

ENERGIZING BREAKFASTS & BREADS

Mowie's Big Breakfast | 99K
Gourmet beef sausage, fried eggs, tomato, patatas bravas, mushrooms, bacon and muhammara

Benny Salmon | 95K
House cured salmon, potato croquettes, miso hollandaise, poached eggs

Salmon Bagel | 95K
House cured salmon, sun dried tomatos chutney, avocado, cream cheese, watercress

Bacon Bagel | 75K
House made bagel, 2 fried eggs, bacon, mustard mayonnaise, tomatoes

Classic Croque Madame | 79K
Two slices of brioche toast, bechamel, smoked ham, parmesan, soft frided egg, salad

Congee Rice Porridge | 69K
Glazed oyster mushroom, poached egg, turmeric crispy oil, blanched bok choy and local crackers. GF

Turmeric Scramble | 58K
3 eggs, crispy green leaves mix, bread of choice: focaccia/sourdough

Tofu Scramble | 58K
Scrambled tofu with pumpkin harissa, roasted tomatoes, house made country sourdough. VG

Avocado on Toast | 75K
Mash avocado, egg-roll omelet, mango chipotle sauce, balsamic reduction, house made country sourdough

Crispy Avocado | 69K
Spinach labneh, baba ghanoush, poached egg, chili jam, panko avocado

Turkish - Style Eggs | 75K
3 soft poached eggs, mandarin labneh, harissa butter, sweet potato crust, bread of choice: focaccia l sourdough

Tuna Club Sandwich | 79K
House made tuna mayo, soft brioche bread, gomasio, nori powder, mung bean sprouts, watercress salad

Sambal Prawn Sando | 98K *New*
Crispy sambal prawns and creamy avocado on toasted brioche with a soft egg and handcrafted potato chips

Truffle Crispy Croissant | 79K *New*
Truffle sauce, poached egg, umami mashroom butter, watercraft salad and grated parmesan topping

Fluffy Pancakes | 69K
House made fluffy pancakes, creme anglaise, passion fruit and matcha powder

Healthy Sunrise | 60K
Dragon fruit bowl with house made granola and seasonal fruit. VG

Coffee and Banana French Toast | 65K Two slices of brioche toast, peanut butter, berries jam, banana, coffee creme brulee | **add protein ice cream | 25K**

Sweet Board | 65K
Brioche toast with butter and homemade jam

Fruit Salad | 55K
Selection of tropical fruit

MAKE YOUR OWN			
2 eggs	22K	Bacon	28K
House made hummus	37K	House curred salmon	42K
Avocado mash with coriander	28K	Gourmet sausage 80grm	42K
Sourdough	12K	Halloumi (2 pieces)	42K
Focaccia	27K	Mix leaves salad	28K
Bagel	17K	100gr of chicken	35K
Patatas bravas	60K	Roasted pumpkin	20K

Price are subjected to 5% service and 10% government tax

FRESH & PROTEIN-PACKED SALADS

Chicken Zucchini Tumble | 82K
Chargrilled chicken, grilled zucchini, mixed greens, avocado, nuts, tarragon dressing

Chicken Caesar Salad | 89K
Romaine lettuce, anchovy sauce, grilled bacon, soft-boiled egg, pickled onion, grilled chicken, parmesan, crispy capers.

Salad Niçoise with Tuna | 95K
Soft egg, spinach, baby gem, tomatoes, olives, parmesan chips

Grilled Beetroot Salad with Salmon Patties | 99K
With cranberry dressing, pearl barley, feta, dukkah, mixed salad

Moroccan Hummus Chicken Bowl | 89K *New*
Creamy peanut muhammara hummus with grilled chicken, roasted vegetables, feta, fresh mint, pomegranate & nuts

Pumpkin Sunset | 75K
Turmeric and ginger-spiced baked pumpkin, salad mix, lemon dressing, pickled onions, crispy chickpeas, feta cheese

Sweet Falafel Salad | 75K
Sweet potato falafel, mixed greens, basil pesto, pickled carrot, shallots, goji berries

