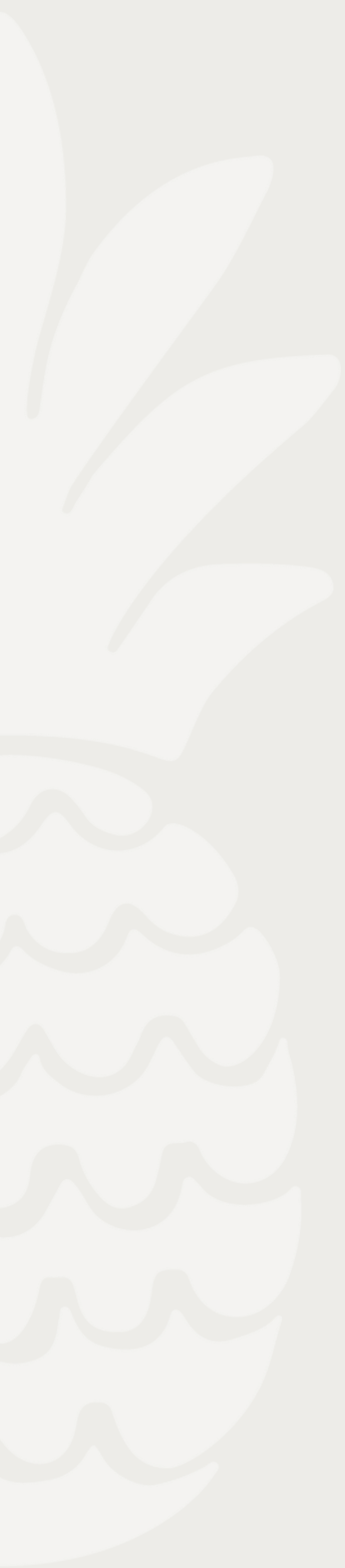


# FOOD





Welcome to Penida Colada, more than just a chill out beach bar.

Since 2015 Penida Colada has had a reputation as the most happening venue on the island. Serving up sustainably sourced food, a tempting selection of cocktails and regular live music by the sea. All wrapped warmly in genuine Balinese hospitality. The menu is fresh and flavourful, featuring seasonal produce from local fishermen and farmers.

Owned and operated by Nusa Penida locals, we are dedicated to fostering skills development within our community by providing on the job training to new school graduates and tourism students.

We honor Balinese culture by closing on significant ceremonial days.

We support local farmers and fishermen by featuring seasonal produce on our menu. Dragonfruit, cashews, cassava, rosella, real sea salt, hand-made coconut oil and line-caught fish to name just a few.

If you'd like to help keep the Island clean by collecting a bag of trash, we'll give you free coffee! It's just one of our initiatives to #greenpenida

Ask us for an #insidertip for exploring the island, and let our team's deep local knowledge guide you to hidden gems and extraordinary experiences.

Nusa Penida is a magical place. Somewhere time stands still. Celebrate Nusa Penida's timeless beauty with us.

Thank you - Terima Kasih - Suksma

with Love,  
Pak Wayan & Ibu Liza

OPEN HOURS 8am-11pm daily  
[www.penidacolada.com](http://www.penidacolada.com)  
Socials @penidacolada  
E [admin@penidacolada.com](mailto:admin@penidacolada.com)

# BRUNCH

If you have allergies or you're on a time restriction please let us know when you order.

