



शौहा नौहा

BALI BEACH

Menu

Please place your lunch order by 11am
and your dinner order by 3pm

SOUPS

Corn Soup Clear vegetable broth with fresh corn off the cob served with krupuk crackers	45
Cream of Mushroom Soup Cream of mushroom soup made with either chicken and vegetable stock or as a vegetarian option – only vegetable stock – richly flavoured with fresh mushrooms served with garlic crouton	45
Soup Kelor An East Balinese speciality, said to have magical powers for revealing practitioners of the dark arts! Absolutely delicious. Ingredients include kelor leaves, coconut milk, Balinese spicy <i>bumbu</i> and fresh corn niblets	45
Tom Yum Kung A classic Thai speciality, a clear seafood soup with whole prawns flavoured with lemongrass and lime juice	50
Cream of tomato soup Made with fresh tomatoes, basil and a hint onion. Served with garlic crouton	40
Fresh cream of pumpkin soup Made with fresh pumpkin	45

PASTA

Pasta al Pesto Genovese A richly flavoured home-made pesto sauce made with fresh organic basil and parsley, Parmesan cheese, a hint of garlic, olive oil and ground cashew nuts on your choice of spiral or spaghetti, finished with Parmesan cheese	main / entrée 88 / 68
Carbonara Spaghetti or penne with creamy white sauce, bacon, mushroom, egg, Parmesan cheese	88 / 68
Marinara Spaghetti or penne with king prawns, squid, and mahi mahi fish in a chunky fresh tomato sauce finished with fresh basil	95 / 75
Primavera Spaghetti or penne with a sauce of fresh mushrooms, zucchini and spinach in a rich Napolitana sauce served with cheese	77 / 57

THIN-CRUST PIZZA

One pizza is suitable for one main meal

Margarita Mozzarella cheese and tomato sauce	75
BBQ Chicken Grilled Chicken, black olive, onion, BBQ sauce and mozzarella cheese	95
Florentine Bacon Fresh spinach, sliced beef bacon with tomato sauce and mozzarella cheese	95
Seafood Prawns, squid, fish, garlic, tomato sauce and mozzarella cheese	95
Vegetarian Zucchini, mushroom, red and green pepper, black olives, tomato sauce and cheese	85

LIGHT MEALS

Healthy Rice Flour Crepe with Vegetables A complete meal in itself, this generous crepe is filled with lightly steamed bean sprouts, finely chopped long green beans, shredded carrot and torn spinach leaves with sautéed tomato and lightly-sprouted small red kidney beans, chunks of avocado and finished with crumbled feta cheese, shredded basil and parsley. We serve this with a fresh homemade tomato sambal or salsa (not spicy unless you request).	59 V
Prawn Papaya Salad 3 King prawns (peeled, tail and head on), with a crunchy salad of julienne green papaya, and carrot with a tangy Thai-inspired dressing, finished with fresh mint and basil	50
Barbeque Chicken Bruschetta on toasted brown bread topped with grilled chicken marinated in BBQ sauce and mozzarella cheese brown bread with tuna, tomato, fresh basil, cheese	78
Mahi Mahi Fish Fillet with Potato Wedges Breaded fish with potato wedges, served with tartare sauce and small side salad	78
Jaffles: Toasted sandwiches with your choice of the following fillings: - Cheese and fresh sweet corn - Banana and honey - Cheese and tomato	50 V 45 V 50 V
A Bowl of hand cut French Fries Served with tomato sauce and mayonnaise	45 V
BLT Sandwich Classic bacon, lettuce, tomato on brown bread served with French fries	65
Nilaya Club House Sandwich Bacon, lettuce, tomato, grilled chicken and egg on fresh brown bread served with French fries	70

