





Welcome to The Banyan Tree, we believe in cooking food which is whole and fresh, using high quality ingredients. We want our food to be delicious and fulfilling, taking away all the unnecessary additives so therefore we make everything from scratch. We believe in staying true to our ingredients, life is already complicated and we think food shouldn't be.

You may not find meat here, but we feel confident in that the food we offer will make you forget everything about meat.

Gili Trawangan is a small and simple island with big dreams and desires. Supplies come from Lombok, Bali and beyond so sometimes there are delays in the supply chain. We are pioneers on the path of wellness on this island and we try our best to keep everything as available, fresh and affordable as possible. Even though it can be challenging to offer health-conscious food on this little island, it is totally worth it and you deserve it!

Thank you for joining us on this journey of inspired living. Enjoy your meal, delight in the view and laugh among friends in our little sanctuary in the sun.

The Banyan Tree Team

Ps. all our food & drinks are available for take away






ⓧ Gluten free ✓ Vegan

ⓧ Free from refined sugar, may still contain honey, maple syrup or coconut nectar

A gentle reminder for those with nut allergy, we use a lot of nuts in both our cakes & food, for example the satay sauce and the raw coconut aioli. Always ask your waiter if you are allergic to something.



Look for us!

  The Banyan Tree  @thebanyantreegili

Breakfast

SMOOTHIE BOWLS

Chocolate Peanut Bowl ✓ ⊗ 60
Peanut butter, soymilk, banana, cinnamon & maple syrup. Topped with fresh coconut, cacao nibs & raspberries

Green Bowl ✓ ⊗ 60
Avocado, kale, spinach, banana, almond milk & coconut nectar. Topped with dragon fruit, kiwi & fresh coconut

Tropical Bowl ⊗ 60
Papaya, pineapple, banana, coconut milk & raw honey. Topped with fresh coconut, apple, bee pollen & mango

Mixed Berry Bowl 65
Strawberry, cranberry, blueberry, raspberry, banana, coconut milk & yoghurt. Topped with granola, pumpkin seed, flaxseed & blackberry

Pink Bowl 69
Dragon fruit, banana, spinach, soymilk, yoghurt, raw honey & chia pudding. Topped with banana, fresh coconut & sunflower seed

GRANOLA & MORE...

Overnight Oats 50
Yoghurt, milk, oats & raspberry puree. Topped with banana & fresh coconut

Chia Pudding ✓ ⊗ 55
Strawberry chia pudding. Topped with mango puree & mint

Homemade Granola ✓ 58
Served with vegan yoghurt/soy milk & fruit salad
With plain yoghurt 48

Chocolate Quinoa Bowl ⊗ 60
Layered with yoghurt, raspberry & mango. Topped with cacao nibs & banana

Oatmeal ✓ 40
Served with caramelized banana (maple syrup), soy milk & coconut

Overnight Chocolate Chia Pudding 60
Chocolate chia seed pudding layered with raspberry. Topped with fresh coconut & banana and gojiberries

SAVOURY DISHES

Scrambled Tofu ✓ 48
Mixed with wild mushroom, onion & tomato, served with toast

Balsamic Feta Omelette 48
Served with toast

3 Cheese Omelette 50
Served with toast

White Spinach Omelette ⊗ 45
Served with sautéed greens

Two Eggs Any Style 42
You decide, we make it. Served with toast

THE BANYAN TREES SPECIALS

The Banyan 65
Two poached eggs served on toast covered in hummus, smashed avocado & fresh tomato. Topped with mushrooms & parmesan cheese

Smashed Avocado Toast 65
Topped with fresh tomato, poach egg, red onion, balsamic glaze, feta cheese & rucola
Without poached egg 55

Blueberry Pancake ✓ 48
Served with fruit salad & maple syrup
(+) Add whipped cream 8

WAKE UP SHOTS

Wheatgrass 35
Ginger, lemon & honey 30
Activated charcoal 35
Raw organic apple cider vinegar 30

EXTRA

Egg	8	Spirulina	15
Avocado	10	Beepollen	12
Feta	15	Banana	6
Slice of toast	5	Kiqi	10
Granola	18	Apple	8

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Main

SMALL BITES

Vegetable Quiche	45
Served with a side salad	
Vietnamese Spring Roll ✓	45
Filled with red cabbage, mango, tofu, carrot, cucumber, avocado & coriander	
Polenta Fries ⊗	38
Served with aioli	
Dip Platter ✓ ⊗	70
Veggie sticks, fried tempeh & crackers served with 5 different dips (hummus, baba ganoush, salsa, raw coconut aioli & guacamole)	
Young Papaya Salad ✓	40
Served with peanuts & asian dressing	
Gado Gado	65
Traditional Indonesian veggie plate, egg, sprouts, tofu, bean sprouts, carrot and water spinach with peanut sauce	
Edamame Beans ✓ ⊗	30

