

UBUD

HOME CAFE +62 361 978 963
DELIVERY SHOP +62 361 976 324

BATUBULAN

HOME DELIVERY
+62 812 3629 2805

BUKIT

HOME DELIVERY
+62 361 701 980

Café | Bakery | Health Food Store | Home Delivery

01

LeSOS

Lembaga Sertifikasi
Organik Seloliman

MAJELIS ULAMA
INDONESIA

Bali Buda®

EDITION
XVII
2021

KEROBOKAN

HOME DELIVERY
+62 361 8445 935

CANGGU

HOME DELIVERY
+62 811 3951 501

RENON

HOME DELIVERY
+62 812 3822 170

BALI BUDA Then & Now



Bali Buda Cafes and Stores came into being over 26 years ago with a passion for bringing the best quality food to people who choose healthy ways to care for themselves and their families. We were also as much about supporting people who care to be good stewards of the island and about reconnecting you to your food supply.

In 1999, we (Brenda Ritchmond and Paolo Righetti) bought a small café on a quiet side street in Ubud, Bali, where they were selling homemade yogurt and New York style bagels. We were inspired by the philosophy “You are what you eat” and wanted to provide natural, delicious and comforting food prepared in a conscious way. We started running our first Bali Buda Café, offering healthy meals, snacks and drinks, while caring for our actions and the effect on the people and the environment around us. Then, what we did was called “alternative living.” Now, what we do is called triple bottom-line sustainability, people and planet over profit.

Soon after, we opened a small health food store selling best practices organic produce in collaboration with Bali Organic Association (BOA), a small farmers initiative headed by Ibu Kartini, CNN Heroes 2019 nominee, with the vision of an all organic Bali. We

added locally sourced fresh homemade food items that supported our local farmers and cottage industries and eventually expanded our product range to include natural medicines, housewares, cleaning supplies, body care and more.

In 2003, needing a bigger waste solution for our growing business, we launched the first official recyclables collection network in Bali, then called ABC Recycling and now known as Eco Bali Recycling. Today, around 90% of all Bali Buda waste is composted or recycled. Each of our outlets has a small recycling center that allows customers to return all of our packaging for proper waste management.

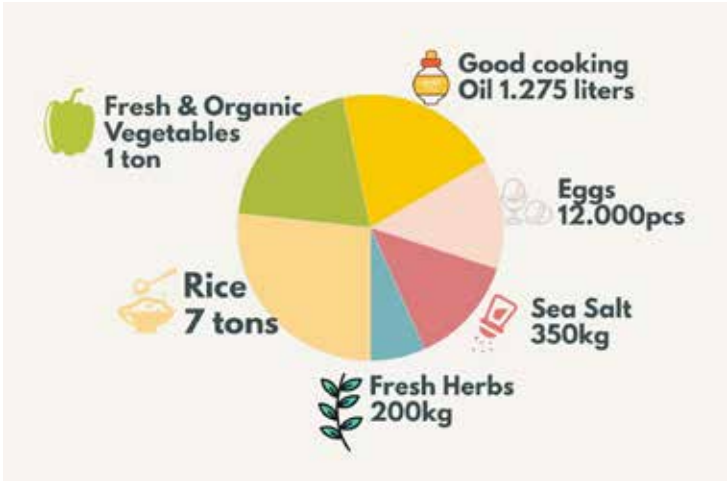
Next in 2008 we began opening in other areas, a second store in Kerobokan, a third store in Bukit, next Batubulan, then Canggu and finally in Renon, Denpasar, bringing our philosophy of living healthy to new communities. Our Renon store, newly opened in 2020, contains an in-store workshop space – a new feature – where we finally have space to offer classes and training for the public.

Today, Bali Buda serves 1,000 people daily and bakes more than 500 loaves of fresh bread before the sun rises. We have recently launched a new website with easy online ordering and can now send your order anywhere in Bali or across Indonesia.

We are constantly seeking new products to make living healthier easy, wherever you are.

To show our gratitude for making it through this year, we have shared healthy food packages with over 1,275 people so far during these challenging times.

If you have any questions, concerns or compliments, reach out to us on social media.



