



**3KETO**

Sexy & fun program to get  
or maintain full power  
in a balanced & healthy way

**MENU**



# BKETO

Embark on a culinary journey at BKeto, where our menu blends ketogenic delights with local ingredients for a unique experience. More than a restaurant, we're a lifestyle promoting healthy choices. Whether a committed keto follower or seeking a wholesome meal, our menu caters to all tastes. We cherish our local community, sourcing fresh, sustainable ingredients from nearby farmers and artisans. Join us in embracing a keto lifestyle that promotes wellness and honors local culinary heritage.



# KETO BREAKFAST



## SHAKSHUKA BREAKFAST SKILLET

110K

*Shakshuka is a classic Middle Eastern breakfast dish. This featuring eggs poached in a bell pepper, zucchini, eggplant and tomato sauce, slice avocado, and toast sourdough.*



## CABBAGE HASH BROWNS

105K

*Hash browns, egg sunny side up, grill bacon, smashed avocado, confit tomato, lemon wedges, mixed green salad with citrus dressing.*



## AVOCADO SMASHED ON TOAST

110K

*Egg sunny side up, confits tomato, sliced tomato, smash avocado, watercress, mixed green salad with citrus dressing, rainbow vegetables.*



## EGG ANY STYLE

105K

*Fried, scrambled, poached, boiled, omelette served with chicken sausage, mushroom, grilled tomato, grilled bacon.*



## SPINACH MUSHROOM FRITTATA

110K

*Spinach mushroom frittata, watercress, wild rucola, pickle beetroot, pesto, mozzarella cheese, balsamic vinegar.*



### SWEET POTATO EGG NETS

95K

*Sweet potato fritter, soft poached egg, red pesto, sun dried tomato, avocado rose, mix green salad with citrus dressing.*



### SAVORY CAULIFLOWER WAFFLE

95K

*Cauliflower waffle, fried egg, cucumber tzatziki, beetroot pickles, mix salad with citrus dressing.*



### BKETO BREAKFAST BOWL

95K

*Cheesy scrambled egg, slice avocado, pinto bean, sweet potato, green lettuce, grill tomato and bacon.*



### KETO EGG BENEDICT

115K

*Double soft poached egg, grilled bacon, sliced avocado, mixed green salad with citrus dressing, rainbow vegetables, hollandaise sauce.*



### COCO ALMOND CREPES

75K

Triple crepes, cheese, banana, strawberry, crushed almond, dry coconut, chocolate sauce, pure honey.



### KETO ALMOND PANCAKE

75K

Triple pancake, seasonal fresh mango, strawberry, banana, chocolate sauce, pure honey.



### AVONANA SMOOTHIE

105K

With avocado, banana, cashew, yoghurt, coconut milk, agave.



### YELLOW FLASH SMOOTHIE

115K

With mango, cashew, yoghurt, agave, turmeric.



### FRUIT'S SALAD

80K

A delightful fruit salad with home made plain yogurt by combining a medley of tropical fresh fruits and sweetened honey comb

# BRUNCH



## SMOKED FAJITAS BEEF

180K

Smoked beef sirloin, tomato confit, mushroom, paprika, onion, guacamole, egg and cheese scramble, green salad, almond bread, zucchini roll, and fajitas sauce.

## GRILLED GREEK CHICKEN

180K

Grilled chicken breast, mixed paprika, tomato cherry, red radish, zucchini roll, beef bacon, chicken sausage, feta cheese, avocado on toast, fried egg



## PAN SEARED BARRAMUNDI

180K

Pan-seared fish, furikake, avocado, beetroot pickle, almond muffin, soft poached egg, sauteed vegetable, mixed salad, hollandaise sauce



## EGG AND CHEESE SCRAMBLE WITH SALMON

180K

Egg, sausage, bacon, spinach, smash salmon, brioche, avocado



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# SHIRATAKI NOODLE

Shirataki noodles are made from the root of the konjac yam. They are very low in calories and carbs, making them perfect for a keto-friendly diet. Light, healthy, and versatile, these noodles take on the flavors of every dish they are paired with.