CRISPY SALADS

Watermelon Salad ⊗	69
Rucola, lettuce, basil, pickled red onion, cashew nut, feta cheese & italian dressing	
Spring Salad ✓ ⊗	65
Beetroot, sweet corn, red cabbage, carrot, bengkoang, apple, pumpkin seed, roasted zucchini & red dressing	
Mozzarella Salad ⊗	70
Mixed salad, cucumber, sundried tomato & pesto dressing	
The Boss Salad	60
Create your own salad using our ordering sheet provided by your waiter	

SOUPS & SANDWICHES

Ramen ✓ ⊗	58
With miso paste, carrot, bok choy, corn, tofu, rice noodles, leek, seaweed & coriander	
Roasted pumpkin soup ✓ ⊗	50
Carrot, pumpkin, coconut cream & a hint of chilli	
Mozzarella flat bread	65
Filled with salad, fresh tomato, mozzarella, black pepper and sundried tomato - basil - cream cheese. Served with sweet potato fries	
Purple wrap	55
With hummus, aioli, roasted zucchini, paprika, lettuce, red cabbage, avocado & feta cheese. Served with a side salad	
Pulled P*rk Sandwich ✓	65
Jackfruit in homemade bbq-sauce, avocado, lettuce, tomato, caramelized onion & raw coconut aioli. Served with sweet potato fries & satay sauce	

HEARTY MAINS

Zucchini Lasagna ⊗	70
Zucchini slices layered with tomato sauce & ricotta cheese, served with a side salad	
Raw Lasagna ✓ ⊗	65
Zucchini, spinach, beetroot, carrots & raw tomato sauce	
Buddha Bowl ✓ ⊗	56
Red rice, leafy greens, tamari marinated tofu, avocado, cucumber, red cabbage, satay sauce, hummus, sesame seeds, coriander & pickles	
S*shi Bowl ✓	55
White rice, carrot, seaweed, pickled ginger, tofu & avocado, cucumber, served with soya sauce (+) Add fried egg	8
Roasted Bell Pepper Pasta	65
Creamy bell pepper sauce with spaghetti & parmesan	
Zoodles with Sundried Tomato Cream ✓ ⊗	65
Sun dried tomatoes, cashew & basil cream, topped with rucola & cashew	
Tofu Peanut Stir Fry ✓ ⊗	55
Broccoli, tofu, cauliflower & bok-choy in peanut sauce, served with white rice	
Nasi Goreng Veggie ⊗	50
Fried red rice with mixed veggies & fried egg	
Coconut Curry ✓ ⊗	55
Mixed vegetables & tempeh, served with white rice	
Daal ✓	55
Red lentil stew with spinach, coconut milk & tomatoes, served with white rice & yoghurt	
Nasi Campur Bar	
Order a plate with your choice of 3 local dishes, you can also choose between red or white rice (You will find it in our coffee bar)	
White rice & 3 toppings	35
Red rice & 3 toppings	38
Extra toppings	5-20

EXTRA

Egg	8	Bread	5
Avocado	10	Side salad	20
Feta	15	Sweet potato fries	25

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Drinks

COLD PRESSED JUICE

Beet It	40
Beetroot, red cabbage, spinach, lemon, orange, pineapple, carrot & kale	
Green Lemonade	40
Green apple, cucumber, kale, lemon & spinach	
Turmeric Sunrise	60
Apple, carrot, celery, lime, turmeric & ginger	
Lemon Ginger	50
Apple, carrot, lime & ginger	
Orange Crush	40
Orange, pineapple & apple	
Clean and Green	44
Cucumber, celery, parsley, spinach, lime & ginger	
Minty melon	38
Watermelon & mint	
Aloe Glow	42
Aloe vera, mint, cucumber & wheatgrass	

NON DAIRY SMOOTHIES

Athlete's Fuel	55
Protein powder, cashew milk, spirulina & raw honey	
Dragon Fruit Delight	48
Avocado, dragon fruit, banana, raw honey & coconut milk	
Frozen Green	46
Coconut water, cucumber, avocado, mango, kale & spinach	
Mango Bliss	46
Avocado, banana, mango, spinach & soymilk	
Power Smoothie	54
Coconut water, kale, spinach, banana, cranberry, dates, spirulina, flaxseed & goji berries	
Raspberry Nut	48
Banana, raspberry, peanut butter & soymilk	
Three Layered Heaven	50
Banana, spirulina, mango puree & raspberry	

OTHER DRINKS

Mineral water by jug (1L)	12
Fresh Cold Coconut	30
Ice Kelapa	36
Coconut water, coconut meat & coconut nectar	
Infused water	24
Citrus & basil Mint & cucumber Lemongrass & fresh aloe vera	

