



POINCIANA
SEASIDE RESORT
& RETREAT CENTRE

nourishing
MENU

All our prices include
15% government tax
& service fee.





daily FRESH MADE

Good food made with care.
That's the heart of dining at Poinciana.

Our menu is shaped by Nyoman, our owner, and her warm Balinese hospitality, alongside Australian-born Lyn's extensive experience with healing and whole foods. In the kitchen, Chef Ketut brings her commitment to quality and freshness to every dish.



food WITH HEART



Simple ingredients become satisfying meals. Whether you choose a familiar comfort dish, try a local Balinese specialty, or explore our health-conscious options, each plate reflects our belief that good food brings joy and well-being.

Selamat makan!



BREAKFAST

good morning, sunshine



BREAKFAST



Every breakfast begins with seasonal tropical fruit or fresh juice and Bali coffee or Brew me tea.

CONTINENTAL BREAKFAST	95K
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Toasted baguette with butter and jam, honey, Vegemite or peanut butter.

WESTERN BREAKFAST	95K
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Two eggs any style, 2 slices of bacon, grilled tomato and 1 hash brown, toast and jam.

ALPINE BREAKFAST	95K
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Plain yogurt topped with fresh seasonal fruit and homemade muesli.

INDONESIAN BREAKFAST	95K
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Nasi goreng (fried rice) or mie goreng (fried noodles), topped with a fried egg.

ROSEMARY EGGS	95K
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2 poached eggs with smashed avocado and rosemary oil on sourdough bread.

EGGS BENEDICT (V)	95K
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2 free-range eggs, poached and served on sourdough toast with smashed avocado, topped with wilted spinach and vegan hollandaise sauce.

SWEET POTATO & SPINACH HASH (V, GF)	95K
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Topped with basil pesto, tomato salsa and cashew mayo, garnished with rocket.

SWEET BREAKFAST	95K
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Dadar gulung - a rolled Indonesian pancake, stuffed with coconut and palm sugar, or banana fritters with honey, or pancakes with banana or pineapple.

CHAKRA SMOOTHIE BOWL (V, GF)	95K
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A delicious smoothie topped with fresh seasonal fruits and homemade granola. Choose from:
Red & Purple - dragon fruit, beetroot, coconut milk, banana & hibiscus (rosella) kombucha
Orange & Yellow - mango, papaya, pineapple, banana & coconut milk
Green - spinach, moringa, coconut milk, banana, pineapple

CHIA GLASS (GF)	95K
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Fresh seasonal fruit layers with coconut chia, topped with a toffee cashew garnish.

RAW APPLE AND MANGO CRUMBLE	95K
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Grated apple and chopped mango, topped with a mix of oats, honey, cashew, cinnamon, shredded toasted coconut, served with vanilla coconut cream.

30K each: 2 eggs any style, 2 slices of bacon, sliced avocado, grilled vegetables



LIGHT BITES
warmly served



APPETIZERS



GARLIC BREAD	65K
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FRENCH FRIES / SWEET POTATO FRIES	65K
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VEGETABLE STICKS AND HUMMUS	65K
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VEGETABLE SPRING ROLLS	75K / 85K
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Spring rolls with vegetables only / with chicken.

VIETNAMESE RICE PAPER WRAPS	85K / 100K
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Julienned carrots, bell pepper, cucumber and beetroot with tomato, rice noodles and crushed peanuts, wrapped in rice paper, served with a ginger soy dressing.
Wraps with vegetables only / with chicken.

LIGHT BITES

COLD TUNA OR CHICKEN SAMBAL MATAH	110K
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Grilled, shredded tuna or chicken breast tossed in a blend of lemongrass, chillies and shallots, served cold on a bed of mixed greens with toasted baguette or flatbread.

CHICKEN WINGS	110K
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3 barbecue-grilled chicken wings, served with French fries or sweet potato fries

POINCIANA CLUB SANDWICH	130K
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A triple-decker classic with chicken or tuna, tomatoes, lettuce, bacon and mayonnaise, served with French fries or sweet potato fries

SOUPS

CREAMY PUMPKIN SOUP <i>served with toasted baguette</i>	85K
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TOMATO SOUP <i>served with toasted baguette</i>	85K
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SPICY TOM YUM SOUP <i>with seafood or chicken</i>	100K
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SOTO AYAM	105K
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Traditional Indonesian chicken soup, aromatic and spiced with turmeric, served with rice noodles, vegetables and hard-boiled egg.

