
LIME	25K
PINEAPPLE	25K
MIXED JUICE	35K
FRESH COCONUT	30K

KOMBUCHA

WATERMELON OR PINEAPPLE & GINGER	40K
TURMERIC	40K

Benefits :

- ~ Improves Digestion
- ~ Rich Sources of enzymes and Probiotics
- ~ Raises energy levels for exercises
- ~ Aids in post workout recovery
- ~ Immune support

 **Vegan**

 **Vegan Option**

 **Vegetarian**

 **Glutenfree**

+ 12% tax and service charge



LOKA

DRINK MENU

HEALTH SHOTS

JAMU IMMUNE BOOSTER 30K

Turmeric & Ginger

Benefits:

- ~ Powerful anti-inflammatory
- ~ Natural liver and kidney cleanser
- ~ Lowers cholesterol
- ~ High in antioxidants

APPLE CIDER SLIMMER 30K

ACV, Honey & Cinnamon

Benefits:

- ~ Speeds up metabolism
- ~ Helps with weight loss
- ~ Effective in neutralising bad cholesterol levels
- ~ Good for cleansing entire digestive system

THE MIRACLE JUICE 30K

Moringa Leaf, Fresh Lime & Ginger

Benefits:

- ~ Rich in vitamin's A, B6, C, D, E & K
- ~ Contains large amounts of Protein, Magnesium, Potassium, Calcium + Iron
- ~ Strengthens immune system

SUPER GREEN 30K

Spirulina, Chlorella, Barley Grass, Wheat Grass

Benefits:

- ~ 5+ daily serving of vegetables
- ~ Good source of fiber
- ~ Digestive Enzymes

COCONUT TONIC

WAKE ME UP 45K

Fresh Coconut with Espresso Shot

ANTI-INFLAMMATORY 45K

Fresh Coconut with Jamu

PURE HYDRATION 45K

Fresh Coconut with Watermelon

GYM SPECIALS

BCAA'S 25K

PRE WORKOUT 25K

PROTEIN SHAKE 50K

ELECTROLYTES 25K

FIT AID 65K

Sour Grape / Peach & Mandarin

SOFT DRINKS

COKE 20K

SPRITE 20K

GINGER BEER 35K

SODA WATER 20K

TONIC WATER 20K

MINERAL WATER 5K

STEEL WATER (S) 20K

STEEL WATER (L) 40K

SPARKLING WATER (S) 20K

SPARKLING WATER (L) 40K



+ 12% tax and service charge



LOKA

DRINK MENU

BEERS | SPIRITS | MOCKTAILS | COCKTAILS

BEERS

SMALL BINTANG	35K
LARGE BINTANG	50K
BINTANG CRYSTAL	40K
SMALL ANKER	35K
LARGE ANKER	50K
SAN MIGUEL LIGHT	45K
LARGE SINGARAJA	50K

SPIRITS

All imported spirits

SMIRNOFF VODKA	60K
GORDONS LONDON DRY GIN	60K
BACARDI RUM	60K
CAPTAIN MORGAN RUM	60K
JOSE CUERVO TEQUILA	60K
JACK DANIELS WHISKEY	60K
BLACK LABEL WHISKEY	60K

*BOTTLE PURCHASES AVAILABLE,
ASK OUR FRIENDLY BAR STAFF

Mix With :

Coke | Soda Water | Orange | Sprite

MOCKTAILS

SHIRLEY TEMPLE Citrus, Lime & Sprite	40K
VIRGIN MOJITO Citrus, Sugar, Mint Leaf & Soda Water	40K

COCKTAILS

MOJITO Rum, Sugar, Mint, Soda Water	80K
TEQUILA SUNRISE Tequila, Triple Sec, Lime, Simple Syrup, Orange Juice	80K
PINA COLADA White Rum, Coconut Liquor, Pineapple Juice, Coconut Milk	80K
MARGARITA Tequila, Triple Sec, Lime, Simple Syrup, Salt	80K
ESPRESSO MARTINI Vodka, Espresso, Simple Syrup	80K
FROZEN DAIQUIRI STRAWBERRY MANGO DRAGON FRUIT PINEAPPLE BANANA Rum, Triple Sec, Lime, Simple Syrup	80K

BLOODY MARY Tomato Juice, Tabasco, Lea Perrins, Black Pepper, Pickles	80K
LONG ISLAND ICE TEA Tequila, Triple Sec, Vodka, Rum, Gin, Simple Syrup, Coke	80K
KOMBUCHA VODKA	80K
MOSCOW MULE Vodka, Ginger Beer, Lime	80K
WHISKEY SOUR Whiskey, Egg White, Lime, Simple Syrup	80K
NOT INCLUDE IN HAPPY HOUR	