GO FOR SLOW FOOD 
find beauty in simplicity
leave a gentle foot print
FAVOUR SUSTAINABILITY
Nourish with Real Food
CHANGE YOUR FOOD CHANGE YOUR LIFE
A LOUD NO TO GMO
LESS TOXINS MORE ORGANIC
COOK WITH YOUR KIDS
♥ THE FOOD YOU EAT

The *Bali Buda* manifesto

ORDER VIA WHATSAPP

UBUD

: 0811 3951 202

KEROBOKAN

: 0887 3808 757

BUKIT

: 0887 3808 771

CANGGU

: 0811 3951 501

RENON

: 0812 3822 170

BATUBULAN

: 0812 3629 2805

YOU CAN ENJOY ALL OF BALI BUDA'S PRODUCTS,
MEALS & GROCERIES VIA OUR HOME DELIVERY SERVICE!

GO HEALTHY, BE HAPPY

{exciting menu on pages 3 - 5}
your **FREE** copy
feel free to take us home with you!

KEEPING IT REAL .

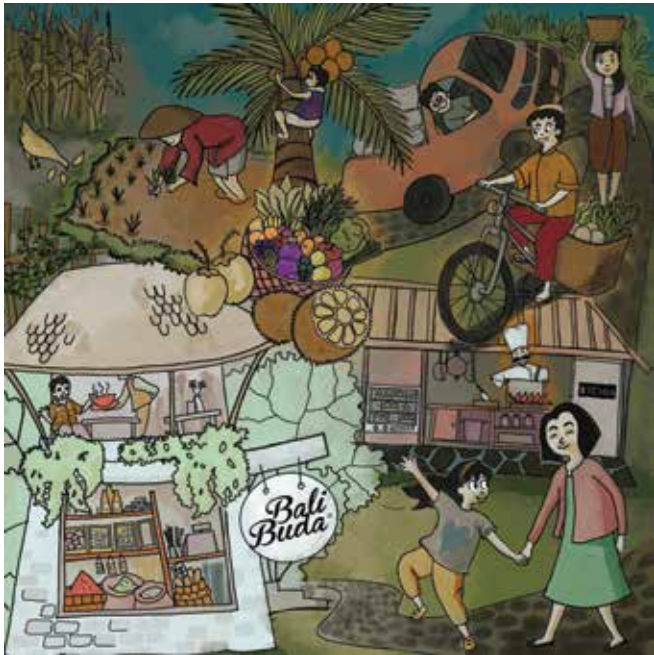
All baked goods and foods at Bali Buda are homemade everyday, no big equipment involved.

We never use MSG. We only use free-range natural eggs. Our chicken is free-range & organically grown, hormone-free, and free of antibiotics.

We only use coconut oil in our cooking & food processes, we avoid all products containing palm oil.

We go the extra mile to serve produce, gains & proteins as chemical-free & non-GMO as possible.

We love and support both Slow Food & Slow Life concepts. We are members of Slow Food Ubud & Slow Food International. We support organic agriculture & sustainable living initiatives in Bali. We practice principles of Fair Trade.



Bali Buda

ZERO WASTE PROGRAM

CHAPTER 1

Turn Back Trash

Please don't throw away your Bali Buda packaging, bring them back to us to be recycled instead.

Unless you're already recycling them, good on you!

We do not accept anything other than **recycleable Bali Buda packaging**.

Get cashback for returning our glass jars and bottles!

Bali Buda

ZERO WASTE PROGRAM

CHAPTER 2

Bring Your Own Bag

Since January 2018

We've stopped providing plastic bags for our customers and encourage you to bring your own, or purchase one of ours.

Shop over Rp 300.000 we'll give you an earth friendly Bali Buda bag for FREE!

Bali Buda

CLEAN ECO-FRIENDLY

CHAPTER 3

Zero Waste

Start replacing your household cleaning products & tools for eco-friendly and natural alternatives.

Check out our store for eco-friendly & minimal waste products!

Bali Buda

ZERO WASTE PROGRAM

CHAPTER 4






Shop from Bulk Dispensers

We have introduced bulk options in all our shops since 2015

Buy what you need in any amount.

To minimize waste, bring your own containers or you can purchase reusable ones in our store.