BAKSO SOUP	85K
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Traditional Indonesian mild chicken meatball soup with vegetables, hard-boiled egg and rice noodles.



SALADS

simple goodness



SALADS



GARDEN SALAD

75K / 95K

Mixed greens with a variety of fresh vegetables, served with a balsamic vinaigrette. Available as a side or main portion.

GREEK SALAD

110K

Lettuce, tomato, onion, bell peppers, black olives, cucumber and feta cheese, served with a balsamic vinaigrette.

PARADISE PASTA SALAD

110K

Fusilli pasta with tomatoes, black olives, pineapple, bell pepper, mild red chillies and coconut, served with a honey, garlic and lime dressing.

QUINOA VEGGIE SALAD (V, GF)

115K

Roasted aubergine, pumpkin and sweet potato with spinach, kalamata olives and organic quinoa, served with a tangy cider dressing.

ASIAN SALAD

110K

Mixed greens with bean sprouts, tomato, julienned carrots, beetroot, bell pepper, cucumber and mild chillies, crispy tofu, crushed peanuts, garnished with crispy rice noodles and served with a ginger, lemongrass and soy balsamic dressing.

RAW PAD THAI (V, GF)

110K

Spiralized zucchini noodles with chilli, ginger, spices, red capsicum and carrot with a lime and peanut dressing.

JUNGLE BOWL (V, GF)

125K

Our big bowl of healing goodness! Mixed greens and herbs with a tahini dressing, zucchini noodles, topped with tomato salsa, raw gado-gado, pesto, fermented vegetables and a sprinkle of salted cashews.

ADD CHICKEN OR FISH to your salad +30K



PASTA & PIZZA

classic favourites



PASTA



Choose your pasta: spaghetti, fettuccine, fusilli or gluten-free.

AGLIO E OLIO	115K
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Pasta with fresh garlic, red chillies and olive oil with finely chopped parsley, served with parmesan cheese.

PESTO GENOVESE	115K
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Pasta tossed in our homemade pesto, served with parmesan cheese.

NAPOLITANO	115K
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Pasta with our homemade tomato and basil sauce, served with parmesan cheese.

SEAFOOD	130K
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Pasta with prawn, fish and squid in homemade tomato and basil sauce, served with parmesan cheese.

BOLOGNESE	150K
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Pasta with a tomato and minced beef bolognese sauce, served with parmesan cheese.

PIZZA

Please note: our pizzas can take up to one hour to prepare.

VEGETARIAN	135K
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Seasonal mixed vegetables and mozzarella.

HAWAIIAN	145K
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Ham, pineapple and mozzarella.

POINCIANA SPECIAL	175K
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Black olives, ham, bell peppers, tomato, capers, mozzarella and feta.

BUILD YOUR OWN	130K
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Start with our homemade pizza crust, tomato base and mozzarella.

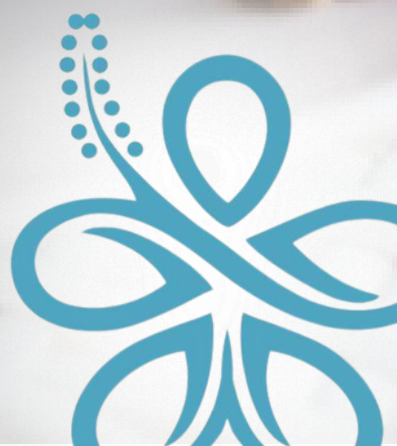
Standard toppings 6K each: bell peppers, onion, shallots, aubergine, pineapple, tomato, spinach, corn, mushrooms.

Premium toppings 12K each: pesto, black olives, green olives, capers, ham, chicken, bacon, feta, parmesan.



MAIN DISHES

island style



INDONESIAN *Dishes*



NASI OR MIE GORENG

100K / 115K

Fried rice or noodles with vegetables, topped with a fried egg. Vegetarian or with chicken satay and prawn crackers.

TRADITIONAL GADO-GADO

100K

Mixed steamed vegetables with boiled egg, tempeh, tofu and steamed rice, topped with traditional peanut sauce.

KARE AYAM / KARE TOFU

135K / 115K

Indonesian chicken or tofu vegetable curry, served with steamed rice.

RED OR GREEN THAI CURRY

135K / 115K

Meat (beef, pork or chicken) or tempeh/tofu with vegetables, served with steamed rice.