UNTIL 4PM

<b>BANANA CHOC MUFFIN</b>	<b>40k</b>	<b>CLASSY AVOCADO (vo)</b>	<b>75k</b>
		smashed avocado, sourdough, cashew-nut pesto, cherry tomato, feta	
<b>TROPICAL FRUIT SALAD (gf/v)</b>	<b>65k</b>		
add natural homemade yogurt +10k add coconut cream   chia seeds + 10k ea		<b>BAGEL SALMON CREAM CHEESE</b>	<b>95k</b>
		smoked salmon, cream cheese, dill, red onion, capers	
<b>COCONUT CREPES</b>	<b>55k</b>		
2 bali-style coco-pandan crepes "dadar gulung" grated coconut, brown sugar syrup, vanilla ice cream		<b>EGGS BENEDICT</b>	<b>105k</b>
		English muffin, baby spinach, 2 poached eggs hollandaise sauce, skillet baby potatoes choice of: salmon   bacon	
<b>PINK DRAGONFRUIT PANCAKES</b>	<b>60k</b>		
3 fluffy pink pancakes, dragonfruit, strawberries, banana, vanilla ice cream, caramel sauce		<b>EGGS ANY WAY</b>	<b>55k</b>
		2 eggs (poached, fried or scrambled) sourdough, homemade tomato sauce	
<b>MANGO SMOOTHIE BOWL</b>	<b>70k</b>		
blend of frozen mango, frozen banana, chia seeds, honey granola, coconut cream, seasonal fruits		<b>BREAKFAST BRIOCHE</b>	<b>80k</b>
		bacon, cheddar, avocado, tomato, brioche roll, house aioli	
<b>PEANUT BUTTER BOWL (v)</b>	<b>65k</b>		
frozen banana, peanut butter, coconut cream, peanuts, dark choc granola, chia seeds, seasonal fruits		<b>BACON, EGG &amp; CHEESE TOASTIE</b>	<b>80k</b>
		bacon, egg, cheddar, smokey barbeque sauce	
<b>CHEF'S OMELET</b>	<b>75k</b>		
2 eggs, cheddar cheese, sundried tomato, onion, mushroom, sourdough, homemade tomato sauce		<b>PESTO CHICKEN OPEN GRILL</b>	<b>90k</b>
		pesto, chicken, sundried tomato, mozzarella, rucola, ciabatta	
<b>ADD ONS / EXTRAS</b>			
bread   avocado   mushroom   egg	<b>15k</b>		
baked beans   feta   skillet baby potatoes   pesto	<b>15k</b>		
smoked salmon   bacon	<b>50k</b>		

(v) = vegan (vo) = vegan option (gf) = gluten free

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# APPETISERS

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<b>CHEESY GARLIC BREAD</b>	<b>60k</b>	<b>3 DIPS (v)</b>	<b>80k</b>
cassava bread, parmesan, cheddar, garlic		cassava bread, vegan cashew-nut pesto, olive tapenade, toum garlic sauce	
<b>CASHEW NUTS (v/gf)</b>	<b>55k</b>	<b>BRUSCETTA (v)</b>	<b>45k</b>
island-grown, lightly fried and salted		tomato salsa, cassava bread, garlic	
<b>CASSAVA WEDGES (v/gf)</b>	<b>60k</b>	<b>HUMMUS PLATTER (v,gf)</b>	<b>55k</b>
'singkong goreng" a nusa penida specialty. sea-salt, balinese lemongrass sambal "sambal matah"		hummus, celery, carrot, cucumber, tortilla chips	
<b>HAND CUT POTATO FRIES (vo/gf)</b>	<b>45k</b>	<b>BBQ CAULIFLOWER WINGS (v)</b>	<b>55k</b>
w/ house aioli, or (v) tomato sauce		bite-sized cauliflower, smokey bbq sauce, toum garlic dipping sauce	
<b>EDAMAME (v/gf)</b>	<b>45k</b>	<b>CALAMARI RINGS</b>	<b>70k</b>
blanched and sprinkled with sea salt		calamari, tartar sauce, rocket, lemon	
<b>SWEET POTATO FRIES (v/gf)</b>	<b>55k</b>	<b>PRAWN SUMMER ROLLS</b>	<b>70k</b>
chunky hand-cut sweet potato, coriander, sea salt, toum garlic sauce		ricepaper rolls (2) vegetables, garlic prawns, peanuts, coriander, nahn jim dressing	

