



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

90K

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

100K

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



EGG ANY STYLE

90K

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



SPINACH MUSHROOM FRITTATA

90K

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 MINESTRONE 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.

All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.

COMPOSED



SHAKSHUKA OCTOPUS

155K

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



SWEET POTATO BOAT

85K

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



SALMON RILLETES

160K

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

120K

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.

110K



TRILOGY SUMMER ROLL

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

135K



RAINBOW TUNA TARTARE

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

130K

All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.



QUINOA PRAWN SALAD

150K

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



CHEESY CAULIFLOWER RICE

115K

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

235K

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



SURF & TURF

200K

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.

All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.



PAN SEARED TASMANIAN SALMON

225K

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



**ALMOND CRUSTED SALMON
WITH QUINOA SALAD**

225K

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

145K

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

BRUNCH



SMOKED FAJITAS BEEF

145K

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

145K

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

145K

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



EGG AND CHEESE SCRAMBLE WITH SALMON

145K

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



DRINKS



HEALTHY JUICES

ALL GREEN JUICE Kale, Cucumber, Apple, Lime	85K
CLEANSER Beetroot, Carrot, Apple, Ginger	85K
BLUE KARMA FRESHNESS Ginger, Lemongrass, Lime Honey	75K
BURN Carrot, lime, spinach, ginger, cayenne pepper	75K
REFUEL Almond, sweet potato, orange, banana	75K
QUENCH Coconut water, lime, Himalayan pink salt	75K
CONTROL Apple, cucumber, lime, spinach, celery	75K
LOVE Watermelon, strawberry, pineapple, vanilla bean	75K
RELAX Pineapple, lime, cinnamon	75K
LIVE Orange, lime, rainforest honey, lemon basil	75K
FRESH FRUITS JUICE Choice of our tropical fruits season	75K

SOFT DRINK & BEER

SODAS Soda Water, Tonic Water, Coke, Coke Zero, Sprite	35K
EQUIL SPARKLING MINERAL WATER	45K
BINTANG	55K
HEINEKEN	80K

SHOOTER

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

All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.



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
SENGHA	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 170K

Campari, martini bianco

LIQUEUR 185K

Baileys, kahlua, malibu, southern comfort

SPIRITS 170K

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

WHISKEY 200K

Jim beam, johnnie walker red label

PREMIUM 265K

Bombay sapphire gin, jack daniels, johnnie walker black label



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

WHITE WINES

	<i>Glass</i>	<i>Bottle</i>
Sweet Alexandria		630K
Lindeman's Bin 65 Chardonay		975K
Lindeman's Bin 85 Pinot Grigio		975K
Lindeman's Bin 95 Sauvignon Blanc		975K
Two Islands-Sauvignon Blanc	160K	770K
Two Islands-Pinot Grigio	160K	770K
Two Islands-Chardonnay	160K	770K
Sababay white Velvet	145K	715K

ROSÉ WINES

	<i>Glass</i>	<i>Bottle</i>
Aga Rose	125K	540K
Two Islands Rose	160K	805K
Sababay Pink Blossom	160K	830K



All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.

RED WINES

	<i>Glass</i>	<i>Bottle</i>
Côte Du Rhône Village Lavau Rouge, France 2016		900K
Pino De Bali		780K
Lindeman's Bin 50 Shiraz		975K
Lindeman's Bin 80 Cabernet Merlot		975K
Lindeman's Bin 99 Pinot Noir		975K
Two Islands-Shiraz	160K	770K
Two Islands-Cabernet Merlot	160K	770K
Two Islands-Grenache	160K	770K
Sababay Reserva Red	160K	830K

CHAMPAGNE & SPARKLING

Sparkling Jepun	775K
Tunjung	860K
Sparkling Chardonnay	975K



All prices are subject to 10% service charge and 11% government tax. Prices are in thousands of rupiah.