

W BALI PRESENTS

# FUEL BAR

## SMOOTHIES

80

### GLOWING GREEN

Kale, spinach, lettuce, celery apple lime

\*Ultimate favorite, covers all bases

### MATCHA JUICE

Banana, pineapple, matcha powder coconut cream

\*Sooth inflammation, reduce blood pressure

### MUSCLE TONE

Chia seeds, banana, strawberries coco nibs, oats, almond milk

\*Build muscle improve tone full of fiber & omega 3

## BOOSTER SHOTS CHOOSE 2

70

### GUT INSTINCT

Probiotic, lime, spring water

\*Boost immunity, improve digestive function

### BEAUTY

Spirulina, coconut water

\*Hydration, full vitamin B & protein oxygenating

### WELLNESS

Tumeric, ginger, soursop

\*Boosts the Immune treatment of uric acid

## NUTS AND GRAINS

45

Quinoa Dried Fruit Power Bars

Coconut-Chocolate-Chia Power Bars

Peanut Butter & Banana Oatmeal Power Bars

Parmesan Grissini

Dried Balinese Fruit & Goji Berry Mix

Roasted Salted Cashew's

Tom Yum Spiced Peanuts with Kaffir Lime

## COLD PRESSED JUICES

### DETOXIFIER

Pineapple, cucumber, mint

\*Digestive enzymes anti-inflammatory cleanse blood electrolytes

### RADIANT SKIN

Beet, apple, ginger, carrot

\*Cleanse liver, helps in blood circulation, loaded with vitamin A, B, C

### ROCKET FUEL

Watermelon, coconut, lime, sea salt

\*Natural sports drink, hydration

## HOT DRINKS

60

### GINGER TEA

High antioxidant & minerals

### ROOIBOS

Naturally caffeine free -calming

### DETOX WATER

Cayenne Pepper, lemon

## ON THE GO

95

Coconut Yogurt, toasted honey oats, mango

Matcha Yogurt, black sesame, dragonfruit

Quinoa Muesli, house granola, dried fruits & compote

Greek Salad, feta, tomatoes, kalamata olives, cucumber

Cobb Salad, smoked chicken, blue cheese, grated egg

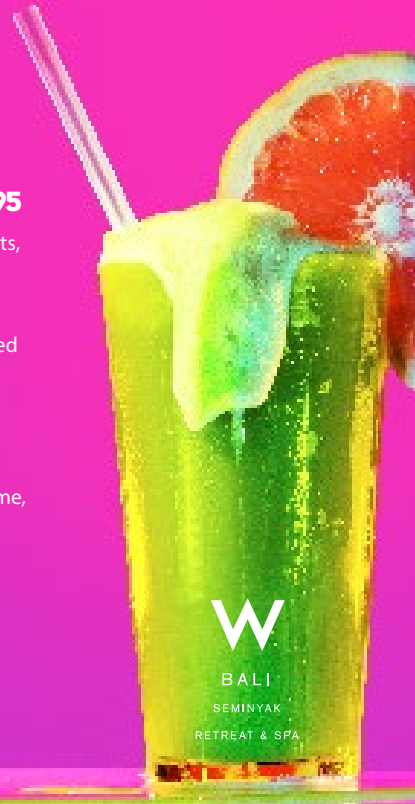
Tropical Fruit Salad, goji berries, lime, honey

## MATCHA FRAPPUCCINO

Matcha Powder, coconut cream maple Syrup, pure vanilla extract

## BLUE LATTE

Agave, coconut cream, coconut water, spirulina, ginger juice



**W**  
BALI  
SEMINYAK  
RETREAT & SPA

All prices are quoted in thousand Indonesian rupiah & subject to 10% service charge and 11% prevailing government tax. Please inform us of any food allergies or intolerances