# SALADS

<b>GREEK SALAD (gf)</b>	<b>80k</b>	<b>BUDDHA BOWL (v,gf)</b>	<b>80k</b>
cucumber, olives, fetta, coriander, cherry tomato, spanish onion, balsamic dressing add grilled chicken - 25k		warm rice, quinoa, fried tempeh, grilled corn, salad, edamame, cashew-nut pesto, hummus	
<b>GARLIC PRAWN SALAD (gf)</b>	<b>95k</b>	<b>GREEN GOODNESS BOWL (v,gf)</b>	<b>80k</b>
garlic prawns, garden salad, avocado, rocket, mint, quinoa, sesame orange dressing		quinoa, avocado, asparagus, broccoli, celery, baby romaine, cashews, cashew-mint dressing	
<b>CRUMBED FISH NICOISE SALAD</b>	<b>95k</b>	<b>FELAFEL PLATE (v,gf)</b>	<b>90k</b>
crumbed fish, herbed anchovie french dressing, basil, beans, quail egg, baby potato, olives		4 felafels, roasted eggplant, hummus, quinoa and tabouleh salad	

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# MAINS

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12PM - 10PM

## INDONESIAN

### IKAN BAKAR (grilled fish) 120k

Grilled Fish Fillet, lemongrass sambal, pickled cucumber salad, organic red rice or white rice.

Whole fish seasonally available -please ask.

### GRILLED OCTOPUS (seasonal) 120k

locally caught octopus, soy marinade, green beans, cherry tomato, baby potato

### HONEY KING PRAWNS 125k

5 King Prawns grilled, honey soy marinade, pickled cucumber salad, organic red rice or white rice.

### SATAY LILIT 105k

Balinese tuna fish satay grilled on lemongrass stick skewers, local herbs, 'urab' steamed vegetable salad, peanuts, lemongrass sambal. organic red rice or white rice

### SOTO AYAM 85k

Indonesian style chicken broth, rice noodles, cabbage, shredded chicken, tomato, potato, boiled egg

### COCONUT FISH CURRY (gf) 120k

Indonesian-style fish curry. coconut, lemongrass, shallot, tomato, chili. organic red rice or white rice

### SATAY AYAM 90k

flame-grilled chicken satay skewers, sweet peanut sauce, pickled cucumber salad, organic red rice or white rice

### JACKFRUIT RENDANG BURRITO (v) 80k

Indonesian-fusion burrito. pulled jackfruit, Indonesian spices, red rice, salad, peanut sauce

### KARE AYAM 90k

mild coconut cream curry, kaffir lime, fresh coriander, ground paprika, organic red rice or white rice

## INTERNATIONAL

### TEMPE BURGER (v) 80k

fried tempe, vegan mayo, salad, tomato relish, sweet potato fries

### BEEF BURGER 95k

homemade beef patty, cheese, mayonnaise, tomato relish, salad, charcoal bun, sweet potato fries

### CHICKEN AVOCADO BURGER 90k

grilled chicken breast, avocado, cheddar, onion, salad, burger bun, spicy mayo, tomato relish, sweet potato fries

### CHICKPEA CURRY (v/gf) 75k

fragrant mild coconut cream curry with kaffir lime, fresh coriander, ground paprika, organic red rice or white rice

### NAPOLITANA SPAGHETTI (vo) 75k

spaghetti, homemade tomato basil sauce, parmesan cheese & garlic bread

### FISH AND CHIPS 95k

beer battered fish, hot fries, pickled cucumber pineapple salad, tartar sauce

### GARLIC PRAWN AGLIO e OLIO 105k

spaghetti, prawns, garlic, olive oil, chili, basil

### FISH TACOS 105k

3 hard shell tacos, crumbed fish, cabbage, mango salsa, cheese, jalapeno, orange mayonnaise

### CHICKEN TACOS 95k

soft shell tacos, grilled chicken, lettuce, tomato salsa, tamarind mayonnaise, cheese, jalapeno, side salad

### CHICKEN PARMESAN 95k

crumbed chicken breast, béchamel sauce, cheddar, parmesan, hand-cut fries, side salad

### CHICKEN, ASPARAGUS, PESTO PASTA 95k

spaghetti, chicken, asparagus, cashew pesto sauce

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# DESSERTS

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**BAKED BLUEBERRY CHEESECAKE** 60k

