



3 KETO

MENU

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



# 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



## CABBAGE HASH BROWNS

100K

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



## KETO EGG BENEDICT

110K

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



## TOFU SCRAMBLE WITH CHEESY WRAPPED

95K

Scrambled egg and tofu grilled bacon, sliced avocado, grilled tomato, mixed green salad with citrus dressing.



## AVOCADO SMASHED ON TOAST

105K

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



## EGG ANY STYLE

100K

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



### SPINACH MUSHROOM FRITTATA

105K

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



### KETO ALMOND PANCAKE

75K

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



### COCO ALMOND CREPES 75K

*Triple crepes, cheese, banana, strawberry, crushed almond, dry coconut, 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.*

# SOUPS



## ENERGIE DE CHAMPIGNON

80K

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



## TOFU AND VEGGIE RED CURRY

85K

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



## PLAGE MINISTRONE AL PESTO

85K

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



## CREAMY TOMATO & CHICKPEAS SOUP

80K

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

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# COMPOSED



## SHAKSHUKA OCTOPUS

155K

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



## SWEET POTATO BOAT

95K

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



## SALMON RILLETES

180K

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



### **KETO CAESAR SALAD**

**120K**

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



### **SESAME TUNA TATAKI**

**145K**

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



### **CHINESE CABAGGE ROLL CHICKEN**

**105K**

*Chinese cabbage rolls with savoury oriental flavour, packed with ground chicken, mushroom, carrot, bean sprouts, creole sauce*

# COMFORT BOWL



## B-BUDDHA BOWL

Roasted bell pepper, sweet potato, soft poached egg, avocado, red cabbage, chickpea, zucchini, cucumber, zoodle carrot and lemon tahini dressing.

125K



## TRILOGY SUMMER ROLL

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

155K



## RAINBOW TUNA TARTARE

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

140K

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### QUINOA PRAWN SALAD

150K

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



### CHEESY CAULIFLOWER RICE

125K

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



### GLAZED PORK LARDO

110K

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



### SMOKED FAJITA BEEF

140K

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

# PLEASUREABLE



## TENDERLOIN STEAK

255K

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



## SURF & TURF

225K

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



## SMOKED BBQ PORK RIB

195K

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

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**PAN SEARED TASMANIAN SALMON**

**245K**

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



**ALMOND CRUSTED SALMON  
WITH QUINOA SALAD**

**245K**

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



**CRISPY SKIN BARRAMUNDI**

**190K**

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



### LEMONY CHICKEN

155K

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



### BBQ LEMONGRASS CHICKEN

155K

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



### CHICKEN MARGHERITA

155K

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

# SWEET TREATS



**CHOCOLATE AND  
ALMOND TORTE**

**80K**



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

**75K**



**CREAMY LEMONADE  
WITH ALMOND CRUMBLE**

**80K**



**STRAWBERRY CHEESECAKE**

**80K**



**MANGO CHEESECAKE**

**75K**



**COCO COFFEE  
CHEESECAKE**

**80K**

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# BRUNCH



## SMOKED FAJITAS BEEF

165K

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

165K

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

165K

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



## EGG AND CHEESE SCRAMBLE WITH SALMON

165K

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



# DRINKS



## HEALTHY JUICES

**ALL GREEN JUICE** 85K  
Kale, Cucumber, Apple, Lime

**CLEANSER** 85K  
Beetroot, Carrot, Apple, Ginger

**BLUE KARMA FRESHNESS** 75K  
Ginger, Lemongrass, Lime Honey

**BURN** 75K  
Carrot, lime, spinach, ginger, cayenne pepper

**REFUEL** 75K  
Almond, sweet potato, orange, banana

**QUENCH** 75K  
Coconut water, lime, Himalayan pink salt

**CONTROL** 75K  
Apple, cucumber, lime, spinach, celery

**LOVE** 75K  
Watermelon, strawberry, pineapple, vanilla bean

**RELAX** 75K  
Pineapple, lime, cinnamon

**LIVE** 75K  
Orange, lime, rainforest honey, lemon basil

**FRESH FRUITS JUICE** 75K  
Choice of our tropical fruits season

## SOFT DRINK & BEER

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

**EQUIL SPARKLING MINERAL WATER** 45K

**BINTANG** 55K

**HEINEKEN** 80K

## SHOOTER

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

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

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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

## TEA

ENGLISH BREAKFAST	35K
EARL GREY	35K
JASMINE	35K
CHAMOMILE	35K
MOROCCAN MINT	35K
SENCHA	35K
WATERFRUIT	35K





## THE CLASSICS

### CAIPIRINHA 165K

Rum, fresh lime, white sugar

### CAIPIROSKA 165K

Vodka, fresh lime, brown sugar

### CLASSIC MARTINI 185K

With a choice of gin or vodka

### FROZEN DAIQUIRI 170K

Rum, fresh lime, simple syrup

### LONG ISLAND ICED TEA 185K

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

### MARGARITA 185K

(classic or frozen)