## BAKMIE NOODLE

150K

Wok stir-fried shirataki noodle, vegetables, chicken, tomato cherry, watercress, soft poached egg, side with crackers and sambal matah.



## FROM THE SEA NOODLE

190K

Shirataki noodle, red snapper fish, tiger prawn, serve with massala sauce, tomato cherry, watercress, red radish, side with crackers and sambal matah.



## FROM THE GARDEN NOODLE

165K

Shirataki noodle, moringa pesto paste, packed with wholesome ingredients, and incredibly savory, slice parmesan, roasted sunflower and pumpkin seed, watercress, basil leaf.



## FROM THE FARM NOODLE

190K

Shirataki noodle, pork bacon, shiitake mushrooms, serve with creamy mushroom sauce, basil leaf, crispy parmesan tuile.

# SOUPS



## ENERGIE DE CHAMPIGNON

80K

*Creamy mushroom, crispy bacon, feta cheese and shiitake.*



## CREAMY TOMATO & CHICKPEAS SOUP

85K

*Creamy tomato soup, roasted chickpeas, feta cheese, coriander oil.*



## CREAMY COCONUT PUMPKIN SOUP

75K

*Creamy pumpkin, coconut flakes, feta cheese, crispy pumpkin, red radish, coriander oil*



### **TOM KA GAI CHICKEN SOUP**

**105K**

*Warm Asian coconut chicken soup, baby bean, baby corn, tomato cherry, shallot, ginger, coriander leaf.*



### **TOFU AND VEGGIE RED CURRY**

**85K**

*Sipcy red curry, tofu, rainbow vegetable, tomato, coconut milk, basil.*



### **PLAGE MINESTRONE AL PESTO**

**85K**

*Seasonal diced vegetable, tomato essence, herb pesto, basil and shaved parmesan cheese.*

# FROM THE SEA



## RAINBOW TUNA TARTARE

140K

*Marinate fresh tuna, pickle beetroot, avocado, pumpkin puree, coriander oil, sesame seeds, frisée, crispy tuile*



## QUINOA PRAWN SALAD

150K

*2 pcs grilled prawn, sliced avocado, red quinoa, cucumber, tomato, green lettuce, frisée, tomato cherry, citrus dressing*



## SALMON RILLETES

185K

*50°C Sous vide of salmon, come with green peas puree, black pearl, avocado, tomato cherry, and crunchy eggplant parmesan chip.*

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 **Cold Plate**



### PAN SEARED TASMANIAN SALMON

Broccoli florets, red cabbage, avocado, cherry tomato, dill and lemon.

265K



### ALMOND CRUSTED SALMON WITH QUINOA SALAD

Pan seared salmon, almond crust, quinoa, cucumber, tomato, baby romaine, beurre blanc dill sauce

255K



### CRISPY SKIN BARRAMUNDI

Cauliflower florets, sage burnt butter, radish, green leaves and balsamic dressing.

195K



### SNAPPER CAULIFLOWER RICE

Cheddar cheese, cream cheese, cilantro, seared snapper fillet and avocado.

145K



### SHAKSHUKA OCTOPUS

155K

*Octopus, shakshuka Mediterranean dish, avocado, pumpkin puree, small salad, tomato cherry.*



### SESAME TUNA TATAKI

145K

*Pan seared tuna with white and black sesame, wasabi mayo, edamame, mix salad, with ponzu sauce.*



### SURF & TURF

245K

*Tenderloin beef, prawn, stuffed tomato, crispy cassava, served with red wine sauce*

# FROM THE FARM



## KETO CAESAR SALAD

Grilled chicken, baby romaine, boiled egg, bacon, tempe crackers and caesar dressing.

130K



## CHICKEN PICCATA

Grilled chicken breast, baby carrots, shiitake mushroom, tomato, mix salad, sauté broccoli, cauliflower and serve with piccata sauce.