HIGH-PROTEIN MAINS & SKEWERS

ADD EXTRA 100GR OF CHICKEN | 35K

Charred Curry Chicken Skewers | 82K *New*
Grilled chicken in bold curry spices, served with creamy bean mash, crispy cauliflower and pomegranate yogurt

Mowies Famous Tuna Poke | 99K
Seasoned brown rice, tuna, shitake jam, wakame, avocado, edamame and truffle mayo

Tuna Steak | 95K
200g tuna steak with mixed green salad, grilled broccoli, gremolata

Barramundi with Lemon Cream | 119K *New*
Pan-seared barramundi on creamy cannellini beans, topped with lemon crème fraîche and a crisp fennel salad

Grilled Salmon | 135K
Grilled salmon with beurre blanc sauce, avocado, and young papaya salad on sweet potato

Salmon Power Bowl | 135K *New*
Coconut quinoa and red rice base, layered with a mango-glazed salmon skewer, caramelized fennel, and gremolata

Prawn Tartare & Sweet Potato | 95K *New*
Fresh prawn tartare on sweet potato slices, with creamy avocado and grille

Smoky Beef & Labneh | 129K *New*
Grass-fed minced beef skewers with smoked labneh, charred red pepper, spiced aubergine crisps and focaccia

Spiced Chicken & Beet Hummus | 78K *New*
Curry-seasoned chicken on beetroot hummus, paired with carrot salad, a soft dukkah egg and cooling tzatziki

Chicken Tikka Masala | 98K
Succulent chicken (200gr) in a spiced tomato cream sauce, served with rice

Red Chicken Curry | 98K
Chicken (200gr) in a coconut and lemongrass sauce, served with vegetables and rice

Nasi Goreng | 75K
Traditional stirred-fry rice with vegetables, chicken sate, pickles, egg

Halloumi Steak | 95K
Halloumi cheese steak, chamomile glaze, fennel, pomelo and mixed green salad, grated walnut

Tagiatelle Alla Carbonara | 105K
House made tagiatelle, pecorino cheese, guanciale, crispy bacon, egg yolk

Tagiatelle with Aubergine | 89K
Aubergine balls, fresh tomato sauce, house made tagiatelle, toasted pumpkin seeds, parmesan, herbs

HANDCRAFTED BURGERS

Tuna Burger | 105K
Tuna steak, brioche bun, rocket, pickled ginger, wasabi mayo, Asian slaw and chips

Chicken Katsu | 95K
Brioche bun, gochujang mayo, pickles, Asian slaw and chips

Homemade Smashburger | 129K
Juicy smashed 180g beef patty, melted cheese, lettuce, tomato, pickles, and house sauce on a toasted brioche bun

PROTEIN-RICH DESSERTS

High-Protein (P20), Low-Sugar Basque Cheesecake | 79K

Protein-Packed (P28) Zero Sugar Tiramisu | 85K *New*

Chocolate Brownie | 55K

Dr. Protein Ice Cream (100g/10g Protein, 60 cal) | 45K

ADD EXTRA 100GR OF CHICKEN | 35K

COFFEE & MATCHA

Single Espresso / Double Espresso	25K / 32K	Flat White	32K
Long Black / Macchiato	28K	Iced Latte / Cappuccino	39K
Latte	34K	Iced Americano	28K
Cappuccino	32K	Iced Protein Latte	68K
Large Cappuccino	42K	Iced Sparkling Ginger Espresso	38K
Strawberry Matcha Latte <i>New</i>	75K	Decaf Coffee	+5K
Coconut Matcha Latte <i>New</i>	75K	Oat / Almond Milk	20K
Mango Matcha Latte <i>New</i>	75K		

TEA

Cosmopolitan Black tea, cranberry, goji berry, apple, mint	45K
Sunshine Green tea, peach bits, orange, apple, Chamomile, marigold	45K
Summer Hibiscus, chamomile, apple	45K
Remedy Green tea, ginger, lemongrass, pagan lemon	45K

