

delicious.

**FAST
FOOD**

HEALTHY
ONE POT
DINNERS



DARK CHOCOLATE PAVLOVA

AUTUMN PICK Chocolate swirl pavlova with spiced maple pears

Plus wicked Easter desserts: sticky maple scrolls, the new Black Forest, marshmallow S'more pie + more



MATT PRESTON
Pesto *a la* Preston,
no basil necessary!



**CHRISTINE
MANFIELD**
Destination Turkey



JAMIE OLIVER
Power breakfast:
protein pancakes

INSIDER.

24 hours in NUSA LEMBONGAN

Smiley locals, eco-friendly cafes and rugged beaches combine to make this unsung island Bali's next big thing, writes **Kristy Barratt**.

 @kristymariebaz

8:00am

SALUTE THE SUN

Embrace the chilled island vibe and head to **The Yoga Shack** (Secret Garden Bungalows, Jungutbatu Village), an open-air studio with a quintessential Balinese thatched roof, wafting incense and a selection of daily classes on offer. If downward dog is not your thing, have a dip in the island's turquoise waters (pictured) or take an early morning snorkel tour out to Manta Point and Crystal Bay, two sites teeming with manta rays, beautiful bright coral and tropical fish.

10:00am

ECO WARRIOR

As breakfast beckons, walk to nearby **Bali Eco Deli** (Jalan Raya Jungut Batu, Jungutbatu) for a feel-good fix of fresh juices, smoothies, homemade banana bread and fruit platters. The laidback cafe runs its own recycling program on the island: they don't give out straws, offer a 10 per cent discount if you bring in plastic bottles, and provide free refills of non-disposable bottles.

12:00pm

SEASIDE LUNCH

'Eat, sleep, beach, repeat' is the motto at **Sandy Bay Beach Club** (Sunset Beach, Sandy Bay), a rustic beach-chic venue where you can have lunch with the sand between your toes, then enjoy a dip in the infinity pool. Book ahead and request a free pick up from your hotel. Once there, share the coconut prawns, sweet corn fritters and barbecued mahi mahi fillet. Pop into **The Walking Tree** boutique after lunch for all sorts of goodies – think homewares, custom-made jewellery, Turkish towels, sunglasses and swimwear.

3:00pm

HANDS ON

Nearby, the light-filled **Glo Spa** (Sandy Bay Beach Club) offers massage treatments, body scrubs, facials, manicures, pedicures and hair treatments. Opt for the traditional Balinese massage: you choose your own oil and are served warm ginger tea after your treatment.

5:00pm

THAT BALI SUNSET

Happy hour on the island is big news. Get to **The Deck Cafe & Bar** (Jalan Danau Tamblingan) early; its chic, comfy couches and waterfront location make it a hotspot at sunset. One mango daiquiri will easily turn into three.

7pm

VILLA LIFE

Above The Deck is **Muntigs Bar & Restaurant** at **Batu Karang Lembongan Resort & Day Spa** (Jalan Danau Tamblingan), serving up Asian and international fare in a candlelit setting. Try the signature seafood spaghetti. After dinner, and more cocktails, rest your head at one of the resort's luxe villas or suites. ✕



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