155K



## LEMONY CHICKEN

155K

Grilled lemon and garlic marinated chicken breast, sautéed umami mushroom, tomato, cauliflower florets, and red pepper harissa.



## BBQ LEMONGRASS CHICKEN

155K

Pan seared chicken breast with spiced lemongrass, sautéed mixed vegetables, tomato cherry and zoodle zucchini



## CHICKEN MARGHERITA

155K

Roasted chicken breast, topped with mozzarella, basil pesto and cherry tomato.

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### TENDERLOIN STEAK

275K

*Grilled tenderized beef tenderloin with tomato, mushroom, serve with stuffed zucchini and mushroom sauce.*



### GLAZED PORK LARDO

110K

*Glazed pork belly, soft egg, carrot, zucchini, chrushed almond, frisée, cherry tomato confit, truffle sauce*



### SMOKED BBQ PORK RIB

195K

*Smoked pork rib with BBQ sauce, served with mixed sautéed vegetables, crispy onion rings, mixed salads.*



### SMOKED FAJITA BEEF

150K

*Smoked sirloin beef, onion, bell pepper, shiitake mushroom, guacamole, sweet corn, crispy corn tortilla, green salad*

# FROM THE GARDEN



## B-BUDDHA BOWL

Baby romaine, sweet potato, tomato, zucchini roll, avocado, red quinoa, chickpeas, cashew nut, zoodle carrot, and honey mustard dressing

125K



## MIX GRILL PLANTATION SALAD

grilled zucchini, eggplant, pumpkin, mix green salad, zoodle carrot, pumpkin and sun flower seed, virgin coconut oil dressing.

115K



## TRILOGY SUMMER ROLL

Three kinds of fresh summer roll (veggie, chicken, prawn) with Japanese soya sauce.

170K



## SWEET POTATO BOAT

Roasted sweet potato topped with smashed avocado, feta cheese, cherry tomato, chili flakes and olive oil.

95K

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 Cold Plate

# SWEET TREATS



**CHOCOLATE LAVA CAKE WITH ALMOND CRUMB AND WHIPPING CREAM** 75K



**CHOCOLATE AND ALMOND TORTE** 80K



**KETO TIRAMISU** 80K



**COCO COFFEE CHEESECAKE**

**80K**



**STRAWBERRY CHEESECAKE**

**85K**



**MANGO CHEESECAKE**

**75K**



**ALMOND TARTLETS AU CITRON**

**75K**

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# DRINKS



## HEALTHY JUICES

**ALL GREEN JUICE** 90K  
Kale, Cucumber, Apple, Lime

**CLEANSER** 90K  
Beetroot, Carrot, Apple, Ginger

**BLUE KARMA FRESHNESS** 80K  
Ginger, Lemongrass, Lime Honey

**BURN** 80K  
Carrot, lime, spinach, ginger, cayenne pepper

**REFUEL** 80K  
Almond, sweet potato, orange, banana

**QUENCH** 80K  
Coconut water, lime, Himalayan pink salt

**CONTROL** 80K  
Apple, cucumber, lime, spinach, celery

**LOVE** 80K  
Watermelon, strawberry, pineapple, vanilla bean

**RELAX** 80K  
Pineapple, lime, cinnamon

**LIVE** 80K  
Orange, lime, rainforest honey, lemon basil

**FRESH FRUITS JUICE** 80K  
Choice of our tropical fruits season

**COCONUT WATER** 60K

## SHOOTER

**TURMERIC** 35K  
Turmeric, Lime, Ginger, Honey

**GINGER** 35K  
Ginger, Lime, Honey

## SOFT DRINK & BEER

**SODAS** 35K  
Soda Water, Tonic Water, Coke, Coke Zero, Sprite

**EQUIL SPARKLING MINERAL WATER** 55K

**STILL WATER** 45K

**BINTANG** 60K

**HEINEKEN** 80K

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## COFFEE

|                      |                  |
|----------------------|------------------|
| ESPRESSO             | 45K              |
| LONG BLACK AMERICANO | 45K              |
| FLAT WHITE           | 55K              |
| CAPPUCCINO           | HOT/ICED 55K/60K |
| CAFFÉ LATTE          | HOT/ICED 55K/60K |
| ICED REGULAR COFFEE  | 60K              |