HOT TUNA OR DORY FISH OR CHICKEN SAMBAL MATAH

135K

Grilled tuna steak, John Dory fillet (white sea fish) or chicken breast with your choice of spicy or mild Balinese sambal, served with steamed rice and mixed vegetables.

IKAN PEPES

135K

Tuna blended with coconut and Balinese spices, grilled in a banana leaf, served hot with steamed rice and vegetables.

CHICKEN OR SEAFOOD CAP CAY

105K

Indonesian-style vegetable stir-fry with chicken or seafood in a savoury broth, served with steamed rice.

POINCIANA STIR-FRY

130K / 110K

Wok-fried vegetables in light sauce. Choice of: meat (beef, pork, seafood, fish or chicken) or tempeh/tofu. Served with steamed rice.

AYAM/BABI ASAM MANIS

130K

Battered chicken or pork with sweet and sour sauce, served with steamed rice.

CHICKEN, BEEF OR PORK SATAY

135K

Grilled, skewered satay with a traditional peanut sauce, served with steamed rice.

BEEF RENDANG

150K

Sliced beef cooked in a spicy coconut rendang sauce, served with steamed rice and vegetables.

BABI KECAP

135K

Pork in sweet soy sauce, served with steamed rice.

WESTERN *Dishes*



All mains can be served with your choice of up to two sides: steamed rice, French fries, sweet potato fries, mashed potatoes, sautéed vegetables, garden salad, and black pepper, mushroom or garlic butter sauce.

CHICKEN SUPREME

160K

Grilled chicken breast.

CHICKEN SCHNITZEL

160K

Crispy breaded chicken schnitzel.

CHICKEN PARMIGIANA

175K

Chicken breast topped with tomato sauce, mozzarella and parmesan cheese.

GRILLED FISH

135K

Grilled John Dory fillet (white sea fish) or grilled tuna steak.

TENDERLOIN BEEF STEAK

205K

200g beef steak, cooked to your preference.

GERMAN BRATWURST

160K

Two German-style sausages.

POINCIANA HAMBURGER

160K

Beef patty or chicken fillet with bacon, egg, cheese, caramelized onion, tomato, lettuce, pickle and barbecue sauce, served on a homemade bun with French fries or sweet potato fries.

PLANT-BASED *Specialties*



All dishes are vegan and gluten-free.

GADO-GADO WITH CURRY PEANUT SAUCE 100K

Creamy yam, onion, garlic, spinach, red and green cabbage, carrot, capsicum, lightly stir-fried and topped with curry peanut sauce.

CURRY BOWL 110K

Our fantastic curry sauce with red and green cabbage, spinach, green beans, carrot, bok choy, red capsicum and organic brown rice.

MEXICAN NACHOS 110K

A base of crunchy corn chips, topped with a spicy Mexican salsa made from chilli, corn, beans and rice, topped with tomato sauce, guacamole and cashew mayonnaise.

WALNUT AND LENTIL PATTIES 110K

Rice, lentils, walnuts, ginger, garlic and spices, lightly stir-fried in coconut oil and served on a bed of mixed greens, finished with chilli mango sauce.
Can also be served as a sandwich.

RAW ZUCCHINI STACK 110K

Layers of fresh raw zucchini topped with basil pesto and red capsicum pesto, finished with a creamy garlic cashew mayo and sliced avocado, served on a bed of mixed greens.

RAW LASAGNA 110K

Zucchini pasta topped with cumin pumpkin, a layer of garlic aubergine and sun-dried tomato purée, topped with creamy garlic cashew sauce and sliced avocado, served with a green salad.

AVOCADO NORI ROLL 85K

Sushi rice with avocado and cashew mayo, served with soy sauce, wasabi and pickled ginger.



DESSERTS

sweet moments



DESSERTS



DADAR GULUNG

60K

A rolled Indonesian pancake, stuffed with coconut and palm sugar.

BLACK RICE PUDDING

60K

Sweet black rice pudding served warm with coconut milk.

MANGO STICKY RICE (V/GF)

65K

Traditional Thai dessert made from sticky rice, served with slices of mango, coconut cream and sprinkled with toasted sesame seeds.

BANANA OR PINEAPPLE FRITTERS

60K

Served with honey.

PANCAKE

65K

Thin pancake - plain, banana or pineapple, served with honey or lime and sugar.

