LowCal

CHEATERY AND BAR

By De Moksha

MENU

lowcalcheaterybar

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LOW IN CALORIES, RICH IN MEANING.

LowCal (Ch)eatery and Bar isn't just a restaurant, it's a movement. Founded with a mission to make clean eating exciting, accessible, and inclusive, we specialize in low-calorie, wholesome meals that don't sacrifice flavor or joy. Whether you're deep in your fitness journey, just starting out, or simply craving something delicious that won't weigh you down, we've got something for you. But there's more to our story than what's on the plate.

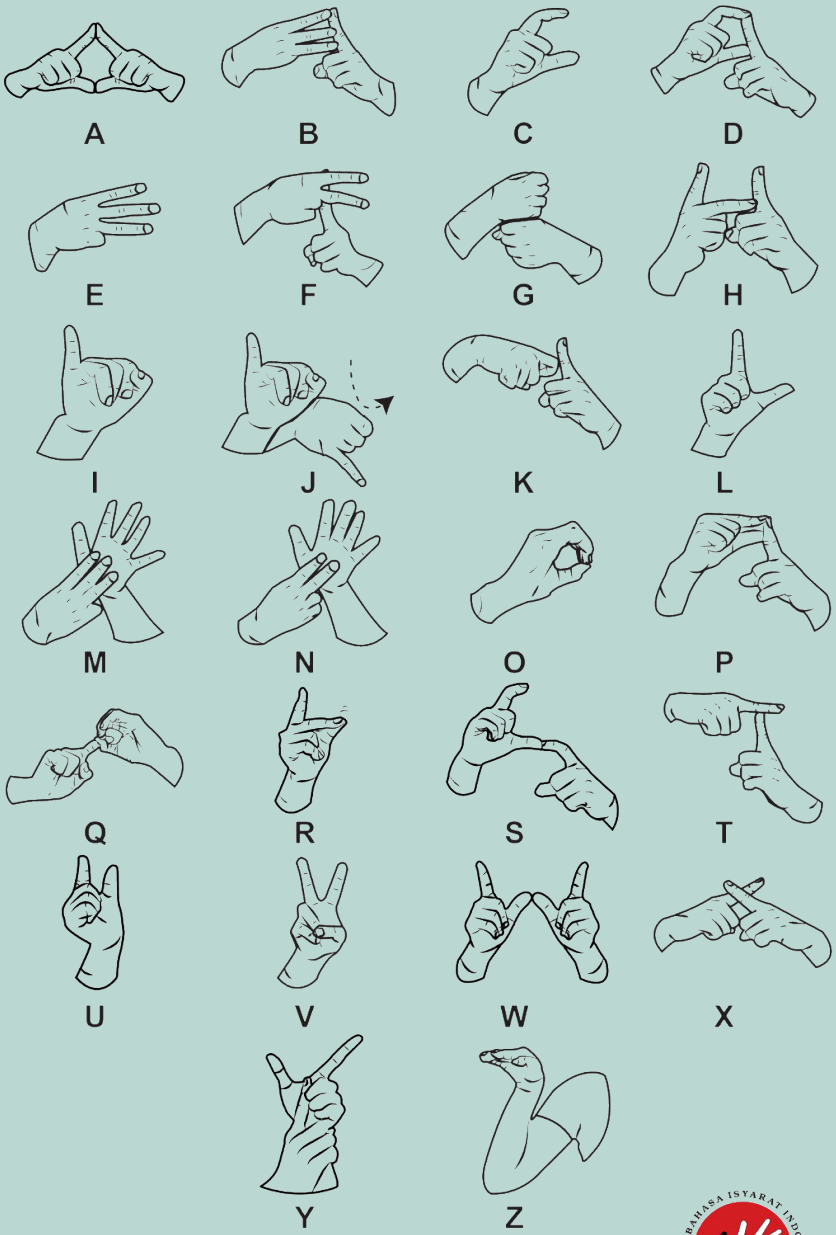
At LowCal, we proudly employ deaf team members, creating a space where inclusion goes beyond intention, it's part of our daily operations. We believe in the power of food to connect people across all walks of life. Here, our deaf staff and hearing team work side-by-side, building real bonds and breaking down barriers through shared goals, passion, and purpose.

