
MEJA

KITCHEN & BAR

Jalan Kayu Aya No. 68, Oberoi, Seminyak, Bali 80361, Indonesia

BACK TO THE ROOTS



Presenting to you the Indonesian cuisine at its best. Meet the tradition empowered by modern touch and aesthetics of our chef. The travelling with your taste buds can start.

Explore the immense food culture of Indonesia.

VIBRANT, COLOURFUL & FULL OF INTENSE FLAVOUR

In 2011, Indonesian cuisine began to gain worldwide recognition, with three of its popular dishes make it to the list of **'World's 50 Most Delicious Foods (Readers' Pick)'**. Rendang top the list as the number one, followed closely by nasi goreng in number two, and satay in number fourteen.



Meja Kitchen and Bar

The MEJA experience starts the moment you turn into fashionable Oberoi street. Just look for the blue high-rise building set like a glowing opal, with a striking, modern façade of louvered steel. One look at this venue and you'll know you are going to have **a great dining experience**.

Meja Kitchen welcomes you for a dynamite dining experience with live music and Signature cocktails that will put **a smile on your face**. A great place to kick-start any adventurous evening in Bali, Meja is set to become a destination restaurant for any lover of great food and even **better memories**.

BITES



CHICKEN WINGS - 70K
Twice cooked chicken wings
marinated in Balinese spice



VIETNAMESE SPRING ROLL - 70K
Cabbage, tofu, carrot, cucumber,
mint leaves, ground nuts



SPRING ROLLS - 70K
Stuffed spring rolls with
chicken and five spice
vegetables with Nuoc
Cham sauce



PORK BELLY POPCORN - 70K
150 grams of deep fried pork
belly with sweet spicy sauce

BREKKY AVAILABLE FROM 7 AM - 5 PM



CURRY AVOCADO CRISPY EGG - 75K
Coriander, rockets, lime, herbs, rustic sour dough bread



CHARD AND PARMESAN EGG - 75K
Spinach, shaved parmesan, rustic sour dough baguette



HUEVOS RANCHEROS - 90K
Egg, tomato, chorizo, tortilla, guacamole



CHORIZO SWEET POTATO HASH - 75K
Poached egg, onion, peppers



EGG BENNY - 75K
Spinach, hollandaise, bacon, potato cake, sour dough



SMOKEY TATER HASH - 95K
Egg, potato, mushrooms, peppers, onion





FULL BREKKY - 75K

Two eggs any style, bacon, grilled tomato, baked beans, mushrooms, baby potato salad, sausages, rustic sour dough bread

GRANOLA BOWL - 85K
Local berries, whipped cream, honey



FLUFFY PANCAKE - 85K

Caramelized banana, honey, bacon and crumbled



HEALTHY FOOD FACTS

Eat 5 Vegetables & Fruits a Day

We have evidence to show that you need to include five daily portions of vegetables and fruits combined together. Five portions equates to about 400 grams a day. From everyday problems like constipation and indigestion to the more serious conditions such as heart disease and cancer, fruits and vegetables go a long way in helping lower your risk.

GREEN 'N HEALTHY

AVAILABLE FROM 12 - 6 PM



SMASHED AVOCADO - 85K

Grilled sour dough, rockets, camembert, roasted sweet potato



POKE BOWL - 75K

Lettuce, prawn, tuna, sesame, rice, soy reduction

LOCALLY GREENS - 75K

Spinach, cherry tomato, cashew vinaigrette, mixed greens, pickled sprouts



COBB SALAD - 80K

Poached egg, romaine, avocado, chicken, yoghurt, cheese crumbled



CAESAR SALAD - 80K

Classic Caesar salad served with crispy bacon and garlic bread





QUESADILLA - 88K
Artichoke, spinach, cheddar
orange, garlic



THE BURGER - 85K
100% Australian beef,
garlic aioli and chips

* Topped with : Smoked bacon - 10K | Cheddar - 10K

Chilaquiles - 75K
Tortilla, lime, avocado,
sour cream, jalapeno,
cheddar



CHICKEN CHIVITO - 75K
Ham, rocket, tomato
and chips



BACON CLUB - 80K
Sour dough, ranch
dressings, tomato,
and romaine



**MIE GORENG
AYAM - 70K**

Indonesian style fried egg noodles,
eggs and shrimp crackers



NASI GORENG BABI GULING - 85K

Balinese style fried rice with Balinese
homemade sausage, pork crackers
and babi guling



* For Additional Seafood 15k



**NASI GORENG
AYAM - 75K**

Indonesian fried rice with eggs,
shrimp crackers and
80gr chicken satay

CHICKEN SATAY - 75K

Chicken breast, peanut sauce,
rice cake, fried shallot



PORK BELLY SAMBAL MATAH - 70K

150 grams of deep fried pork
belly served on rice and Chef's sambal matah

The psychology of Breakfast

"Think about what a nourishing, delicious breakfast does to set you up for the rest of the day."