STICKY DATE PUDDING

75K

A warm, soft cake made with sweet dates, topped with caramel sauce.

HOT LOVE

75K

Warm strawberries with lemon, cinnamon and sugar, served with vanilla ice cream.

RAW JUNGLE CHOCOLATE (GF)

55K

Handmade raw chocolate wrapped in banana leaf – cacao, nuts, honey, coconut oil and raisins.

RAW DOUBLE CHOCOLATE PIE (GF)

75K

A delicious pie base made with nuts, dates and cocoa, topped with a creamy chocolate filling of cashews, cacao, dates, honey, vanilla and coconut – a chocolate lover's dream come true!

RAW COCONUT, MANGO AND CASHEW NUT CHEESECAKE (GF)

75K

A pie base made with nuts, dates and cocoa, topped with a creamy coconut filling and sweet mango purée.

DESSERTS



LIME CHEESECAKE (GF)

75K

A creamy lime filling in a raw chocolate pie crust with dates, nuts and cocoa.

DRAGON FRUIT AND KOMBUCHA CHEESECAKE (GF)

75K

A high-vibe, raw magenta pie made from dragon fruit and hibiscus (rosella) kombucha.

BANANA SPLIT

80K

Chocolate, vanilla and strawberry ice cream with banana, topped with chocolate or strawberry sauce and nuts.

POINCIANA PINEAPPLE DELIGHT

75K

A scoop of vanilla ice cream with chopped pineapple, sprinkled with coconut and chopped nuts.

FRUIT PLATE

60K

Mixed seasonal tropical fruits.

ICE CREAM

30K / scoop

Vanilla, strawberry or chocolate.



COFFEE
gentle awakening

COFFEE



Oat and soy milk available.

BALI COFFEE (POT)	50K
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NESCAFÉ (POT)	60K
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ESPRESSO	40K / 50K
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The essence of coffee – pure, intense and aromatic. Single or double.

ESPRESSO MACCHIATO	50K
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Double espresso 'stained' with a small amount of foam.

AMERICANO	60K
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Double espresso topped with hot water.

PICCOLO	50K
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A small, concentrated latte with single espresso.

FLAT WHITE	55K
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Double espresso with velvety steamed milk.

CAPPUCCINO	65K
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Double espresso with equal parts steamed milk and foam.

LATTE	55K
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Single espresso with steamed milk and a layer of silky foam.

AFFOGATO	55K
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Single espresso poured over a scoop of vanilla ice cream.

ICED COFFEE	65K
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Iced coffee, iced latte or iced cappuccino.

ADD ICE CREAM to your coffee +25K

TEA



FRESH TEA (POT)

50K

Fresh ginger and lemongrass, or hibiscus (rosella tea).

BREW ME TEA (POT)

50K

Jasmine green, English breakfast, Earl Grey, Organic Balinese oolong, Minty breeze, or Tropical mango. Served with lime on request.

ICED TEA

30K

Black tea, black tea and lemon, ginger and lemongrass, or rosella.

OTHER DRINKS

Drinks can be served hot or iced.

BALI CACAO

55K / 65K

CHAI LATTE

55K / 65K

MATCHA LATTE

55K / 65K

Traditional Indonesian drink.

JAMU

35K

Hot or cold. Pineapple, turmeric, carrot, ginger, pure honey, lime and cinnamon. A superpowered anti-inflammatory.

BEER & WINE

Beer

BINTANG *small / large*

50K / 75K

BINTANG RADLER LEMON

50K

Hatten Wine

HATTEN WHITE

80K glass / 350K bottle

HATTEN ROSÉ

75K glass / 320K bottle

HATTEN RED

80K glass / 350K bottle

TWO ISLANDS SHIRAZ

85K glass / 375K bottle

TWO ISLANDS CHARDONNAY

85K glass / 375K bottle

Sparkling Wine (per bottle)

TUNJUNG (WHITE)

450K per bottle

JEPUN (ROSÉ)

450K per bottle



DRINKS
stay refreshed



DRINKS



STILL WATER <i>small / large</i>	15K / 25K
SPARKLING WATER <i>small / large</i>	40K / 50K
SOFT DRINKS - <i>Sprite, Coke, Fanta, Diet Coke, tonic or soda</i>	45K
FRESH COCONUT	45K
FRESH FRUIT JUICE	45K
Banana, mango, orange, watermelon, pineapple, papaya or mixed. Depending on the season.	
HOMEMADE KOMBUCHA	75K
Fermented tea, refreshing and full of probiotics.	
YOGURT LASSI	75K
Refreshing yogurt smoothie. Mango or strawberry.	
MILKSHAKES	75K
Vanilla, chocolate or strawberry.	