POWER SMOOTHIES & JUICES

Mama earth Pineapple, moringa, spinach, coconut water, cucumber	52K
Pink dragon Dragon fruit, vanilla, coconut milk, strawberry	52K
Love & monkey Banana, walnut, cardamon, dates, almond milk, flax seeds, cacao	60K
Island life Pineapple, turmeric, ginger, lemongrass, coconut, water, lime	52K
Soul train Espresso, banana, coconut milk, dates, chai spices	52K
Protein Berry Almond milk, blueberries, whey protein	85K
Single fruit juice 29K Mix fruit juice 35K Fresh orange or mango juice 35K Milk shake	38K

WATER & KOMBUCHA

Balian water bottle 330ml / 750ml	32K / 48K
Fresh young coconut 42K Soft drinks 28K Dr. Brew kombucha 55K	

COCKTAIL

Karma kolada Rum, coconut water, fesh, pineapple, chai spices	90K
Endless summer Tequila, pineapple, chili, lime	98K
Green chili martini Vodka, basil, lime, chilli, ginger, cordial	98K
Passion fruit martini Rum fresh passion fruit, egg white	105K
Pineapple daiquiri Pineapple rum, lime, sugar, pineapple puree	105K
Mojito Rum, lime, mint, brown sugar	98K
Tamarind whiskey sour Whiskey, tamarind puree, lime, sugar	105K
Amaretto dream Ameretto, limoncello, lime, sugar	105K
Café racer Vodka, espresso, coconut sugar, cinnamon	90K

RED WINE

Sababay Black Velvet 2020	330K	Small Bintang	45K
Sababay 2020 Reserve Red	420K	Big Bintang	65K
Primitivo Di Puglia	540K	Light Lager	75K
Dominio De Heredia Rioja 2018	640K	Pilsener	75K
Sababay Red Glass	80K	Summer Ale / Kolsh	80K

WHITE WINE

Sababay 2020 White Velvet	330K	Bacardi Gold, Bombay Sapphire,	95K
Sababay 2019 Reserve White	420K	Absolute Vodka, Jack Daniels,	
McHuigan Private Bin Chardonnay	540K	Johny Walker Skyy Vodka, Tenjaku Gin	
Martini Prosecco	770K		
Sababay White Velvet Glass	80K		

SPIRITS / SHOT

FRESH & PROTEIN-PACKED SALADS**ADD EXTRA 100GR OF CHICKEN | 35K****Chicken Zucchini Tumble | 82K**

Char-grilled chicken, grilled zucchini, mixed greens, avocado, nuts, tarragon dressing

Chicken Caesar Salad | 89K

Romaine lettuce, anchovy sauce, grilled bacon, soft-boiled egg, pickled onion, grilled chicken, parmesan, crispy capers.

Salad Niçoise with Tuna | 95K

Soft egg, spinach, baby gem, tomatoes, olives, parmesan chips

Grilled Beetroot Salad with Salmon Patties | 99K

With cranberry dressing, pearl barley, feta, dukkah, mixed salad

Moroccan Hummus Chicken Bowl | 89K New

Creamy peanut muhammara hummus with grilled chicken, roasted vegetables, feta, fresh mint, pomegranate & nuts

Pumpkin Sunset | 75K

Turmeric and ginger-spiced baked pumpkin, salad mix, lemon dressing, pickled onions, crispy chickpeas, feta cheese

HIGH-PROTEIN MAINS & SKEWERS**ADD EXTRA 100GR OF CHICKEN | 35K****Charred Curry Chicken Skewers | 82K New**

Grilled chicken in bold curry spices, served with creamy bean mash, crispy cauliflower and pomegranate yogurt

Mowies Famous Tuna Poke | 99K

Seasoned brown rice, tuna, shitake jam, wakame, avocado, edamame and truffle mayo

