



Welcome to Luana Bowls

MENU



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We created this menu with lots of love, inspired by island life and the amazing local ingredients Lombok has to offer.

From tempeh and jackfruit to sweet potato and fresh tropical fruits from our local organic suppliers, we combine nourishing food with comforting flavors.

Even if you're not usually vegan, we promise you won't miss a thing, just keep an open mind and enjoy.

If you have any allergies, dietary requirements or questions, please let our team know anytime we're always happy to help.

We hope you leave feeling happy, nourished and full of good energy.

Your Luana Team



LUANA BOWLS

COFFEE

Cappuccino	35k
Flat White	35k
Latte	35k
Long Black	30k
Americano	30k
Espresso	25k

Hot outside? Get it iced. +5k
Top it up and add vanilla or caramel flavor +5k

Fredo Espresso	30k
Iced, frothy Greek espresso with brown sugar.	
Vanilla Wave	40k
Iced Long Black, Vanilla Syrup, Milk/Mylk foam.	

MILK & MYLKS

Cow Milk
Soy /Oat/Coconut Milk +5k

MATCHA-SPECIALS NEW

Hot Iced Matcha Latte	40K 45K
Iced Mango Matcha	50k
Tropical Matcha blended with mango & milk.	
Lime Soda Matcha	50k
Matcha with sparkling soda & lime juice. .	
Banana-(bread) Matcha	55k
Matcha with banana-flavored milk. Served with a small banana bread garnish on top.	

COOLER

Passionfruit Ice Tea	40k
Lime Mint Cooler	35k

JUICES

All 40k

Single Juice
Orange, Lime, Pineapple, Dragonfruit
Selong Sunshine
Orange, ginger, lime

Pina Penantap
Pineapple, ginger, tumeric, lime

Serangan Energy
Cucumber, pineapple, lime,

Tampah's Dragon
Dragonfruit, banana, lime

SMOOTHIES

All 45k

Holy Moly Mawi
Mango, milk, mint
+ add 30g vegan vanilla protein powder +30k

Salted Caramel
Banana, dates, cacao, peanut butter, milk
+ add an espresso shot +5k
+ add 30g vegan chocolate protein powder +30k

SODAS & BEER

Coke (Zero), Sprite, Tonic, Soda	20k
Kombucha (Jamu or Passionfruit)	40k
Ginger Soda	45k
Bintang, Bintang Radler	40k

FRESH COCONUT

35k

Prices are subject to 10% tax and 5% service charge



All day available

Yiepee it's all vegan.

Breakfast & Brunch

SMOOTHIE

BOWLS

Lost Paradise GF(O) 70k

Your favorite tropical Smoothiebowl /w strawberry, dragonfruit and banana, homemade granola, chia seeds and peanutbutter.

Pina Bowl GF(O) 70k

Tastes like tropical living: Frozen pineapple, mango (seasonal) and banana mixed with coconut milk. Topped with granola, coconut flakes and chia seeds.

Choco Loco GF(O) 70k

Go all in with cacao, dates, banana, peanutbutter, coconut milk and homemade granola.

SWEET

Paradise Pancakes 70k

Join us in paradise with our pancakes, topped with banana, coconut flakes, maple syrup and pink cream.

Choose the vegan or vegetarian option

Caramelized Banana Oatmeal 70k

Creamy oatmeal, topped with caramelized banana, a dash of cinnamon, peanut butter, homemade granola and maple syrup.

PROTEIN POWER-UP 30K

Add a Vegan Protein Scoop

Vanilla or Chocolate, contains 25g Protein

SAVORY

The Hungry Surfer GF(O) 80k

All your favorites on one plate. Loaded with sautéed mushrooms, spinach, grilled tomatoes, sweet potato, hummus and our special scrambled tofu, with sourdough on the side.

Vegetarian option: Change to scrambled eggs

Holy Guacamoly GF(O) 75k

Your best go-to: Mashed Avo. Loaded with cherry tomato, rucola, pesto, lime and seeds.

Vegan: Grilled Mushrooms

Vegetarian: Eggs any style

Cheeky Hummus GF(O) 75k

Homemade Hummus on sourdough topped with roasted cherry tomato. Garnished with friend onions, rucola, mint and lime.



