



# Soft Opening Menu

Fresh, healthy, locally sourced or home made, this is what we believe in and we do every day to support your health and fitness goals.

Please note that our house milk is daily fresh home made coconut milk.





## COFFEE HOT

Espresso	20
Espresso Double	25
Americano	30
Latte	35
Piccolo Latte	32
Flat White	35
Cappuccino	35

## COLD

Iced Latte	40
Iced Americano	35
Cold Brew	25

### Want to change your milk?

-  Coconut Milk included
-  Fresh Cow Milk +5K
-  Oat Milk +10K
-  Almond Milk +15K

## TEA HOT

Tea Bag	20
(Green Tea Jasmine, Peppermint, Chamomile, Earl Grey, English Breakfast)	



## COLD

Iced Tea	10
Iced Lemon Tea	12

## PRE/POST WORKOUT

BCAA Mojito	45
Watermelon	
Creatine Margherita	40
Tropical	
Pre Workout	45
Orange	

## PROTEIN FAVORITES

		
<b>Cocotein</b> Chocolate Protein, Coconut Water	45	60
<b>Very Berry</b> Strawberry Protein, Coconut Milk, Strawberries, Raspberries, Blueberry	50	65
<b>Healthy Hulk</b> Vanilla Protein, Coconut Milk, Kale Avocado, Spinach, Mint	50	65
<b>Peanut Butter &amp; Jam</b> Chocolate Protein, Coconut Milk, Peanut Butter, Banana, Strawberries	50	65
<b>Mango Tango</b> Mango Protein, Coconut Milk, Fresh Mango, Chia Seed Coconut Yoghurt	50	—
<b>Dragon Power</b> Vanilla Protein, Coconut Milk, Dragon Fruit, Banana	50	65

## CUSTOM MAKE YOUR PROTEIN SHAKE

### 1. Select your Protein

Whey 40K    Vegan 55K

### 2. Select your Liquid

Water or Coconut Milk include  
Coconut Water +5K, Fresh Cow Milk +10K, Oat Milk +15K, Almond Milk +20K

### 3. Add Fruits

Banana +3K, Strawberry +6K, Mango +5K, Dragon Fruit +5K, Avocado +5K, Watermelon +3K, Pineapple +3K

### 4. Add More

Peanut Butter +5K, Chia Seeds +3K, Rolled Oats +2K, Cranberry +3K, Sunflower Seeds +2K, Espresso Shot +10K

\*Prices in 1.000 IDR. All prices **ALREADY INCLUDE 10% TAX (PPN)**.  
Prices are for dine/drink in, an extra charge applies **FOR TAKE AWAY +1.000 IDR**.  
**Ubud.Fitness Member receive 10% Discount on all Food & Beverages.**  
Terms and Conditions apply.