Tuna Steak | 95K

200g tuna steak with mixed green salad, grilled broccoli, gremolata

Barramundi with Lemon Cream | 119K New

Pan-seared barramundi on creamy cannellini beans, topped with lemon crème fraîche and a crisp fennel salad

Grilled Salmon | 135K

Grilled salmon with beurre blanc sauce, avocado, and young papaya salad on sweet potato

Salmon Power Bowl | 135K New

Coconut quinoa and red rice base, layered with a mango-glazed salmon skewer, caramelized fennel, and gremolata

Prawn Tartare & Sweet Potato | 95K New

Fresh prawn tartare on sweet potato slices, with creamy avocado and grille

Smoky Beef & Labneh | 129K New

Grass-fed minced beef skewers with smoked labneh, charred red pepper, spiced aubergine crisps and focaccia

Spiced Chicken & Beet Hummus | 78K New

Curry-seasoned chicken on beetroot hummus, paired with carrot salad, a soft dukkah egg and cooling tzatziki

Red Chicken Curry | 98K

Chicken (200gr) in a coconut and lemongrass sauce, served with vegetables and rice

Nasi Goreng | 75K

Traditional stirred-fry rice with vegetables, chicken sate, pickles, egg

Tagliatelle Alla Carbonara | 105K

House made tagliatelle, pecorino cheese, guanciale, crispy bacon, egg yolk

Tagliatelle with Aubergine | 89K

Aubergine balls, fresh tomato sauce, house made tagliatelle, toasted pumpkin seeds, parmesan, herbs

HANDCRAFTED BURGERS**Tuna Burger | 105K**

Tuna steak, brioche bun, rocket, pickled ginger, wasabi mayo, Asian slaw and chips

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Brioche bun, gochujang mayo, pickles, Asian slaw and chips

Homemade Smashburger | 129K

Juicy smashed 180g beef patty, melted cheese, lettuce, tomato, pickles, and house sauce on a toasted brioche bun

PROTEIN-RICH DESSERTS**High-Protein (P20), Low-Sugar Basque Cheesecake | 79K**

A rich and creamy Basque cheesecake that's high in protein and low in sugar for a guilt-free treat.

Protein-Packed (P28) Zero Sugar Tiramisu | 85K

Labneh based, tiramisu with coffee-soaked layers and creamy mascarpone and zero sugar.

Chocolate Brownie | 55K

Fudgy chocolate brownie made with high-quality ingredients for a satisfying sweet indulgence.

Dr. Protein Ice Cream (100g/10g Protein, 60 cal) | 45K

A delicious ice cream with 10g of protein and only 60 calories—perfect for guilt-free enjoyment!

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SPIRITS / SHOT

Bacardi Gold, Bombay Sapphire,	95K
Absolute Vodka, Jack Daniels,	
Johny Walker Skyy Vodka, Tenjaku Gin	

STARTERS TO SHARE

Crispy Aubergine Bites | 50K

Perfect for dipping into our creamy bean and cashew mash, finished with harissa butter and fresh coriander.

Creamy Burrata | 115K

Locally made super creamy burrata (110g), coated in tomato oil and topped with house-made basil pesto, crispy nuts, and fresh herbs.

House-Made Rosemary Focaccia

Freshly baked focaccia infused with rosemary, served warm.

Creamy Hummus | 45K

Smooth and flavorful hummus, topped with crispy chickpeas and sesame seeds.

Smoky Baba Ganoush | 45K

A rich blend of roasted eggplant, served with pomegranate seeds, yogurt, and mint.

Grilled Oyster Mushroom Skewers | 50K

Maple-glazed skewers served with garlic labneh and Zaatar.

Traditional Chicken Satay | 55K

Tender chicken skewers served with a rich peanut sauce and a selection of pickles.

Grilled Camomile Halloumi | 65K

Served with a refreshing salad of pomelo, fennel, and aubergine.

Salmon Kebab Skewer | 65K

Served with a vibrant lemon and coriander salad.

Spicy Tuna Tartare | 65K

Delicate tuna tartare served with shiitake jam, edamame, and parmesan crisps.

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