So come for the (ch)eat-worthy food and stay for the community, the energy, and the love that makes this space truly unique.
LowCal is a place to nourish your body, empower others, and feel at home, exactly as you are.

lowcalcheaterybar

LET'S LEARN INDONESIAN SIGN LANGUAGE!

Lowcal (Ch)eatery & Bar



PUSAT BAHASA ISYARAT INDONESIA
PUSBISINDO
BALI

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SPECIAL OF THE MONTH

SPECIAL!
SPECIAL!
SPECIAL!

Stick A5 poster here
14,8 x 21 cm

SPECIAL!
SPECIAL!
SPECIAL!

MAKE YOUR OWN BREAKFAST

available until 5 PM



Pick your meals

2 Eggs v gf

Soft/ hard* boiled	20k
Sunny side up	20k
Turn over	20k
Scrambled	20k
Poached	20k
Omelette	20k

Baked goods

Danish rye vv	20k
Sourdough vv	20k
Butter croissant v	30k
Hash browns v	30k
Pancake stack v	40k
Cinnamon roll v	40k

Protein

Bacon gf	20k
Smashed tempe patties vv gf	20k
Falafel vv	25k
Scrambled tofu vv gf	20k
Chicken sausages	35k
Pork sausages	45k
Smoked salmon	45k

Fruit, veggies, and vegan delights

Homemade jam vv gf	15k
Coconut bacon vv gf	20k
Peanut butter vv gf n	20k
Sauteed spinach vv gf	25k
Sauteed mushrooms vv gf	25k
Sauteed cherry tomatoes vv gf	25k
Hummus vv gf	25k
Babaganoush vv gf	25k
Fruit platters vv gf	25k
Sliced avocado vv gf	25k
Smashed avocado vv gf	25K
Green salad vv gf	30k
Grilled asparagus vv gf	30k

Dairy and cheese

Cottage cheese with herbs and lemon pepper v	20k
Herbal cream cheese v	20k
Granola with greek yoghurt v gf n	25k
Granola with coconut yoghurt v gf n	25k

Base breakfast plates

Base breakfast v — **69k** — 514 kcal

Choice of coffee/tea/juice,
2 egg any style ,bread, butter

22g 26g 25g 1g

Base vegan breakfast vv — **69k** — 698 kcal

Choice of coffee/tea/juice,
scrambled tofu, bread, butter

29g 40g 39g 6g

v= vegetarian | vv = vegan | gf = glutten free | n = nut

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BREAKFAST BOWL

available until 5 PM



Bircher muesli vv n — 69k

Overnight oat with apple juice, raisin, cinnamon, mapple syrup, cashew nut, sunflower seeds, choice of puree: dragon fruit, mango, strawberry, orange juice

363 kcal 14g 7g 72g 8g

Granola v — 69k

Homemade granola, fresh fruit, greek yoghurt or coconut yoghurt

543 kcal 10g 20g 64g 5g



Dragon bowl vv gf n — 69k

Dragon fruit, banana, soy milk, pumpkin seed, black sesame, white sesame, sunflower seed, coconut flake

433 kcal 15g 15g 73g 10g

Berry merry vv gf n — 69k

Strawberry fruit, banana, soy milk, pumpkin seed, black sesame, white sesame, sunflower seed, coconut flake

405 kcal 12g 15g 63g 9g



Mango tango vv gf n — 69k

Mango fruit, banana, soy milk, pumpkin seed, black sesame, white sesame, sunflower seed, coconut flake

449 kcal 12g 16g 74g 16g

Green dream vv gf n — 69k

Avocado, english spinach, banana, soy milk, pumpkin seed, black sesame, white sesame, sunflower seed, coconut flake

556 kcal 14g 30g 69g 15g

Golden glow vv gf n — 69k

tumeric, banana, soy milk, pumpkin seed, black sesame, white sesame, coconut flake

424 kcal 13g 16g 65g 10g

Nutty gritty vv gf n — 69k

Peanut butter, banana, soy milk, pumpkin seed, black sesame, white sesame, sunflower seed, coconut flake

565 kcal 20g 26g 73g 10g

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MAKE YOUR OWN SALAD



in 5 steps

Step 1 Pick your size

M

69k
4 ingredients
1 topping
1 dressing

L

99k
6 ingredients
2 topping
1 dressing

Extra ingredient	Extra topping	Extra dressing
7,5k	12,5k	7,5k

Step 2 Choose your ingredients

Step 3 Add your toppings

Add what you like
from the Salad Bar!

