

Dear Alyne Presents

5 DAYS IN
B•A•L•I
A FOOD GUIDE

Island life - Condensed in perfect food form



DEAR ALYNE

Facebook and Insta

contents

Day 1- "The Posh Life" -Ubud, Bali


Day 2- "Local Eats" -Ubud, Bali

Day 3- "Clean Eating" -Ubud Bali

Day 4- "Work and Play" -Canggu, Bali

Day 5- "Best of" -Seminyak

Courtesy of: Dear Alyne (FB)



Day 1-
"The Posh Life"
Ubud, Bali

Breakfast: Atman Kafe - \$\$

Centrally located near Yoga Barn, great service, relaxing interior, massive menu with really delicious fare.

Dish up: **The tofu scramble** (to die for)

Drink up: **Green juice** for that Bali Glow

In the mood for dessert? Try the **Beet or Carrot Cakes**.

Lunch: The Elephant -\$\$

Famed for gorgeous jungle views, food, and atmosphere.

Dish up: **Vietnamese pancakes** (healthy, and incredibly photogenic)

Drink up: **Mango and Dragonfruit smoothie**. Thank us later. (V*)

Dinner: Locavore -\$\$\$\$

Michelin star rated restaurant. Best food in Bali. Make reservations at least a few weeks in advance. They offer 5 or 7 course menus, with an optional drink menu. Central Ubud.

Dish up: **The tofu scramble** (to die for)

In the mood for dessert? Try the Beet or Carrot Cakes.



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Day 2-
"Local Eats"
Ubud, Bali

Breakfast: AA Juicery. -\$

Centrally located near Yoga Barn, great service, relaxing interior, massive menu with really delicious fare.

Dish up: **Scrambled Eggs** -simple but delicious
Drink up: **Beet juice** for that Bali Glow

Lunch: Abe Do - Organic Warung - \$

There are a lot of hole-in-the wall local "warungs" (restaurants) in Ubud, but only one is mostly organic, and run by a sweet couple. Expect a small setting, delicious food, great prices, slower service.

Dish up: **Gado Gado** (Healthy local dish of tempeh, tofu, vegetables, and peanut sauce. A favorite!)

Drink up: One of their many **fresh juices by the bottle.**


Dinner: Warung Bintang Bali -\$

Down home cooking, famous for smoked meats, but great veg options available. Outdoors, rice field views, smaller place, and bring bug spray.

Dish up: **Smoked Meat Platter** (famous for a reason)
Dish up: **Mom's Eggplant Dish** (for the Vegetarians)
Drink up: **Passion fruit smoothie**, if in season/available



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Day 3-
"Clean Eating"
Ubud, Bali

Breakfast: Yoga Barn Cafe -\$

After a hard 7 am session of yoga, relax at the yoga barn cafe. Soak in the positive vibes, meet some new friends, and enjoy that Bali Sunshine!

Dish up: **Ayurvedic Wrap** - simple, healthy, filling great flavor
Drink up: **A Whole Coconut** - the best source of natural electrolytes
Take Away - Any of their vegan desserts, treats, or breads

Lunch: Clear Cafe - Organic Warung - \$

After the original Clear Cafe burned down, a new one rose up like a phoenix in the ashes - and it's amazing. With a gorgeous massive entrance, there is a variety of seating, a fireman's pole, a fish pond, and great food. Better ambiance than food.

Dish up: Skip the food, drink up the **juices and smoothies!**
Drink up: **Moringa Smoothie** - a superfood smoothie full of nutrients and flavor.

Dinner: Kismet -\$\$

Dinner and drinks with the perfect atmosphere. Kismet is classy, laid back, and modern. Perfect place to relax and catch up with friends. A massive and impressive drink menu, juices, teas, and signature cocktails.

Dish up: **Dragon Bowl** (famous for a reason - topped with skewers of your choosing)
Dish up: **Panini's** (for gooey, delicious perfection)

Drink up: **Matcha Latte** or the **Tiger's Eye** (whiskey, ginger beer, and lemon)



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Day 4-
"Work and Play"
Canggu, Bali

Breakfast: Machinery Cafe - \$

AC, Wi-fi, relaxed vibes, nice owners. A work-away-from-home dream.

Dish up: **The Rosti** - Essentially a Swedish Latke #SoGood

Drink up: **Latte** - Warm, caffeine-y goodness

Lunch: Cafe Veda-\$\$

The place we went 4 times in 3 days #Obsessed

(Yes Wifi, no AC, but cool shaded seating.)

Dish up: **Anything**. Most dishes are fine, so follow your heart here. Their specialty is their desserts (below)

Sweet Nothings: **Mint, Snickers, or Oreo (vegan) Cheesecakes**. *"We'd like 4 of everything please?" Or the brownie. Nom.*

Dinner: Betelnut -\$

A Canggu staple. Addictive and affordable, Betelnut offers a downstairs AC room with Wifi and plugs.

Dish up: **Nasi Gila** -Traditional, full of flavor, amazing red rice

Big Betelnut Salad, A healthy staple

Red Curry, Flavor on flavor

BONUS: Staying a second day in Canggu? Try out the famed "Milk and Madu" for an egregiously overpriced, yet deliciously beautiful smoothie bowl.



Day 5-
"Best of"
Seminyak, Bali

Breakfast: The Spicy Coconut- \$

213 reviews and 5 stars? That's a go, bro.

Dish up (Breakfast) : **Pancake Stack**- Coconut, banana and dates. Texture and flavor on point.

Dish up (lunch): **Spiced Chickpea Burger** - Concurrently light, filling, and flavorful

Lunch: Peloton Supershop -\$\$

*Bike shop turned Supercafe. Hipster paradise. Consider your mind, *blown*.*

Also this place is instaworthy.

Dish up: **Jackfruit Tacos**. Sound weird, taste amazing.

Sweet Nothings: **Vegan. Snickers. Bar.**

Dinner: Char Char Bar & Grill -\$\$

Amazing ambience and multilevel seating to watch the world go by.

And by the world we of course mean all the Australians out on the town.

Dish up: - To be honest, you're here for the atmosphere more than the food.

Famed for grilled meats.

Drink up: Anything, get ready for a night out at **La Favela!**



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enjoyed your
"5 days in Bali"
Food guide**



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