

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

## ADD ONS / EXTRAS

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

All meals are served as per our menu. Sorry, no changes!  
All prices in '000 Rp. All prices are subject to 8% service and 10% government tax

# 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>FELAFEL PLATE (v,gf)</b>	<b>90k</b>
		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, coriander, Indonesian spices, red rice, salad, peanut sauce

### KARE AYAM 90k

chicken, 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 (gf) 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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what others say