SNACKS

Spicy Fish Cakes 'lempeng' Fish cutlet with celery leaves, garlic and long bean served with 'acar' Asian sambal of carrot + cucumber in vinegar, sweet chilli dipping sauce (3 pcs)	50
Spring Rolls 'lumpia goreng' - Chicken and Vegetable served with Balinese dipping sauce (2 pieces) - Vegetable served with Balinese dipping sauce (2 pieces)	45 40
Mini Satay Lilit finely minced, lightly spiced fish or meat grilled on skewers and served with fresh cucumber and pineapple with peanut sauce - Fish served with spicy Balinese sambal sauce (5 sticks) - Chicken served with peanut sauce (5 sticks)	60 55
Fresh Corn Fritters 'bergedel' An East Balinese speciality with local corn straight off the cob, deep fried and served with chilli coriander dipping sauce (5 fritters)	45 V

COCKTAIL SNACKS

NILAYA SPECIAL COCKTAIL SAMBALS A selection of 3 Balinese sambals, or dipping sauces, and a platter to share of various types of krupuk and tempura-style crispy fried wild leaves – including wild spinach - is served in a traditional manner.

Ideal to share and the perfect accompaniment to an evening drink.

45 V

MAIN MEALS for any time of the day

Nasi Goreng lightly spiced fried rice with vegetables, 2 chicken satays, krupuk shrimp crackers, fried egg or shredded omelette, tempe manis (crunchy fried soy bean marinated in sweet soy sauce) and sour acar (fresh vegetables marinated in vinegar) and a little salad ... a complete meal!

68

Shrimp Nasi Goreng spiced fried rice with plenty of vegetables , 2 grilled king prawns, satay sauce, krupuk,

70

Mee Goreng Fried wheat noodles, lightly spiced and tossed with fresh vegetables, served with Krupuk (shrimp crackers), acar - 'achar' - (vinegared vegetables) and shredded omelette

58 V (egg)

with chicken

60

Tofu Salad *a la Nilaya*

Delicious, filling and healthy! Shredded cabbage, carrots, salad greens, bean sprouts and lightly fried tofu cubes, tossed with our honeyed mustard dressing, topped with *tempe manis* (delicious sweet soya sauce spiced soy bean cake) and an optional sliced boiled egg and served with Krupuk rice crackers

55 V (egg)

CHICKEN ('AYAM')

Grilled Chicken a la Nilaya a quarter chicken grilled with spicy *Bali Bumbu* sauce, served with warm urab salad (coconut, beans, and green beans), krupok, 3 sambal dipping sauces and white rice

70

East Balinese Spicy Chicken 'ayam mesitsit' Twice-cooked shredded chicken spiced with *Bali Bumbu* (spicy sauce made by grinding spices and aromatic flavours by hand in a stone mortar and pestle), and served with steamed white rice, shredded onion and flavoured with fresh turmeric, served with Urab side salad

75

Cap Cay ('chap chay') Chicken Tender pieces of chicken off the bone, stir fried with seasonal vegetables and spiced to your liking, served with steamed white rice.

68

Chicken Curry 'Gulai Ayam' Chicken cubes and seasonal local vegetables, cooked in a mild, semi-dry coconut sauce and served with steamed white rice

85

Chicken Satay Chicken pieces grilled on skewers and served with steamed white rice, peanut sauce and cucumber and pineapple sambal (8 sticks) served with Urab side salad

89

Char-grilled Chicken Salad Spicy char-grilled chicken pieces (off the bone) served with organic salad leaves – including wild leaves of fresh cinnamon, tossed in coconut lime dressing and served with seasoned wild black rice and French fries

89

Chicken Schnitzel Crumbed chicken fillet breast, fried in vegetable oil and served with French fries or mashed potato and green salad or steamed seasonal vegetables

85

Satay Lilit Spicy minced chicken on lemongrass sticks served with Nasi Lemak (coconut white rice) plus Urab salad or steamed vegetables

95

PORK ('BABI')