## TEAS

|                      |     |
|----------------------|-----|
| ENGLISH BREAKFAST    | 35K |
| EARL GREY            | 35K |
| CHAMOMILE            | 35K |
| MOROCCAN MINT        | 35K |
| SENCHA               | 35K |
| GOLDEN LEAF GREENTEA | 35K |
| FLAVOURED ICED TEA   | 35K |

## MATCHA

|                  |     |
|------------------|-----|
| MATCHA MILKSHAKE | 65K |
| MATCHA LATTE     | 60K |
| MATCHA GREAN TEA | 50K |



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## THE CLASSICS

### CAIPIRINHA

Rum, fresh lime, white sugar

175K

### CAIPIROSKA

Vodka, fresh lime, brown sugar

175K

### CLASSIC MARTINI

With a choice of gin or vodka

185K

### FROZEN DAIQUIRI

Rum, fresh lime, simple syrup

170K

### LONG ISLAND ICED TEA

Rum, vodka, gin, triple sec, tequila, lime juice, cola

185K

### MARGARITA

(classic or frozen)

Tequila, triple sec, lime juice, simple syrup

185K

### MOJITO

Rum, fresh lime, mint leaves, simple syrup

175K

### PIÑA COLADA

Malibu, coconut liqueur, fresh pineapple, coconut cream, rum

185K

### ESPRESSO MARTINI

Espresso, baileys, kahlua, vodka

200K



## SPIRITS AND LIQUEURS

### APERITIF 30ML

Campari, martini bianco

95K

### LIQUEUR 30ML

Baileys, kahlua, malibu

95K

### SPIRITS 30ML

Bacardi, gordon's gin, myers dark rum, tequila, vodka absolut

105K

### WHISKEY 30ML

Jim beam, johnnie walker red label

95K

### PREMIUM 30ML

Bombay sapphire gin, jack daniels, johnnie walker black label

105K



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## SIGNATURE COCKTAILS

|   |            |
|---|------------|
| <b>NI LUH DEWI</b>  | <b>95K</b> |
| Perfect blended traditional Balinese spirit flavored by fresh rosemary, lime juice and cantaloupe syrup |            |
| <b>BAJANG DESA</b>  | <b>95K</b> |
| Blended traditional Balinese spirit with ginger, lime juice and coconut syrup                           |            |
| <b>RED BARONG</b>   | <b>95K</b> |
| Harmoy blended traditional Balinese spirit, cranberry juice, lime juice and cinnamon syrup              |            |
| <b>KUNING LANGSAT</b>   | <b>95K</b> |
| Refreshing blended traditional Balinese spirit with orange juice, lemon and passionfruit                |            |
| <b>PANDAN WANGI</b>   | <b>95K</b> |
| Curious sensation traditional Balinese spirit, lime juice, jackfruit syrup and pandan                   |            |
| <b>GENDISH</b>  | <b>95K</b> |
| Blended Arak Dewi Sri, orange juice, honey and almond syrup   |            |
| <b>COCONUT ISLAND</b>   | <b>95K</b> |
| Smooth dance blended arak Dewi sri with pineapple juice and coconut syrup                               |            |
| <b>COTTON CANDY</b>   | <b>95K</b> |
| Arak Dewi Sri, handcrafted sweet 'n' sour, and bubble gum syrup   |            |
| <b>COCONUT EXPRESSO MARTINI</b>   | <b>95K</b> |
| Balance blended arak Dewi Sri, coconut syrup and king brown espresso                                    |            |
| <b>DEWI SRI FIZZ</b>  | <b>95K</b> |
| Arak Dewi Sri, orange syrup, king brown espresso top up with tonic water                                |            |

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# TROPICAL COCKTAILS

## TENNESSEE SOUR

Perfectly blend of whiskey mixed with almond syrup, sweet sour and foamy with egg white