+ 12% tax and service charge



LOKA

FOOD MENU

ALL DAY BREAKFAST

PROTEIN PANCAKES Ve 75K

Vanilla Pancakes Topped with Coconut Cream & Berry Compote

PROTEIN TOAST Ve 40K

Banana, Homemade Peanut Butter, Honey, Sunflower Seeds, Cinnamon on Sourdough

BREAKY IN A JAR V 45K

Yogurt, Mixed Fruits, Granola, Honey, Banana

BIRCHER MUSELI Ve 55K

Oats, Coconut Milk, Mixed Seeds, Turmeric, Apple, Strawberry Compote Served with Peanut Butter or Yogurt

BREAKY WRAP 65K

Bacon, Scrambled Egg, Mushroom, Cheese with Tomato Chutney

HUMMUS TOAST V Vo 70K

Roasted Capsicum Hummus, Poached Egg Served on Sourdough with Rocket & Sauteed Mushrooms

EGGS ON TOAST ANY STYLE V 45K

Poached, Fried, Scrambled or Omelette on Your Choice of Sourdough or Tempeh

SMASHED AVO ON TEMPEH V Vo 70K

Smashed Avocado, Poached Eggs, Spinach, Mint & Lemon

SMASHED AVO ON SOURDOUGH V Vo 70K

Smashed Avocado, Poached Eggs, Rocket, Tomato, Feta Cheese, Mint & Lemon

SMASHED PUMPKIN ON SOURDOUGH V 65K

Roasted Smashed Pumpkin on Sourdough with a Poached Egg, Rocket

EGGS BENEDICT Vo 70K

With Pork Bacon, Spinach & Hollandaise Sauce, Served on Sourdough

SHAKSHUKA 65K

A Combination of Tomatos, Onion, Red Paprika, Feta Cheese, Spices & Eggs, Served with Sourdough

SMOOTHIE BOWLS Vo

CACAO & PEANUT BUTTER BOWL 70K

Banana, Dates, Peanut Butter, Cacao, Honey, Chia, Granola, Shredded Coconut, Milk

ACAI SMOOTHIE BOWL 70K

Acai Berries, Banana, Pineapple, Honey, Chia, Granola, Shredded Coconut, Milk

DRAGON FRUIT SMOOTHIE BOWL 70K

Dragon Fruit, Mango, Pineapple, Banana, Honey, Chia, Granola, Shredded Coconut, Milk

BLUEBERRY SMOOTHIE BOWL 70K

Blueberry, Banana, Pineapple, Honey, Chia, Granola, Shredded Coconut, Milk

GREEN MIRACLE SMOOTHIE BOWL 70K

Mango, Banana, Baby Spinach, Moringa/Kelor Leaf, Avocado, Honey, Chia, Granola, Shredded Coconut, Milk

YOUR CHOICE OF MILK : SOYA Vo | COCONUT Vo | FRESH MILK

ADD EXTRA TO ANY MEAL

PROTEIN

Poached Egg	5K
Chicken Teriyaki	20K
Bacon Grilled	20K
Beef Tenderloin	25K
Smoked Salmon	25K
Fish Mahi Mahi	20K
Grilled Tempeh	10K
Crispy Tofu	10K
Falafel	15K
Hummus	15K

FATS

Avocado	20K
Greek Yogurt	10K
Nut Mix	15K
Seed Mix	10K
Tamari Peanuts	5K
Coconut Milk	5K
Feta Cheese	20K
Cheddar Cheese	20K

CARBS

Quinoa	15K
Roasted Pumpkin	10K
Kidney Beans	15K
Red Rice	10K
White Rice	5K

Ve Vegan

Vo Vegan Option

V Vegetarian

gf Glutenfree

+ 12% tax and service charge



LOKA

FOOD MENU

STARTER/SMALL PLATES

- EDAMAME** Ve GF 30K
Steamed Edamame with Chili Salt
- SWEET POTATO FRIES** Ve GF 40K
- HUMMUS PLATTER** Ve 45K
Roasted Capsicum Hummus, Fresh Veggie Sticks, Toasted Tortilla
- MISO SOUP** Ve 45K
Miso Soup with Greens, Fried Tofu & Sesame Seeds

SALADS 75K

CHOOSE YOUR PROTEIN

Chicken Teriyaki, Beef Tenderloin (10K),
Smoked Salmon (10K),
Fish Mahi Mahi, Grilled Tempeh Ve,
Crispy Tofu Ve, Falafel Ve