Tequila, triple sec, lime juice, simple syrup

### MOJITO 165K

Rum, fresh lime, mint leaves, simple syrup

### PIÑA COLADA 170K

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

### ESPRESSO MARTINI 185K

Espresso, baileys, kahlua, vodka



## SPIRITS AND LIQUEURS

### APERITIF 80K

Campari, martini bianco

### LIQUEUR 80K

Baileys, kahlua, malibu

### SPIRITS 85K

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

### WHISKEY 90K

Jim beam, johnnie walker red label

### PREMIUM 100K

Bombay sapphire gin, jack daniels, johnnie walker black label



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## SIGNATURE COCKTAILS

- NI LUH DEWI** **85K**  
 Perfect blended traditional Balinese spirit flavored by fresh rosemary, lime juice and cantaloupe syrup
- BAJANG DESA** **85K**  
 Blended traditional Balinese spirit with ginger, lime juice and coconut syrup
- RED BARONG** **85K**  
 Harmoy blended traditional Balinese spirit, cranberry juice, lime juice and cinnamon syrup
- KUNING LANGSAT** **85K**  
 Refreshing blended traditional Balinese spirit with orange juice, lemon and passionfruit
- PANDAN WANGI** **85K**  
 Curious sensation traditional Balinese spirit, lime juice, jackfruit syrup and pandan
- GENDISH** **85K**  
 Blended Arak Dewi Sri, orange juice, honey and almond syrup
- COCONUT ISLAND** **85K**  
 Smooth dance blended arak Dewi sri with pineapple juice and coconut syrup
- COTTON CANDY** **85K**  
 Arak Dewi Sri, handcrafted sweet 'n' sour, and bubble gum syrup
- COCONUT EXPRESSO MARTINI** **90K**  
 Balance blended arak Dewi Sri, coconut syrup and king brown espresso
- DEWI SRI FIZZ** **90K**  
 Arak Dewi Sri, orange syrup, king brown espresso top up with tonic water

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# TROPICAL COCKTAILS

## THE SENSATION 120K

The perfect sensation of Gin ,orange, lime, lemon, strawberry and sweet sour

## PINKY VODKA 120K

Pinky splash of vodka with cranberry juice topped with sprite

## BLUE SKY 150K

Perfect mixed of rum with blue curacao and sweet sour topped with pineapple juice

## ICE TOBLERONE 190K

Blended of vodka with baileys, kahlua and vanilla ice cream

## SANGRIA 125K

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

## RED DRAGON 130K

Perfect blend of gin with dragon fruit and mint leaf

# MOCKTAILS

## CRANBERRY CRUSH 45K

Crushed cranberry juice with pineple juice completed with sprite

## PINKY SPLASH 45K

Muddled fresh strawberry, sweet sour topped with sprite

## THE COOLER 45K

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

## ORANGE SQUASH 45K

Fresh squeezed orange topped up with soda water

## VIRGIN MOJITO 45K



## WHITE WINES

	<i>Glass</i>	<i>Bottle</i>
<b>Sweet Alexandria</b>		<b>630K</b>
<b>Lindeman's Bin 65 Chardonay</b>		<b>975K</b>
<b>Lindeman's Bin 85 Pinot Grigio</b>		<b>975K</b>
<b>Lindeman's Bin 95 Sauvignon Blanc</b>		<b>975K</b>
<b>Two Islands-Sauvignon Blanc</b>	<b>160K</b>	<b>770K</b>
<b>Two Islands-Pinot Grigio</b>	<b>160K</b>	<b>770K</b>
<b>Two Islands-Chardonnay</b>	<b>160K</b>	<b>770K</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>125K</b>	<b>540K</b>
<b>Two Islands Rose</b>	<b>160K</b>	<b>805K</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>975K</b>
<b>Lindeman's Bin 80 Cabernet Merlot</b>		<b>975K</b>
<b>Lindeman's Bin 99 Pinot Noir</b>		<b>975K</b>
<b>Two Islands-Shiraz</b>	<b>160K</b>	<b>770K</b>
<b>Two Islands-Cabernet Merlot</b>	<b>160K</b>	<b>770K</b>
<b>Two Islands-Grenache</b>	<b>160K</b>	<b>770K</b>
<b>Sababay Reserva Red</b>	<b>160K</b>	<b>830K</b>

## CHAMPAGNE & SPARKLING

<b>Sparkling Jepun</b>	<b>775K</b>
<b>Tunjung</b>	<b>860K</b>
<b>Sparkling Chardonnay</b>	<b>975K</b>



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