**CHOCOLATE CHIA MOUSSE (v, gf)** 50k

creamy vegan chocolate chia mousse

**FRIED BANANA (PISANG GORENG)** 45k

indonesian-style fried banana, vanilla ice cream, brown sugar syrup

**SNICKERS TART** 65k

biscuit base, gooey caramel, chocolate mousse, peanuts

**CHOCOLATE BROWNIE** 65k

served warm with vanilla ice cream

**VEGAN MARZ NUTCREAM CAKE (v,gf)** 60k

choc-caramel vegan cheesecake in a cup. contains nuts

**SNICKERS PEACE POP (v,gf)** 60k

vegan chocolate 'nice-cream' on a stick, gooey caramel, peanuts, raw chocolate

**SALTED CARAMEL PEACE POP (v,gf)** 60k

vegan coconut 'nice-cream' on a stick, chewy salted caramel, raw chocolate contains nuts

**COCO RASPBERRY PEACE POP (v,gf)** 60k

vegan coconut 'nice-cream' on a stick, sweet & sour raspberry chunks, raw chocolate

**VEGAN ICE CREAM IN A CUP**

60k

choice of (one flavour per cup):

raspberry  
strawberry  
mango  
hazelnut  
dark chocolate

**MANGO, COCO, PASSION PEACE POP (v,gf)** 60k

vegan coconut 'nice-cream' on a stick, passionfruit, mango

**BISCOFF CARAMEL SLICE (v)**

60k

peanut butter, caramel, raw chocolate, biscoff

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**THANK YOU!**





# DRINKS



## FRESH JUICES

40k

### FRESHLY SQUEEZED ORANGE JUICE

**ABCG** apple, carrot, beet, ginger

### WHOLE YOUNG COCONUT

### HOMEMADE LEMONADE

**PAPAYA TIME** papaya, lime

**APPLETEASER** apple, ginger, carrot

**MELANDARIN** watermelon, mandarin, lime

**COOL MELON** watermelon, lime

**CITRUS TONIC** turmeric, orange, honey, lime

**CASUAL GREENIE** apple, cucumber, celery, lime

**VEGE JUICE** tomato, carrot, celery, cucumber

## SMOOTHIES

45k

**BLUE SMOOTHIE** banana, blueberry, mint

**GREEN SMOOTHIE** banana, spirulina, mint

**DRAGONFRUIT SMOOTHIE** dragon fruit, banana

**NUTTY BANANA** banana, coconut milk, peanuts

**EASY TROPICAL** pineapple, coconut milk, lime

**SUNSET IMMUNITY** orange, banana, pineapple

**STRAWBERRY MINT** strawberry, mint, yoghurt

## MILKSHAKES

45k

w real fruit, milk and vanilla ice-cream

banana | strawberry | mango | dragon-fruit | blueberry

## MINERAL WATER

**330ml glass** sparkling

20k

**Balian 330ml bottle** still or sparkling

25k

**Balian 750ml bottle** still or sparkling

45k



## **...BUT FIRST, COFFEE**

<b>ESPRESSO</b>	<b>30k</b>
<b>DECAF</b>	<b>40k</b>
<b>DOUBLE ESPRESSO</b>	<b>40k</b>
<b>LONG BLACK</b>	<b>35k</b>
<b>CAPPUCCINO</b>	<b>35k</b>
<b>FLAT WHITE</b>	<b>35k</b>
<b>LATTE</b>	<b>35k</b>
<b>MOCHA</b>	<b>35k</b>
<b>MACCHIATO</b>	<b>35k</b>
<b>AFFOGATO</b>	<b>35k</b>
<b>ICED COFFEE</b>	<b>35k</b>
<b>ICED FRAPPACINO</b>	<b>35k</b>
<b>BALI COFFEE</b>	<b>30k</b>
<b>PURE UJI MATCHA LATTE</b>	<b>35k</b>
<b>CHAI MATCHA LATTE</b>	<b>35k</b>
<b>ORGANIC RAW BALI HOT COCOA</b>	<b>35k</b>

oatmilk | soy | almond | coconut milk | extra shot add 10k

## **YOU WANT THE TEA...?**

<b>ENGLISH BREAKFAST TEA</b>	<b>35k</b>
<b>EARL GREY TEA</b>	<b>30k</b>
<b>FRESH GINGER + LEMONGRASS TEA</b>	<b>30k</b>
<b>GREEN TEA</b>	<b>30k</b>
<b>ROSELLA FLOWER TEA</b>	<b>30k</b>
<b>CHAMOMILE HERBAL TEA</b>	<b>30k</b>
<b>ICED DRAGONFRUIT KOMBUCHA</b>	<b>30k</b>
<b>ICED TEA SARIWANGI aka "ES TEH"</b>	<b>30k</b>

HAPPY HOUR 2-FOR-1  
SIGNATURE COCKTAILS  
AND MOCKTAILS  
FROM 4-6 PM!!