Gourmet Pork Spare Ribs Risotto Barbecued pork spareribs served with wild red rice risotto tossed through with parmesan cheese and a classic tossed leaf salad	115
Babi Kecap Pork tenderloin cooked with soy sauce, capsicum and onion served with steamed white rice	89

SEAFOOD ('IKAN' - fish) (some seafood may not be seasonally available)

Tom Yum Kung as a Main Course The classic Thai speciality with a Balinese twist, thickened seafood soup with 5 large whole prawns with tail & mahi mahi fish flavoured with lemon grass and lime juice, served with krupuk crackers and white rice on the side. Thick enough to eat with a fork.	90
Seared Tuna and Water Spinach Fresh tuna chunks lightly seared and served with Balinese water spinach tossed with sambal matah dressing (Balinese raw side dish seasoned with sweet chilli, shallots, sprouted mung beans and finished with Bali lime juice) and served with steamed yellow rice	88
Crusted Tuna with Coriander Seeds Pan-seared tuna fish crusted with sesame seeds, green coriander and soy ginger sauce served with white rice and green salad	98
Ginger Soy Mahi Mahi Fresh fillets of mahi mahi fish pan-seared and seasoned with fresh ginger and soy sauce, served with warm white cabbage on steamed white rice	85
Pepes Ikan Mahi Mahi fish fillet seasoned with lime juice, Balinese spices and steamed in banana leaves to retain its moisture and flavour, served with Balinese sambal and steamed white rice and Urab Balinese salad	80
Ikan Bumbu Kuning A freshly-caught whole fish grilled in yellow curry sauce and pickles, served with white rice & steamed vegetables (to ensure fresh fish selection, pre-order this dish 24 hours before)	145
Mahi Mahi and Vegetable Kebabs Grilled fresh seasonal vegetables (capsicum, eggplant, mushrooms, onion, tomato's) and chunks of mahi mahi fish on bamboo skewers served with white rice	65
BBQ King Prawns 6 large Butterflied king prawns (tail on), grilled lightly with a spicy tomato-based Jimbaran sauce, steamed white rice or pan-seared potatoes or French fries and a classic tossed leaf side salad.	125
King Prawn Curry 5 Whole king prawns and seasonal vegetables cooked with lemon-flavoured squash in a creamy coconut cream sauce seasoned with Balinese spices and served with steamed white rice	115
Spicy Stir fried King Prawns 6 Whole king prawns served with <i>Bali Bumbu</i> sauce served with white rice and Urab salad or steamed vegetables	125
King Prawn Satay 6 king prawns grilled on the skewer served with white rice, peanut satay sauce and Urab salad	125
Cumi Satay 5 skewers of fresh squid flavoured with <i>Bumbu</i> served with white rice and <i>Urab</i> salad	95
Satay Lilit Spicy minced fish on lemongrass sticks served with Nasi Kuning (yellow tumeric flavoured rice) plus <i>Urab</i> salad or steamed vegetables	120

VEGETABLE DISHES as a main course

Suggestion: these dishes are all delicious served with URAB salad

Tofu and Tempe Curry Fresh soybean curd (tofu) and white bean curd (<i>tempe</i>) in a spicy tomato-based sauce served with tumeric-scented yellow rice cooked with coconut milk and lemongrass	58 V
Tofu and Tempe Manis Fresh tofu and <i>tempe</i> cooked to a slightly crunchy edge in sweet soy sauce and served with rice	50 V
Tum Tahu Fresh tofu seasoned with <i>Bali bumbu</i> spice mix, wrapped in a banana leaf and steamed, served with steamed white rice	48 V
Vegetable Curry A local speciality, slices of carrots, potatoes, baby eggplant, long bean and lemon squash in a lightly spiced creamy coconut sauce, served with steamed white rice	60 V
Traditional Indian Dahl and Rice (please order one day before)	45 V

SALADS (can depend on seasonal availability)