Step 4 Don't forget your protein

Grilled chicken breast (80gr)	**20k**	Smashed tempe patties	**10k**
Grilled tofu	**20k**	Falafel	**25k**
Grilled tempe	**10k**	Smoked salmon (30gr)	**30k**

Step 5 Dress to impress

Choose your dressing
from the Salad Bar!

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FINGER FOOD

Chicken wings **60k**



761 kcal
27g 19g
3g 0g

Fried calamary **78k**



640 kcal
33g 41g
31g 3g

Chicken spring roll **68k**



447 kcal
48g 11g
42g 3g

Nachos vegetarian V GF **78k**

Nachos chicken GF **89k**



980 kcal
38g 21g
52g 3g

Sweet potato fries VV **35k**
171 kcal 4g 1g 35g 7g

French fries VV **40k**
590 kcal 7g 30g 35g 6g

Grilled cauliflower v **70k**
294 kcal 5g 7g 14g 9g

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(CH)EAT MENUS

Creamy fettuccine carbonara — 109k

Bacon, eggs, cheese, and croutons



1206 kcal
55g 69g
86g 6g

Spaghetti bolognese — 115k

Italian beef ragu served with croutons



995 kcal
61g 44g
82g 7g

Chicken fettuccine alfredo — 99k

Classic creamy cheese sauce, spinach, chicken cube, and croutons



1030 kcal
67g 45g
86g 6g

Spaghetti marinara — 119k

Shrimp, squid, green mussel, and croutons



740 kcal
59g 15g
87g 6g

Sous-vide chicken pesto sandwich — 94k

Chicken breast, halloumi cheese, sauteed spinach, pesto sauce, basil tomato, homemade focaccia bread



1163 kcal
72g 45g
99g 3g

Cuban sandwich — 109k

Cuban pulled pork, smoked ham, cheddar cheese, pickles, cuban sauce



1268 kcal
70g 51g
109g 9g

Open steak mushroom sandwich — 119k

Beef tenderloin, sauteed mushroom, green capsicum, dried tomatoes, aioli sauce



1238 kcal
48g 59g
120g 13g

Beef & cheese burger — 125k

Ground beef patty, bacon, fried egg, lettuce, tomato, caramelized onion, cheddar cheese, and dijon mayo



984 kcal
66g 54g
57g 3g

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LOW CALORIE



Tuna ceviche gf **135k**

Vinegar, chili, ginger, herbal salad

379kcal 43g 19g 9g 2g



Smokey aubergine steak vv gf **100k**

Cauliflower fried rice, egg plants, bbq sauce, salad on the side

8g 5g 37g 5g 387 kcal



Prawns in spicy tomato sauce **190k**

Toasted sourdough bread
salad on the side

386 kcal 42g 18g 10g 3g

Grilled chicken breast gf **130k**

Stirred cottage cheese, chives, lemon pepper, grilled breadfruit, salad on the side

525 kcal 81g 8g 29g 6g



Mixed plate vv **90k**

With hummus, babaganoush, tabbouleh, falafel, sweet potato fries, bread

402 kcal 30g 11g 28g 3g



Seared boneless snapper fillet gf **130k**

Fresh mango/lime/chili/mint salsa, baked pumpkin, salad on the side

281 kcal 48g 3g 12g 2g

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PALEOLITHIC



Seared mahi-mahi gf **155k**
Pomodoro sauce, mashed pumpkin, salad on the side
48g 18g 30g 4g 491 kcal

Oven baked fish of the day gf n **155k**
Cashew nut pesto, spiced cassava, salad on the side
48g 33g 47g 4g 685 kcal