## MOCKTAILS

**CHIA MINT PASSION** 60k

mint, cucumber, chia seed, lime,  
tonic water

**BLUEBERRY DELIGHT** 60k

blueberry, lime, mint, soda

**SUNNY MANGO BERRY** 60k

mango, blueberry, strawberry,  
lime

## SIGNATURE COCKTAILS

**PENIDA COLADA** 110k

rum, pineapple, coconut cream,  
lime, pandan

**DRAGONFRUIT DAIQUIRI** 110k

rum, dragonfruit, lime

**MANGO FURY** 110k

rum, mango, lime, chili

**PENIDA SUNSET** 110k

tequila, watermelon, lime, rosella

**COCO-LIME MOJITO** 110k

rum, mint, lime, lemongrass,  
coconut jelly, brown sugar

**COFFEE COLADA** 110k

vodka, espresso, coconut cream,  
coffee liqueur

**PYNK LADY** 110k

gin, lime, grenadine, egg-white

**JAMU JAR** 110k

gin, turmeric, lime + butterfly pea  
flower, orange juice

**SPICY MARGARITA** 110k

tequila, triple sec, basil, chili, lime

**MINT TEASE** 110k

gin, mint, lime

**VANILLA GIN&TONIC** 110k

gin infused with real vanilla bean

**DRAGONFRUIT SOUR** 110k

vodka, lime, dragonfruit, egg white

**WHITE PINEAPPLE PUNCH** 110k

white wine, fresh pineapple juice

classic cocktails available on  
request, from 135k

## WINE BY THE GLASS

	150ml	200ml	250ml	300ml
TWO ISLANDS SAUVIGNON BLANC	130k	170k	210k	250k
TWO ISLANDS CABERNET MERLOT	130k	170k	210k	250k
TWO ISLANDS PINOT GRIGIO	130k	170k	210k	250k
TWO ISLANDS CHARDONNAY	130k	170k	210k	250k

## WINES BY THE BOTTLE

Two Islands Sauvignon Blanc, Bali	550k
Two Islands Cabernet Merlot, Bali	550k
Two Islands Pinot Grigio, Bali	550k
Two Islands Chardonnay, Bali	550k
Hatten Tunjung Brut, Bali	620k
Hatten Jepun Sparkling Rose , Bali	620k
Santa Julia Sparkling Rose, Argentina	850k

## BEER & CIDER

ISLAND BREWING PILSNER	60k
ISLAND BREWING SUMMER PALE ALE	70k
ISLAND BREWING SMALL HAZY IPA	80k
KURA KURA ISLAND ALE	80k
KURA KURA LAGER	70k
ALBENS ORIGINAL APPLE CIDER	60k
BALI CIDER	60k
SAN MIGUEL PILSNER	50k
SAN MIGUEL LIGHT	60k
SMALL BINTANG	45k
LARGE BINTANG	65k



## IMPORTED SPIRITS

on the rocks

single double

### RUM

Bacardi, Captain Morgan

90k

165k

Cachaca White, Myer's Dark

110k

200k

### VODKA

Smirnoff, Absolut

110k

200k

### GIN

Gordon's Dry

90k

165k

### WHISKEY

Jameson, JW Red / Black Label

110k

200k

Chivas Regal

150k

290k

### BOURBON

Jim Beam, Jack Daniels

110k

200k

### TEQUILA

Jose Cuervo Reposado

130k

250k

## MIXERS

SOFT DRINKS

40k

ORANGE JUICE

40k

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**Thankyou**