Mediterranean Salad Crunchy red, orange and yellow capsicum chunks, cucumber, black olives and Spinach dressed with virgin olive oil, feta cheese served with 2 slices of brown garlic toast - Main course serve - Side salad or entrée serve	85 V 58
Caesar Salad with Chicken Grilled chicken pieces off-the-bone, tossed with home-made Caesar dressing, on Romaine salad leaves with crispy bacon, parmesan cheese shavings and garlic toast - Main course serve - Entrée serve	88 60
Tuna and Pasta Salad MAIN COURSE Seared fresh tuna and pasta spirals tossed with olive oil, lime juice, organic leaves and roasted capsicum	68

THESE TWO EAST BALINESE SALADS ARE DELICIOUS AS ACCOMPANIMENTS TO ANY BALINESE DISH

Urab Kecang Panjang Long green beans, freshly-grated coconut and Balinese spices for two to share	48
Urab Cucumber Balinese cucumber with grated coconut, Bali bumbu and crispy shallots for two to share	45

DESSERTS

Pisang Goreng Deep fried battered banana served with our ginger-infused palm sugar syrup	35
Pineapple Goreng Deep fried battered pineapple served with our ginger-infused palm sugar syrup	35
Add 1 scoop homemade vanilla ice-cream to either of the above	8
Banana or Pineapple Crepes 1 crepe flambéed with rum and served with gingered syrup and fruit	45

Panadanus Crepes A traditional Balinese 'green' crepe, favoured & coloured with the freshly- squeezed juice of the pandanus plant, drizzled with ginger-infused palm syrup and freshly grated coconut	45
Fruit or Chocolate Samosas with Chocolate Sauce and a scoop of coconut ice-cream Choose from fruit, chocolate, chocolate chilli or chocolate ginger	45
Fruit Platter Selection of sliced seasonal fruits	40
Bubur Injin Black rice pudding with coconut milk & palm sugar and a scoop of coconut ice-cream	39
Dadar Gulung Small pandanus-flavoured rice flour crepes rolled and filled with palm sugar-flavoured grated coconut. Each serve has 3 pieces	48

SOFT DRINKS and BEER

All soft drinks in cans:

Sprite, Coca Cola, Fanta, Schweppes tonic water, Ginger Beer, Soda Water	15
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Bintang Beer - small

29

- large

42

Served with krupuk or peanuts

WINES by the bottle available on separate menu

SEASONAL FRESH FRUIT JUICES

Fresh Coconut Juice , served au natural in the coconut	35
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Freshly Made Loloh A Balinese health drink made with freshly grated carrot, ginger and turmeric, sweetened with honey a dash of lime and served chilled ... delicious and very healthy!

35

Fruit Smoothies (with milk) - (no added sugar) seasonal availability: papaya, watermelon, banana, orange

35

Fresh Fruit Juices - (no added sugar) seasonal availability: papaya, watermelon, banana, orange

40

TEA and COFFEE

Spiced Ginger Coffee add crushed fresh ginger for a difference to our special Bali coffee (best without milk)

30

Pot of Black Tea

20

Pot of Ginger Tea

hot water infused with fresh ginger, with lime + honey on the side

22

Pot of Black Tea with Ginger

black tea infused with crushed ginger, with a jug of honey

25

Jug of hot milk

12

Jug of cold milk

10

Iced Coffee crushed ice (bottled water), milk, Organic Bali Coffee

35

LOLOH - or JAMU Bali's health drink from Nature

An unusual but delicious, traditional Balinese health drink made with freshly-grated carrot, freshly-grated turmeric root fresh from our garden, raw honey – with all the health-giving aspects of tumeric: There's more to turmeric than spicing up a curry. Research shows it has many benefits and may help ward off dementia and reduce your risk of cancer.

Research is showing what countries such as India and Sri Lanka have long known - that this yellow spice has more benefits than boosting food flavour. Used for more than 4000 years to treat a variety of ailments, curcumin - the active ingredient in turmeric - could potentially ward off dementia and prevent cancer.