Scrambled Dance GF(O) 75k

Our favorite protein-bomb: Try our scrambled tofu on sourdough in a homemade béchamel sauce with rucola and cherry tomato.



Ask for Glutenfree Bread +15k

GF(O) Glutenfree or Glutenfree Option available

Prices are subject to 10% tax and 5% service charge



Starting at 11:00 am.

Yiepee it's all vegan.

Lunch & Dinner

SMALL PLATES

Cauliflower Nuggets  45k

Addiction may ensue: Fresh cauliflower, bathed in marinade and crisped to perfection.

Sweet Potato Fries **GF** 35k

French Fries **GF** 35k

Edamame **GF** 35k

WARM BOWLS

Cashew Teriyaki **GFO** 80k

Stir-fried tofu with crunchy carrots, cabbage, cauliflower, and green beans, all tossed in our house-made teriyaki sauce. Topped with roasted cashews and sesame seeds, served with rice.

Golden Cauli  **GFO** 80k

Tastes like warm, golden sunsets: A rich and creamy chickpea-cauliflower coconut curry with crispy cauliflower nuggets and green beans. Topped with onions and fresh parsley, served with rice.

WRAPS & BURRITOS

The Luana Burrito  80k

Filled with jackfruit, golden turmeric rice, kidney beans, tomatoes, onions, vegan sour cream and fresh pineapple salsa. Topped with creamy guacamole, lime, and coriander.

Served with crunchy tortilla chips on the side.

Rainbow Wrap 80k

Packed with homemade hummus, vegan sour cream, crunchy salad, carrots, cucumber, tomatoes and red cabbage. Topped with fresh mint.

Choose between our marinated tempeh or tofu for protein.

Served with crispy sweet potato fries on the side.

BURGERS

The Island Burger  85k

Smokey homemade soy patty with fresh lettuce, tomato, onions and pickles, layered with our signature Luana burger sauce in a toasted bun. Served with crispy fries on the side.

Crispy Mushroom Burger 85k

Crispy oyster mushrooms layered with fresh lettuce, tomato, cucumber and homemade parsley aioli in a toasted vegan bun. Served with crispy fries on the side.

 A bit spicy. Let us know if you'd prefer it mild.

GF(O) Glutenfree or Glutenfree Option available

LUANA BOWLS

Poke Bowl  **GFO** 80k

Paddle harder with our rice poke bowl, edamame, cucumber, carrot, avocado(seasonal), purple cabbage, sesame seeds, spring onion, lime and mint.

Choose your Protein:

Tempeh or Tofu or go soyfree with Chickpeas

Choose your Sauce:

Peanut dressing or Sesame dressing

Hummus Buddha Bowl **GFO** 80k

Freshness overload with our homemade hummus base, quinoa, carrots, chickpeas, cucumber, tomatoes, red cabbage and rocket salad. Garnished with fresh mint & lime dressing. Sourdough on side.

Mexican Plate  **GFO** 80k

Sweet marinated jackfruit, kidney beans and tomatoes. Topped up with turmeric rice, pineapple salsa and guacamole. Garnished with lime, homemade tortilla chips and cilantro.

Summer Roll Bowl **GFO** 75k

Rice-Noodles paired with marinated tofu, cucumber, sprouts, grated carrot and salad. Topped with fresh coriander and peanuts.

Take the **Peanut dressing** for the full summer roll experience or our **Sweet-chili dressing** for a refreshing and spicy version.

Wrap it up

PASTRY & DESSERT

We bake our treats fresh. That means not everything is always available. Please check our display or ask our staff for today's selection.



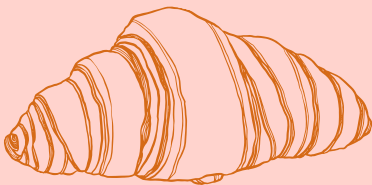
BANANA BREAD - 35K

Our vegan chocolate banana bread is a true multitasker. Enjoy it for breakfast, pair it with your coffee, or indulge in it as a guilt-free dessert. Served with maple syrup.



BROWNIES - 35K

Our vegan homemade super moist Brownies.



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Salt in the air, sunshine on your plate