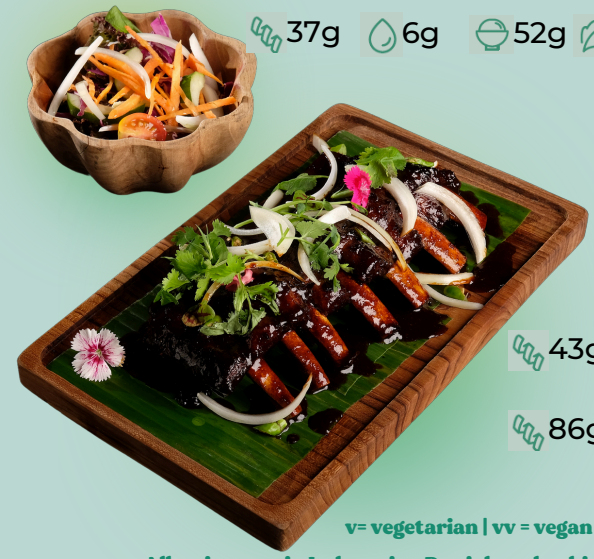
Cauliflower fried rice vv **90k**
Vegetable skewer, marinated tempe, scrambled tofu
595kcal 31g 32g 41g 11g

Signature spiced chicken breast gf **130k**
Baked broccoli, mashed breadfruit, salad on the side
477kcal 68g 4g 36g 9g



Grilled rosemary pork chop gf **185k**
Seared pumpkin, salad on the side
67g 42g 8g 2g 690 kcal

Turmeric chicken soup **100k**
Kale, carrot, onion, celery, served with edamame and barley
37g 6g 52g 8g 432 kcal



Sticky pork ribs
Slow roasted pork ribs in a sweet and tangy flavored dressing, served with a choice of French fries, sweet potato, salad, mashed pumpkin, mashed breadfruit or mashed pumpkin

43g	13g	35g	6g	716 kcal	250gr	**150k**
86g	26g	70g	12g	1432kcal	500gr	**270k**

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KETOGENIC



Parmesan breaded salmon gf **260k**
Zucchini noodles, arrabiata sauce, salad on the side
577 kcal 42g 35g 24g 4g



Cheese stuffed chicken breast wrapped in bacon **145k** gf
Avocado, cottage cheese, salad on the side
1054 kcal 79g 62g 7g 11g



Zucchini noodles gf **145k**
Creamy broccoli sauce, spiced chicken, parmesan cheese, salad on the side
492 kcal 48g 26g 14g 7g

Zucchini parmigiana **125k**
Ground beef, salad on the side
2716 kcal 55g 45g 21g 2g



Garlic saffron shrimp **165k**
Shirataki noodle, salad on the side and grilled breadfruit
467 kcal 36g 19g 36g 6g



Crispy pork belly gf **185k**
Fennel, tumeric sauce, salad on the side
861 kcal 17g 80g 6g 8g

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DESSERT

Banana strawberry nicecream v gf	**60k**
Vegan chocolate pudding vv gf	**65k**
Fresh fruit, cream of almond butter tahini, orange juice and vanilla, 80% chocolate shaving gf	**75k**
Apple-blueberry crumble, cinnamon labneh	**75k**





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BEVERAGES

FRUITS SHAKE

Fluffy pink fruits shake 60K
Banana, mango, dragon fruit ,yogurt , soy milk

Tropical fruits shake 60K
Banana, strawberry pineapple, yogurt, soy milk

Green dream fruits shake 60K
Banana, apple, spinach, avocado, yogurt, soy milk

Mango peach fruits shake 65K
Mango, peach, yogurt, soy milk

Golden glow fruits shake 65K
Mango, turmeric, banana, yogurt, soy milk

Make your own-fruits shake 70K

Step 1 choose your base
Milk+yogurt+honey, soy milk + coconut yogurt

Step 2 choose your fruits/veggies
Pineapple, celery, apple, beetroot, tangerine, carrot, spinach, banana, mango, dragon fruits

Step 3 add some super food powder
Matcha, moringa, protein, turmeric, spirulina, Acai, Maca

COLD PRESSED JUICE

Green machine 60K
Pineapple, spinach, apple, ginger, celery stick

Immunity booster 60K
Pineapple, carrot, apple, turmeric, ginger

Sunshine 60K
Pineapple celery stick, apple, tangerine

Kiss your day 60K
Pineapple, carrot, apple, tangerine

Energizer 60K
Pineapple, carrot, apple, beetroot, tangerine

Freshen your day 60K
Pineapple, carrot, apple, ginger

The cure 60K
Pineapple, celery stick, apple, ginger

Make it your own juice 60K

Juice any (up to) 4 ingredients : pineapple, celery, apple, ginger, beetroot, tangerine, turmeric, carrot, spinach