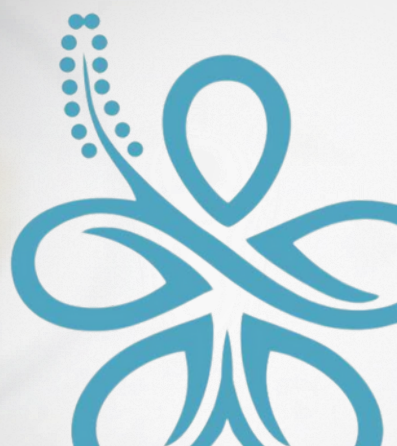
Healthy juice combos

POWER UP! "ENERGY BOOST"	75K
Carrot, apple, orange and ginger. Energizing with high levels of antioxidants.	
IRON BOOSTER "STRENGTH AND VITALITY"	75K
Beetroot, carrot, apple and spinach. Iron supports oxygen in the blood.	
INJURY HEALER "RECOVERY AND RELIEF"	75K
Pineapple, papaya, turmeric, ginger and lime. Natural anti-inflammatory to help reduce pain and swelling.	
CABALA "THE CLEANSER"	75K
Carrot, apple, beetroot and lemon. Boosts immunity and aids digestion.	
APHRODITE "LOVE AND COMPASSION"	75K
Watermelon, dragon fruit, pineapple and coconut water. Replenishes electrolytes.	
ALOE ENDURANCE "STAMINA AND RESILIENCE"	75K
Aloe vera, apple and ginger. Supports digestion and skin health.	



COCKTAILS

sunset vibes



COCKTAILS & SPIRITS



MOCKTAILS

90K

VIRGIN MOJITO

Crushed ice, Sprite, lemon juice, brown sugar, mint and lime.

POINCIANA COLADA

Pineapple juice, coconut cream and pineapple syrup.

POINCIANA CASTAWAY

Coconut water, fresh ginger, lime, lemongrass and Sprite or tonic water.

ORANGE CRUSH

Orange juice, cranberry juice, grenadine syrup and lime.

FRUIT COCKTAIL FIZZ

Chopped mixed fruit, Sprite, lime and grenadine.

SPICY LADY

Orange juice, pineapple syrup, passionfruit cordial, a dash of Tabasco and lime.

GINGER BEER

Fresh ginger, lemongrass and mint with Sprite or soda.

SPIRITS

MIXED SPIRITS

125K

Gordon's gin, José Cuervo tequila, Cointreau, Kahlúa, Baileys, Bacardi rum, Campari, Smirnoff vodka, brandy, dark rum or arak. Mix with Coke / Diet Coke, Sprite, soda water, tonic water or orange juice.

WHISKEY ON ICE

90K

Jack Daniel's or Johnnie Walker.

WHISKEY WITH MIXER

125K

COCKTAILS

165K

PIÑA COLADA

Bacardi rum, coconut cream, fresh pineapple juice and ice.

TRADITIONAL DAIQUIRI

Bacardi rum, lime juice, sugar syrup and crushed ice.

MOJITO

Bacardi rum, fresh mint, sugar syrup, soda water and lime.

BALI HONEYMOON

Bacardi rum, orange juice, pineapple juice, lemon juice and grenadine.

POINCIANA SIGNATURE

Bacardi rum, Gordon's gin, melon syrup, lime juice, soda water and ice.

COCO BEACH

Gordon's gin, Cointreau, young coconut water, lemongrass, lime juice and crushed ice.

COSMOPOLITAN

Smirnoff vodka, Cointreau, fresh lime juice, cranberry juice and ice.

BLACK RUSSIAN

Smirnoff vodka, Kahlúa and crushed ice.

LONG ISLAND ICED TEA

Smirnoff vodka, José Cuervo tequila, Gordon's gin, Cointreau, Bacardi rum, lime juice, cola and ice.

MARGARITA

José Cuervo tequila, Cointreau, fresh lemon juice and ice.

TEQUILA SUNRISE

José Cuervo tequila, orange juice, crushed ice and grenadine.



ENJOY

your moment