BUDDHA BOWL V Vo

Carrot, Cucumber, Red Pepper, Spinach, Pumpkin, Pineapple, Pickled Cucumber, Edamame, Red Rice, Feta Cheese, Tamari Peanuts

SOBA NOODLE SALAD Ve

Soba Noodles, Soy Sauce, Red Cabbage, Carrot, Cucumber, Bell Pepper, Coriander, Beansprouts, Edamame, Radish

NAKED BURRITO BOWL V Vo

Red Rice, Corn, Avocado, Tomato Onion Salsa, Lettuce, Roast Pepper, Kidney Beans, Sour Cream, Feta Cheese, Chipotle Sauce

NOURISH BOWL V Ve

Coconut Quinoa, Roasted Chickpea, Roasted Capsicum, Radish, Rocket, Hummus, Served with Soft Tortilla and Sesame seeds

PROTEIN BOWL Ve

Lettuce, Avocado, Roasted Pumpkin, Kidney Beans, Cherry Tomato, Boiled Egg and Black Sesame Seeds

CHOOSE YOUR SAUCE

Ponzu Ginger Ve | Chili Mayo | Wasabi Mayo
Sweet Mango Ve | Balsamic Ve
Homemade mayo | Cilantro Lime
Chipotle Sauce

WRAPS

70K

BEEF WRAP

Tenderloin Beef, Caramelized Onion, Kidney Beans, Lettuce, Corn, Cheddar Cheese, Sour Cream, Served with Sweet Potato Fries

MAHI MAHI WRAP

Grilled or Battered Mahimahi, Capsicum, Lettuce, Red Cabbage, Rocket, Carrot, Cheddar Cheese and Homemade Mayo, Served with Sweet Potato Fries

FALAFEL WRAP

Falafel, Lettuce, Tomato, Cucumber, Carrot, Avocado with Tzatziki Sauce, Served with Sweet Potato Fries

CHICKEN WRAP

Chicken, Lettuce, Cucumber, Carrot, Red Cabbage, Cheddar Cheese, Homemade Mayo, Served with Sweet Potato Fries

CHICKEN & BACON WRAP

Chicken, Bacon, Lettuce, Cheddar Cheese, Chilli Mayo, Served with Sweet Potato Fries

ADD EXTRA TO ANY MEAL

PROTEIN

Poached Egg	5K
Chicken Teriyaki	20K
Bacon Grilled	20K
Beef Tenderloin	25K
Smoked Salmon	25K
Fish Mahi Mahi	20K
Grilled Tempeh	10K
Crispy Tofu	10K
Falafel	15K
Hummus	15K

FATS

Avocado	20K
Greek Yogurt	10K
Nut Mix	15K
Seed Mix	10K
Tamari Peanuts	5K
Coconut Milk	5K
Feta Cheese	20K
Cheddar Cheese	20K

CARBS

Quinoa	15K
Roasted Pumpkin	10K
Kidney Beans	15K
Red Rice	10K
White Rice	5K



Ve Vegan

Vo Vegan Option

V Vegetarian

GF Glutenfree

+ 12% tax and service charge



LOKA

FOOD MENU

LUNCH / DINNER

- FISH TACO** 65K
Grilled or Battered Mahi Mahi, Red Pepper, Onion, Coriander, Red Cabbage, Lettuce with Cilantro & Mango Chutney
- MUSHROOM TACOS** **Ve** 60K
Sauteed Mushroom, Onion, Tomato Salsa, Lettuce, Coriander, Avocado & Mango Chutney
- CHICKEN QUESADILLA** 70K
With Chicken, Pickled Onion & Mozzarella Cheese, Served with Sweet Potato Fries and Fresh Garden Salad
- MISO PUMPKIN & GINGER SOUP** **Ve V** 65K
Served with Sourdough
- BEEF CHILI CON CARNE** 75K
Minced Beef, Tomato, Vegetables, Red Kidney Beans, Spices, Served with Your Choice of Red Rice / White Rice / Sourdough
- CHICKEN PARMIGIANA** 80K
Crumbed Chicken in Tomato Sauce and Mozzarella Cheese with Sweet Potato Fries and Fresh Garden Salad
- PUMPKIN CHICKPEA MASSALA** 70K
Indian Curry with Pumpkin, Chickpeas, Coconut Cream and Roasted Tortilla on the Side
- FISH & CHIPS** 65K
Grilled or Battered Mahi Mahi with a Side of Chips and Yogurt, Garlic Sauce