JUICE

Orange juice 50K
Watermelon juice 50K
Pineapple juice 50K
Lemon juice 50K
Mango juice 50K
Fresh coconut 50K

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COFFEE & TEA

The Classics

Espresso	35K
Long black	35K
Latte	40K
Cappuccino	40K
Double espresso	45K
Matcha latte	40K
Flatwhite	40K

The Ice Ones

Iced long black	35K
Iced cappuccino	45K
Oreo frappuccino	65K
Avocado iced coffee	65K
Caramel iced coffee	65K
MILK CHOICE *Oat/Soy/Almond milk*	15K
EXTRA SHOT	15K

Hot Tea

TWG - Moroccan mint tea	35K
TWG - Chamomile	35K
TWG - Earl grey	35K
TWG - Vanilla bourbon	35K
TWG - English breakfast	35K

Ice Tea

Classic iced tea	35K
Mango peach iced tea	45K
Raspberry iced tea	45K
Watermelon iced tea	45K
Lychee iced tea	45K

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COCKTAIL

Low Calorie Cocktail

Lanky mojito 99K
Light rum, simple syrup, mint leaf, lime juice

Skinny margarita 99K
Tequila, lime juice, orange juice, simple syrup

Skinny bitch 99K
Vodka, lime juice, soda water, simple syrup

Size-zero strawberry daiquiri 99K
Light rum, strawberry, lime juice, simple syrup

Scrawny cosmopolitan 99K
Vodka, pomegranate juice, simple syrup

Slim frozen pina colada 120K
Light rum, pineapple, lime juice, simple syrup

Mango daiquiri 110K
Rum, mango, lime juice, simple syrup

Old Fashioned 130k
Bourbon whisky, cherry syrup, brown sugar, bitter

Negroni 130k
Bombay, camper, sweet vermouth, bitter

Beer

Beer bintang 50K
Beer crystal 45K
Beer singaraja 45K
Island brewing pilsner 55K
Island brewing summer ale 65K
Island brewing small hazy 80K

House Special

Canggu breeze 110K
Gin, strawberry, raspberry, cucumber, mint leaf, syrup, lime juice

Hazelnut berry mojito 110K
Rum, hazelnut syrup, strawberry, mint leaf, lime juice

Lychee martini 120K
Vodka, lychee liqueur, lychee fruit, lime juice, syrup

Berry margarita 110K
Tequila, tripel sec, raspberry pure, syrup, lime juice

Canggu whistle 110K
Gin, ginger, kafir lime leaf, syrup, lime juice

Orange caramel martini 110K
Vodka, caramel sauce, tangerin, lime juice

Long island ice tea 115K
Vodka, tequila, rum, gin, coke, triple sec, lime juice, sugar

Espresso martini 115K
Vodka, coffee, coffee liqueur, sugar

Soft Drink

Coca-cola 35K
Coke zero 35K
Soda water 35K
Sprite 35K
Tonic water 35K
Equil natural mineral water 50K
Equil sparkling water 50K

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WINE & SPIRIT

White Wine

Banrock, chardonay	450K
Cono sur bicicleta sauvignon -blanc	450K
Tall horse, chenin blanc	450K
Tall horse, moscato	450K

Red Wine

Cono sur bicicleta, Merlot	450K
Fuizon, Malbec	450K
Douglass green Cabernet-sauvignon	485K

Rose

Tall Horse, Pinotage Rose	450K

House Wine (by Glass)

Red wine	65K
White wine	65K

Spirit

Campari	80K	Bacardi's light rum	80K
Jägermeister	80K	Myer's dark rum	100K
Johnnie walker red label	90K	Absolut vodka	95K
Jack daniel's	100K	Grey goose vodka	110K
Chivas regal 12 YO	110K	Smirnoff vodka	80K
Glenfiddich 12 YO	120K	Jose cuervo tequila	80K
Bombay sapphire gin	90K	Bailey's irish cream	80k
Gordon's gin	80K	Jim Beam	100k
Tanqueray gin	100k	Hendrick's Gin	110k

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