125K

## GREEN PARADISE

Vodka mixed with blue curacao orange juice lime juice and simple syrup

125K

## BLUE ILLUSION

The illusion of blue curacao meet with vodka, orange juice, lime juice, simple syrup and foamy egg white

125K

## ICE TOBLERONE

Blended of vodka with baileys, kahlua and vanilla ice cream

190K

## SANGRIA

Perfection of sliced tropical fruit mixed with myers dark rum, wine and topped with sprite

135K

## KARMA TEMPTATION

Strong taste of tequila melt down with himalayan salt and combined with passion syrup, pineapple juice and lime juice

125K

# MOCKTAILS

## CRANBERRY CRUSH

Crushed cranberry juice with pineapple juice completed with sprite

60K

## PINKY SPLASH

Muddled fresh strawberry, sweet sour topped with sprite

60K

## THE COOLER

Cooler of honey, lime, ginger juice, lemongrass topped with sprite

60K

## ORANGE SQUASH

Fresh squeezed orange topped up with soda water

60K

## PASSIONATA

perfectly blend of orange jus and apple jus mixed with passion syrup lime jus and dash of grenadine syrup

60K

## VIRGIN MOJITO

60K



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## WHITE WINES

|  | <i>Glass</i> | <i>Bottle</i> |
|--|--------------|---------------|
| <b>Sweet Alexandria</b>                  |              | <b>630K</b>   |
| <b>Lindeman's Bin 65 Chardonay</b>       |              | <b>995K</b>   |
| <b>Lindeman's Bin 85 Pinot Grigio</b>    |              | <b>995K</b>   |
| <b>Lindeman's Bin 95 Sauvignon Blanc</b> |              | <b>995K</b>   |
| <b>Two Islands-Sauvignon Blanc</b>       | <b>160K</b>  | <b>785K</b>   |
| <b>Two Islands Pinot Grigio</b>          | <b>160K</b>  | <b>785K</b>   |
| <b>Two Islands Chardonnay</b>            | <b>160K</b>  | <b>785K</b>   |
| <b>Two Islands Riesling</b>              | <b>160K</b>  | <b>785K</b>   |
| <b>Sababay white Velvet</b>              | <b>145K</b>  | <b>715K</b>   |

## ROSÉ WINES

|                             | <i>Glass</i> | <i>Bottle</i> |
|-----------------------------|--------------|---------------|
| <b>Aga Rose</b>             | <b>130K</b>  | <b>625K</b>   |
| <b>Two Islands Rose</b>     | <b>160K</b>  | <b>815K</b>   |
| <b>Sababay Pink Blossom</b> | <b>160K</b>  | <b>830K</b>   |



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## RED WINES

|   | <i>Glass</i> | <i>Bottle</i> |
|---|--------------|---------------|
| <b>Côte Du Rhône Village Lavau Rouge, France 2016</b> |              | <b>900K</b>   |
| <b>Pino De Bali</b>                                   |              | <b>780K</b>   |
| <b>Lindeman's Bin 50 Shiraz</b>                       |              | <b>995K</b>   |
| <b>Lindeman's Bin 80 Cabernet Merlot</b>              |              | <b>995K</b>   |
| <b>Lindeman's Bin 99 Pinot Noir</b>                   |              | <b>995K</b>   |
| <b>Two Islands Shiraz</b>                             | <b>160K</b>  | <b>785K</b>   |
| <b>Two Islands Cabernet Merlot</b>                    | <b>160K</b>  | <b>785K</b>   |
| <b>Two Islands Grenache</b>                           | <b>160K</b>  | <b>785K</b>   |
| <b>Sababay Reserva Red</b>                            | <b>160K</b>  | <b>850K</b>   |

## CHAMPAGNE & SPARKLING

|                             |             |
|-----------------------------|-------------|
| <b>Sparkling Jepun</b>      | <b>795K</b> |
| <b>Tunjung</b>              | <b>895K</b> |
| <b>Sparkling Chardonnay</b> | <b>995K</b> |



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