



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

105K

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



## KETO EGG BENEDICT

115K

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



## TOFU SCRAMBLE WITH CHEESY WRAPPED

100K

Scrambled egg and tofu grilled bacon, sliced avocado, grilled tomato, 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.*



### KETO ALMOND PANCAKE

75K

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



### COCO ALMOND CREPES 80K

*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 MINESTRONE AL PESTO

85K

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



## CREAMY TOMATO & CHICKPEAS SOUP

85K

*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

185K

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



### KETO CAESAR SALAD

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

**130K**



### SESAME TUNA TATAKI

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

**145K**



### CHINESE CABBAGE ROLL CHICKEN

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

**105K**

# COMFORT BOWL



## B-BUDDHA BOWL

125K

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



## TRILOGY SUMMER ROLL

170K

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



## RAINBOW TUNA TARTARE

140K

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

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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

145K

*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

150K

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

# PLEASUREABLE



## TENDERLOIN STEAK

275K

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



## SURF & TURF

245K

*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**

**265K**

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



**ALMOND CRUSTED SALMON  
WITH QUINOA SALAD**

**255K**

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



**CRISPY SKIN BARRAMUNDI**

**195K**

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**

**85K**



**MANGO CHEESECAKE**

**75K**



**COCO COFFEE  
CHEESECAKE**

**80K**

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# 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



# 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

## SOFT DRINK & BEER

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

**SPARKLING WATER** 55K

**STILL WATER** 45K

**BINTANG** 60K

**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
CHAMOMILE	35K
MOROCCAN MINT	35K
SENGHA	35K
GOLDEN LEAF GREENTEA	35K
FLAVOURED ICED TEA	35K
MATCHA MILKSHAKE	65K
MATCHA LATTE	60K
MATCHA GREEN TEA	50K





## THE CLASSICS

### CAIPIRINHA 175K

Rum, fresh lime, white sugar

### CAIPIROSKA 175K

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 175K

Rum, fresh lime, mint leaves, simple syrup

### PIÑA COLADA 185K

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

### ESPRESSO MARTINI 200K

Espresso, baileys, kahlua, vodka



## SPIRITS AND LIQUEURS

### APERITIF 30ML 95K

Campari, martini bianco

### LIQUEUR 30ML 95K

Baileys, kahlua, malibu

### SPIRITS 30ML 105K

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

### WHISKEY 30ML 95K

Jim beam, johnnie walker red label

### PREMIUM 30ML 105K

Bombay sapphire gin, jack daniels, johnnie walker black label



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## SIGNATURE COCKTAILS



### NI LUH DEWI

95K

Perfect blended traditional Balinese spirit flavored by fresh rosemary, lime juice and cantaloupe syrup

### BAJANG DESA

95K

Blended traditional Balinese spirit with ginger, lime juice and coconut syrup

### RED BARONG

95K

Harmoy blended traditional Balinese spirit, cranberry juice, lime juice and cinnamon syrup

### KUNING LANGSAT

95K

Refreshing blended traditional Balinese spirit with orange juice, lemon and passionfruit

### PANDAN WANGI

95K

Curious sensation traditional Balinese spirit, lime juice, jackfruit syrup and pandan

### GENDISH

95K

Blended Arak Dewi Sri, orange juice, honey and almond syrup

### COCONUT ISLAND

95K

Smooth dance blended arak Dewi sri with pineapple juice and coconut syrup

### COTTON CANDY

95K

Arak Dewi Sri, handcrafted sweet 'n' sour, and bubble gum syrup

### COCONUT EXPRESSO MARTINI

95K

Balance blended arak Dewi Sri, coconut syrup and king brown espresso

### DEWI SRI FIZZ

95K

Arak Dewi Sri, orange syrup, king brown espresso top up with tonic water

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# TROPICAL COCKTAILS

**TENNESSEE SOUR** 125K  
Perfectly blend of whiskey mixed with almond syrup, sweet sour and foamy with egg white

**GREEN PARADISE** 125K  
Vodka mixed with blue curacao orange juice lime juice and simple syrup

**BLUE ILLUSION** 125K  
The illusion of blue curacao meet with vodka, orange juice, lime juice, simple syrup and foamy egg white

**ICE TOBLERONE** 190K  
Blended of vodka with baileys, kahlua and vanilla ice cream

**SANGRIA** 135K  
Perfection of sliced tropical fruit mixed with myers dark rum, wine and topped with sprite

**KARMA TEMPTATION** 125K  
Strong taste of tequila melt down with himalayan salt and combined with passion syrup, pineapple juice and lime juice

# MOCKTAILS

**CRANBERRY CRUSH** 60K  
Crushed cranberry juice with pineple juice completed with sprite

**PINKY SPLASH** 60K  
Muddled fresh strawberry, sweet sour topped with sprite

**THE COOLER** 60K  
Cooler of honey, lime, ginger juice, lemongrass topped with sprite

**ORANGE SQUASH** 60K  
Fresh squeezed orange topped up with soda water

**PASSIONATA** 60K  
perfectly blend of orange jus and apple jus mixed with passion syrup lime jus and dash of grenadine syrup

**VIRGIN MOJITO** 60K



## 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>
<b>Aga White</b>	<b>135K</b>	<b>650K</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

Pino De Bali

*Glass*

*Bottle*

**780K**

Lindeman's Bin 50 Shiraz

**995K**

Lindeman's Bin 80 Cabernet Merlot

**995K**

Lindeman's Bin 99 Pinot Noir

**995K**

Two Islands Shiraz

**160K**

**785K**

Two Islands Cabernet Merlot

**160K**

**785K**

Two Islands Grenache

**160K**

**785K**

Sababay Reserva Red

**160K**

**850K**

Aga Red

**135K**

**650K**

## CHAMPAGNE & SPARKLING

Sparkling Jepun

**795K**

Tanjung

**895K**

Sparkling Chardonnay

**995K**



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