



Amed's Freshest Choice of Healthy
Balinese and World Cuisine



Appetizers *(great to share or for yourself!)*

Vegetarian Spring Roll	Rp 35,000
Small Life Salad organic greens, date, jicama & toasted pumpkin seeds	Rp 35,000
Crunchy Deep Fried Calamari with garlic mayonnaise	Rp 40,000
Toasted Sesamed Tuna with papaya salsa	Rp 40,000
Homemade toasted garlic Focaccia bread	Rp 30,000
Plain toasted homemade Focaccia with olive oil	Rp 35,000
Focaccia with tomato, basil, feta & olive oil	Rp 50,000
Quesadilla with mozzarella cheese & salsa	Rp 50,000
Quesadilla with mozzarella chicken or bacon & salsa	Rp 55,000
French Fries with garlic mayonnaise	Rp 30,000

Soups

Fresh Tomato	Rp 30,000
Pumpkin	Rp 30,000
Green Mixed Vegetable	Rp 30,000
Carrot & Ginger	Rp 30,000
Chicken Noodle	Rp 30,000
Traditional Soto Ayam, glass noodles, chicken & egg	Rp 40,000

Salads

Life Salad organic greens, date, jicama & toasted pumpkin seeds	Lg Rp 55,000 Sm Rp 35,000
Greek Salad organic salad, cucumber, tomato, feta cheese, olives	Rp 60,000
Mixed Salad with sautéed chicken and mayonnaise dressing	Rp 60,000
Mixed Salad with sautéed tuna	Rp 60,000
Calamari or Chicken Salad with asian ginger dressing & East Bali cashews	Rp 60,000
Tempe Manis Salad with asian ginger dressing and East Bali cashews	Rp 60,000

* Vegetarian = * Vegan = * Gluten-Free = * Life's Favorites =

(Government tax & service charge +15%)

Sandwiches

Ham and Cheese with french fries	Rp 45,000
Chicken with french fries	Rp 55,000
♥ Club (egg, cheese and ham) with french fries	Rp 60,000
Focaccia, Mozzarella, Tomato, Basil, Balsamic with french fries	Rp 60,000
Sandwiches with Home made Focaccia Bread +	Rp 10,000

Burger

Beef Burger on bun with french fries	Rp 75,000
Beef Cheese Burger on bun with french fries	Rp 80,000
🌿 Vegetarian Bean Burger with french fries	Rp 60,000

Side Dishes

🌿 French Fries	Rp 25,000
🌿 Plain Steamed Rice	Rp 10,000
🌿 Garlic Mashed Potatoes	Rp 30,000
🌿 Mashed Potatoes	Rp 30,000
♥ 🌿 Crispy Tempe Manis	Rp 30,000
Shrimp Crackers	Rp 20,000
🌿 Spicy Urab (green beans, coconut, sambal)	Rp 30,000
♥ 🌿 GF Gluten-Free Savory Crepe	Rp 25,000

Children's Dishes

🌿 Plain pasta	Rp 20,000
🌿 Pasta with tomato sauce	Rp 40,000
Pasta with bolognese sauce	Rp 50,000
Chicken Nuggets and french fries	Rp 40,000
Fish & Chips	Rp 45,000

* Vegetarian = 🌿 * Vegan = 🌿 * Gluten-Free = GF * Life's Favorites = ♥

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Main Dishes

(Change Rice to French Fries or Mashed Potato Rp 15,000)

Chicken

Tender Grilled Chicken with vegetable, rice and Balinese sambal	Rp 65,000
♥ BBQ Chicken Satay with peanut sauce, rice and Balinese vegetables	Rp 65,000
Balinese Chicken and Vegetable Curry	Rp 60,000
♥ Opor Ayam, chicken seasoned in coconut milk served with rice & urab	Rp 70,000
♥ Chicken Satay Lilit with coconut, Balinese spices, rice and vegetable	Rp 65,000
♥ Sweet and Sour Chicken with steamed rice	Rp 65,000

Beef

BBQ Beef Satay with Balinese vegetable, peanut sauce & rice	Rp 70,000
Beef Curry with vegetable and coconut milk	Rp 65,000
♥ Beef Rendang with Balinese vegetable, tempe manis & rice	Rp 70,000

Seafood

Shrimp and Vegetable Curry	Rp 60,000
Fish and Vegetable Curry with rice	Rp 60,000
Grilled Fish in Banana Leaf with Balinese vegetable and rice	Rp 65,000
Seafood and vegetable curry with coconut milk, shrimp and calamari	Rp 65,000
Fish and Chips with organic salad	Rp 70,000
Grilled Prawn with vegetable, rice and garlic sauce	Rp 90,000
♥ Mixed Grilled Seafood platter for 2 person	Rp 220,000
Grilled prawn, Grilled Fish, seafood & veg curry, balinese vegetable and rice	
♥ Grilled Fish of the Day with organic salad and fries	Rp 80,000

*** Please look at our Specials board for Fish of the Day**

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Vegetarian

change Rice to French Fries or Mashed Potato

Rp 15,000

♥ Gado Gado, mixed vegetable, tempe, tofu, boiled egg & peanut sauce Rp 45,000

Vegetables Nasi Goreng, vegetable fried rice with egg Rp 40,000

Vegetables Mie Goreng, vegetables fried noodle with egg Mixed Rp 40,000

♥ Vegetable Curry with coconut milk and rice Rp 40,000
with Tempe or Tofu Rp 45,000

Chap Chay, mixed fried vegetable Chinese style with rice Rp 40,000

Vegetarian Bean Patty with urab & rice Rp 50,000

♥ Crispy Tempe Manis with Balinese vegetable and rice Rp 45,000

♥ Life Veggie Bean and Mushroom Wrap, Rp 50,000
with cucumber riata and tomato salsa

Life Veggie Wrap in gluten-free savory crepe Rp 55,000

Vegetarian Bean Burger with french fries Rp 60,000

Focaccia, Mozzarella, Tomato, Basil, Balsamic with french fries Rp 60,000

Tempe Manis Salad with asian ginger dressing Rp 60,000
and East Bali cashews

CELEBRATIONS

♥ Chicken Tutu

2 person Rp 200,000

4 Person Rp 400,000

Steamed whole chicken stuffed with Balinese tropical sauce served with rice, urab and Balinese sambal

* please order one day in advance

Birthday Cakes

Chocolate Decadence Rp 300,000

Carrot Cake Rp 300,000

Cheesecake Rp 350,000

Ⓞ *Gluten-free options available

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When we opened in 2004 there were only a few places to eat and hotels in Amed, I had been coming to the area since 1996 when there was barely a road, phone lines and generators were still in use.

I had always cooked since a child, so with the help of Susie and the Life crew we began being creative in the kitchen using some family recipes with a Balinese twist. We were the first to serve organic green salads, and our infamous Chocolate Decadence Cake & Brownies. We are continually adding new recipes, with fine ingredients.

In 2015 we remodeled and added our Yoga Shala, where you are welcome to lounge in the daytime with comfortable cushions and ocean view, a peaceful place to enjoy Life cuisine and reflect during your visit to Amed.

We hope there is something for everyone on our menu. We have so many people from all over the world visiting us. We appreciate that you found us... Sarah Love Life



Yogi Times Best of Bali 2018



Trip Expert Best of Bali Experts' Choice 2017 and 2018



Trip Advisor Top 25 in Indonesia Family Hotel 2013 and 2014

www.LifeBali.com