The surprising psychology here is that **SYMBOLISM MATTERS**. there's actually something amazing and real about starting your day off with something delicious, beautiful.

YOU'RE REWARDING YOURSELF!

YOU'RE BEAUTIFUL AND YOU'RE WORTH IT!



The psychology of Breakfast

Food is so beautifully full of subtlety and nuance. The psychology of food is endlessly fascinating.

If you're in a hurry in the morning, that's fine! You can grab food on your way out that's delicious, gives you energy, and takes less than 5 minutes more than what you're currently doing. Or how about you can actually reprogram the food you love.





Balinese Delicacy

the most vibrant and colourful cuisines in the world, It's eclectic and diverse flavour, it demonstrates indigenous traditions, as well as influences from other Indonesian regional cuisine, Chinese and Indian. The island's inhabitants are predominantly Hindu and culinary traditions are somewhat distinct with the rest of Indonesia, with festivals and religious celebrations including many special foods prepared as the offerings for the deities, as well as other dishes consumed communally during the celebrations.

It is a religious and artistic and yet still a culinary fiesta.



“Rice”

In Bali, the mixed rice is called **nasi campur Bali** or simply **nasi Bali**. The Balinese nasi campur version of mixed rice may have grilled tuna, fried tofu, cucumber, spinach, tempe, beef cubes, vegetable curry, corn, chili sauce on the bed of rice. Mixed rice is often sold by street vendors, wrapped in a banana leaf.





BABI GULING

Balinese foods include lawar (chopped coconut, garlic, chilli, with pork or chicken meat and blood), Balinese sate known as sate lilit made from spiced mince pressed onto skewers which are often lemongrass sticks, Babi guling also known as celeng guling (a spit-roasted pig stuffed with chilli, turmeric, garlic, and ginger).

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**Indonesian dishes have
rich flavours;**

most often described as **gurih** (savory which equate to umami) and **pedas** (hot and spicy), and also combination of basic tastes such as manis (sweet), asin (salty), asam (sour) and pahit (bitter).



DESSERT

BROOK FARM ICE CREAM - 15K / PER SCOOP

Green tea, rum raisin, coffee cream,
vanilla, strawberry and chocolate

WHITE STICKY RICE - 45K

Thai white sticky rice with mango and
vanilla ice cream

CHOCOLATE MUD - 45K

Meja style chocolate mud with candied
coconut, caramel sauce, raspberry sauce

Pisang Goreng Madu - 45K

Deep fried banana served with
Sumba honey and brook farm
vanilla ice cream

GINGER CREME BRULE - 45K

Homemade ginger creme brulle served
with brook farm green tea ice cream

COFFEE LIST

Single Espresso	30K
Double Espresso	35K
Long Black Coffee	35K
Cappuccino	35K
Cafe Latte	35K
Macchiato	35K
Mochaccino	35K
Flat White Coffee	35K



HEALTHY JUICE

Orange	45K
Apple	45K
Pineapple	45K
Mango	45K
Strawberry	45K
lime	45K
Watermelon	45K
Honeydew	45K
Pineapple	45K
Carrot	45K



DID YOU KNOW?

Borobudur temple in Central Java is the **largest Buddhist temple in the world**, decorated with 2,672 relief panels and 504 buddha statues.

Ministry for National Language Center has been constructing the language map of Indonesian Archipelago for 15 years. No wonder as they registered 17.508 islands and 746 local languages. Even though the Indonesian Language is used officially, there are many dialects and different languages, that only residents of the islands know.

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The Komodo dragon, found in Indonesia, is the **largest lizard in the world**, growing up to 3 meters (9.8 feet) in length. It can be found only in Komodo, Rinca, Flores, Padar and Gili Motang islands.

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