INDONESIAN FOOD

- BEEF RENDANG** 65K
Slow Cooked with Herbs & Coconut Milk, Served with Rice, Pickles & Malinjo Crackers
- GADO-GADO** **V Vo** 40K
Water Spinach, Green Bean, Bean Sprout, Cabbage, Tofu, Tempeh, Egg & Cracker
- NASI GORENG** **gf Vo** 35K
Vegetable **V** 45K
Chicken
- MIE GORENG** 35K
Vegetable **V** 45K
Chicken

Swap White for Red Rice : 10K

Sambal Choices : Ketchup Sambal, Peanut Sauce, Sambal Matah

ADD EXTRA TO ANY MEAL

<u>PROTEIN</u>		<u>FATS</u>	
Poached Egg	5K	Avocado	20K
Chicken Teriyaki	20K	Greek Yogurt	10K
Bacon Grilled	20K	Nut Mix	15K
Beef Tenderloin	25K	Seed Mix	10K
Smoked Salmon	25K	Tamari Peanuts	5K
Fish Mahi Mahi	20K	Coconut Milk	5K
Grilled Tempeh	10K	Feta Cheese	20K
Crispy Tofu	10K	Cheddar Cheese	20K
Falafel	15K		
Hummus	15K		
<u>CARBS</u>			
Quinoa	15K		
Roasted Pumpkin	10K		
Kidney Beans	15K		
Red Rice	10K		
White Rice	5K		

Ve Vegan

V Vegetarian

Vo Vegan option

gf Glutenfree

+ 12% tax and service charge



LOKA

Special COCKTAIL MENU

MANGO MOJITO 80K
Rum, Sugar, Mint, Soda Water,
Fresh Mango, Mango Liquor

SLEEPING MONKEY 80K
Vodka, Coconut Liquor,
Lime, Fresh Banana



SPICY MARGARITA 80K
Tequila, Triple Sec, Lime,
Simple Syrup, Chili, Salt

FROZEN BLUE MARGARITA 80K
Blue Curacao, Tequila, Triple Sec,
Lime, Simple Syrup, Salt

**PINEAPPLE OR
WATERMELON MARTINI** 80K
Vodka, Espresso, Simple Syrup,
Pineapple or Watermelon Juice

+ 12% tax and service charge



LOKA

PRE MADE HEALTHY DRINK OPTIONS

HEALTHY JUICE 45K

- **DETOX**
Beetroot, Pear & Ginger
- **ENERGY**
Pineapple, Watermelon, Lime & Mint
- **HYDRATION**
Cucumber, Apple, Spinach & Lemon
- **IMMUNE BOOST**
Carrot, Orange & Tumeric

OVERSEAS KOMBUCHA 40K

- **PASSION FRUIT**
- **ROSELLA MINT**

OVERSEAS GINGER SODA 40K



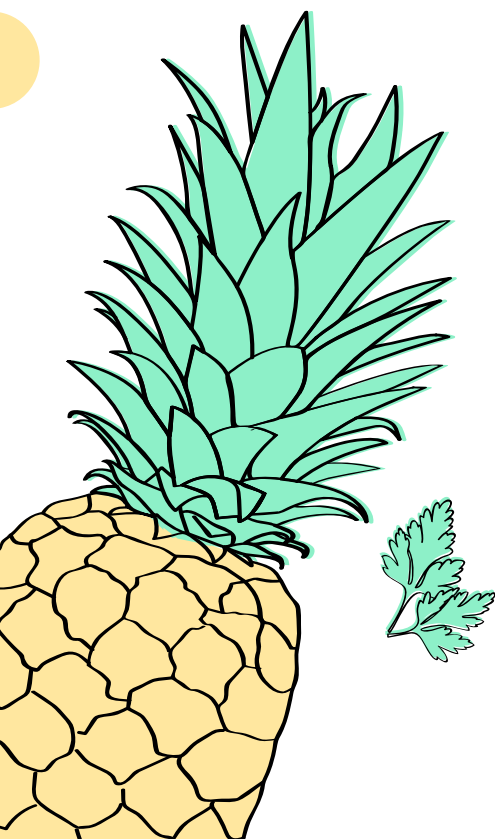
COCONUT WATER 32K

ESSENTIAL AMINO ACIDS 40K

- **BLUE RAZZ**
- **GRAPE BERRY CRUSH**
*Ask Our Friendly Staff for the Flavor

FIT AID 65K

- **SOUR GRAPE**
Creatine
- **HAWAIIAN NECTAR**
Sports Recovery



+ 12% tax and service charge