DAIRY SMOOTHIES

Berry Surprise	54
Mixed berries, yoghurt, flaxseed, coconut meat & raw honey	
Chocolate Lover	46
Banana, raw cacao, yoghurt, soymilk & dates	
Pineapplelicious	48
Pineapple, spinach, apple, papaya, coconut milk, yoghurt & raw honey	
Mango Smoothie	44
Yoghurt, raw honey, banana & mango	
Strawberry Smoothie	44
Banana, yoghurt, strawberry & raw honey	
Banana Smoothie	38
Banana, yoghurt, milk & raw honey	

COOLING DRINKS

Minty Lemonade	28
Mint leaves & lime topped with soda water	
Basil Lemonade	32
Basil leaves & lime topped with soda water	
Lemongrass Cooler	32
Lemongrass & lime topped with soda water	
Virgin Passion Fruit Mojito	32
Passion fruit, lime & mint topped with soda water	
Hibiscus Ale	32
Hibiscus tea with ginger ale	
Kombucha	45
Homemade fermented tea. Kindly ask your waiter which flavours we currently have	

COLD PRESSED SINGLE FRUIT JUICE

(no added sugar)	
Apple	48
Lime	36
Orange	48
Pineapple	28
Watermelon	30
Mango (blended)	38

ELIXIR

Pure gold	32
Turmeric, ginger & raw honey (served hot)	
Tummy tonic	32
Turmeric, lime & raw honey (served cold)	
Black Lemonade	38
Activated bamboo charcoal with lemon Add honey or maple syrup to get bit sweeter	

Drinks

COFFEE

Single espresso	25
Double espresso	30
Espresso macchiato	30
Long black	30
Americano	25
Cappuccino	30
Latte	30
Flat white	35
Latte macchiato	30
Café mocha	40
Turmeric latte	42
Hot chocolate	30

COLD BREW COFFEE

Cold Brew	35
Cold Brew Lemonade	40
Cold Brew Vietnamise (with condensed milk)	45

ICED DRINKS

Iced long black	32
Iced cappuccino	35
Iced latte	35
Iced café mocha	45
Chocolate Frappé	45
Iced chocolate	32
Iced tea	26
Iced Lemon Tea	30

TEA

Cup of tea	
Earl Grey Chamomile Green tea	20
Jasmine Peppermint Darjeeling	
Raspberry leaf	30
Chai Detox	35
Pot of tea	
Java green Java jasmine Chamomile	30
Java black	
Rooibos	36
Hibiscus	28

SOFT DRINKS

Coca cola Coca cola diet	16
Coca cola zero Sprite	
Ginger ale Soda water	
San Pellegrino 250ml	32
San Pellegrino 500ml	42
Aqua Panna 500ml	60
Aqua Panna 1L	70

BEER & CIDER

Bintang small	30
Bintang large	38
Alben cider orginal	50

EXTRA

Shot espresso	8
Soymilk	8
Cashew milk	12
Almond milk	12
Flavored syrup	8
Vanilla Chocolate Hazelnut Caramel	

Sweet carvings

Raw Snickers Cake	✓ ⊗ ⊗	45
Raw Lime Avocado	✓ ⊗ ⊗	45
Raw Apple Cinnamon Cake	✓ ⊗ ⊗	45
Raw Chocolate Cake	✓ ⊗ ⊗	45
Raw Carrot Cake	✓ ⊗ ⊗	45
Raw Chocolate Cranberry Cheesecake	✓ ⊗ ⊗	45
Gluten Free Brownie	⊗	30
Caramel Brownie		34
Carrot Cake		35
Raw Lime and Vanilla Pie	✓ ⊗ ⊗	45
Raw Blueberry Cheesecake	✓ ⊗ ⊗	45
Raw Dragonfruit Cheesecake	✓ ⊗ ⊗	45
Raw Raspberry Cheesecake	✓ ⊗ ⊗	45
Cheesecake in a Jar		40
Raw Raspberry Liquorice Cake	✓ ⊗ ⊗	45
Bliss balls		15
Lemongrass-cranberry	✓ ⊗ ⊗	
No-bake date	✓ ⊗	
Coconut	✓ ⊗ ⊗	
Goji-chocolate	✓ ⊗ ⊗	
Pistachio	✓ ⊗ ⊗	
Peace pops		55
Coconut & Raspberry Ice Cream	✓ ⊗ ⊗	
Snickers Ice Cream	✓ ⊗ ⊗	
Peppermint Crisp Ice Cream	✓ ⊗ ⊗	
Rainbow Ice Cream	✓ ⊗ ⊗	
Coco Salted Caramel Ice Cream	✓ ⊗ ⊗	

Note:

The cakes we offer can vary a bit from day to day,
please ask your waiter what we have today.
You can find a complete ingredients list in our coffee bar.

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