According to the World Alzheimer's Report 2009, 3.6 per cent of South Asians over the age of 60 suffer from dementia, compared with 6.4 per cent of Australasians and 7.2 per cent of Western Europeans. Similarly, the World Health Organization says that cancer rates in India are considerably lower than those in more developed countries such as the US.

But is it turmeric that's having this effect? Cancer researcher Ralph W. Moss believes so. He says turmeric is a natural anti-inflammatory, it inhibits the growth of new blood vessels in tumours and it's a powerful antioxidant.

But before you start gulping it by the spoonful, Aloysa Hourigan, Nutrition Australia senior nutritionist, says it's not that simple. "Curcumin is just one antioxidant, and it might have some function, but I don't think there's one super thing that's going to fix everything. Also, a lot of the studies have been done on animals and test tubes, so from a western medicine point of view the evidence isn't strong enough. But it's been used in Chinese and Indian medicine for a long time, so it may well have some benefit."

While more testing is needed, here are seven potential health reasons to start having a loloh drink daily.

1. Wards off Alzheimer's disease

Researchers believe that curcumin's antioxidant and anti-inflammatory properties may be strong enough to break down the amyloid plaques in the brain that contribute to Alzheimer's disease. "If the blood vessels remain less clogged, then certain parts of the brain might be fed more easily with oxygen and that would keep the brain functioning better," explains Hourigan. The Alzheimer's Disease Research Center at the University of California is currently planning clinical human trial.

2. Helps to prevent cancer

In his book, *The 150 Healthiest Foods On Earth (Fair Winds)*, nutritionist Jonny Bowden says there are at least 30 studies showing that curcumin may have an anti-tumour effect, "either reducing the number or size of tumours or the percentage of animals who developed them".

MORE ABOUT TUMERIC

While more human research is needed, he points to a 2006 study showing that curcumin inhibited the growth of human colon cancer. A New Jersey study found that, when combined with vegetables such as broccoli and cauliflower, it may help treat and prevent prostate cancer.

There are also indications that it may help to prevent breast, skin and pancreatic cancer, childhood leukaemia and multiple myeloma. "While no-one is claiming that turmeric cures cancer, there is plenty of reason to believe it is a useful adjunct to a healthy diet," says Bowden.

3. Reduces the risk of heart attacks and strokes

Curcumin also has a positive effect on cholesterol, says Bowden, and animal studies have shown that it may help lower cholesterol and prevent the build-up of LDL ("bad" cholesterol) in the blood vessels. It could therefore stop the build-up of plaque (atherosclerosis) that can block arteries and cause heart attacks and strokes.

4. Combats inflammatory diseases

Turmeric's natural anti-inflammatory qualities mean it may work as well as some anti-inflammatory medications, without the side effects. Early research shows it may help with inflammation of the eye (uveitis), inflammatory bowel disease (ulcerative colitis) and multiple sclerosis.

One study, using a formula which contained turmeric, showed it reduced the pain and disability associated with osteoarthritis, but it hasn't been studied on its own yet.

5. Fights colds and flu

Preliminary studies show that turmeric may help reduce the severity of bacterial and viral infections.

6. Helps indigestion and weight loss

Curcumin stimulates the gallbladder and produces bile. Because bile helps digest fat, experts believe this improves digestion and may help control weight. At least one study found it treats indigestion, reducing symptoms of bloating and gas.

7. Assists diabetes sufferers

Turmeric may improve glucose control or insulin activity; in animal research it was shown to cause blood sugar levels to drop. If you add turmeric to your diet, Hourigan suggests monitoring your blood sugars. When combined with diabetes medication, it may cause levels to drop too low, resulting in hypoglycaemia.

[Pre-order your breakfast Loloh and make your stay with is a super healthy one!](#)

Loloh - Balinese health drink: fresh ginger, tumeric, carrot, honey, lime

Rp 35.000