<div>All - Day Breakfast</div> <div><div><div><div>1. BANANA PASSIONFRUIT STACK41</div><div>Our signature homemade banana bread covered with homemade all natural peanut butter, fresh strawberries, banana & toasted seeds, topped with homemade passion fruit jam, yogurt on the side.</div></div><div><div>2. FLUFFY CASSAVA PANCAKES47</div><div>Made from bananas, cassava flour & eggs then happily topped with palm syrup, caramelized pineapple & fresh lime. GF V Vegan version available</div></div><div><div>3. DELICIOUS HOT OATMEAL42</div><div>Healthy rolled oats cooked with fresh coconut milk, homemade wraps, date & local kenari nut topping and a side of palm syrup. V</div></div><div><div>4. BREAKFAST BOWL60</div><div>A bowl of colorful fresh seasonal fruits, local yogurt, activated almonds & our homemade granola. GF V homemade coconut yogurt & roasted seeds</div></div><div><div>5. THE ULTIMATE ORGANIC FRUIT SALAD42</div><div>The most beautiful in season, local & organic fruits covered in fresh shredded coconut and activated almonds. V GF</div></div></div><div><div>Fluffy Cassava Pancakes</div></div><div>FRESHLY BAKED BREAD SELECTION:<div><div>New York Style Bagels: plain • sesame • garlic</div><div>Country Bread</div><div>Plain or Charcoal Buns</div><div>Brown Bread</div><div>Sunshine Loaf GF</div></div></div><div>Egg Dishes<div>change for Organic Duck Egg+5</div><div><div><div>1. AVOCADO SMASH66</div><div>Freshly baked bread with a nutritious covering of smashed ripe avocado, green peas, feta cheese, sprouts, roasted seeds & 2 poached eggs with a side of homemade sweet sambal. V with with crispy tofu, our homemade vegan cheese & sunshine loaf GF</div></div><div><div>2. TWO EGGS ANY STYLE27</div><div>2 natural chicken eggs served with freshly baked bread</div></div><div><div>3. OMELETTE42</div><div>Cheesy herb filling, a side of cheesy herbed crumbs & your choice of fresh baked bread.</div></div><div><div>4. BIG MONSTER BREAKFAST88</div><div>Great for any time of the day! 2 eggs your style, beef rashers, chicken sausages, grilled tomato & freshly baked bread</div></div><div><div>5. PALEO BREAKFAST PLATE64</div><div>Full of good fats and probiotics - 2 eggs your way, beef rashers, avocado, seasonal vegetables & our homemade Bali spiced sauerkraut.</div></div></div></div><td><div>Sandwiches & Wraps</div><div><div>Choose from our selection of daily fresh bread. Gluten-free bread available!</div><div><div>1. GREEN PEA FALAFEL WRAP53</div><div>A very special red rice flour wrap filled with homemade green pea & chickpea falafel, aubergine & beetroot hummus. GF</div></div><div><div>2. CHICKEN CURRY PITA66</div><div>The best Probio chicken with our special Bali Buda mixture of homemade mayonnaise, raisins, cashew nuts & fresh organic greens.</div></div><div><div>3. GRILLED CHEESE SANDWICH29</div><div>Comfort food at its best! Cheddar cheese melted between 2 slices of grilled brown bread. Great together with red pepper and tomato soup.</div></div><div><div>4. BREKKY BURRITO41</div><div>Another great wrap made of red rice flour filled with spiced tofu scramble, homemade hummus, apple slaw, Bali spiced sauerkraut, salsa & avocado. GF</div></div><div><div>5. PESTO CHICKEN WRAP53</div><div>Clean protein Probio chicken mixed with really delicious homemade pesto dressing, bean sprouts & organic salad in a wrap of your choice red rice wrap /nori wrap GF</div></div><div><div>6. FRESH SPRING ROLLS35</div><div>A refreshing mix of organic salad & herbs, GMO-free tofu and rice noodles wrapped in rice paper. A special mix of both peanut and miso on the side. V GF</div></div></div><div><div>Bali Buda Tacos</div></div></td><td><div>Smoothie Bowls</div><div><div><div>1. TUTTI-FRUTTI BOWL71</div><div>Seasonal fruits & yogurt smoothie, topped with fresh fruits, homemade granola, coconut flakes and black sesame seeds V GF with coconut yogurt & roasted seeds</div></div><div><div>2. SUPERCHARGER BOWL57</div><div>A hearty blend of banana, our homemade peanut butter, oats, dates & coconut, topped with fresh local fruits & our house-made granola V GF with roasted seeds</div></div></div><div>Extras to Boost your meals!</div><div><div><div>1. DUCK EGG 1 pc (Choose your style)8</div><div>2. CHICKEN EGG 1 pc (Choose your style)6</div><div>3. BEEF RASHER 3 slices22</div><div>4. CHICKEN SAUSAGE 1 pc8</div><div>5. PROBIOTIC GRILLED CHICKEN37</div><div>6. HALF AN AVOCADO22</div><div>7. HERBED SMASHED PEAS16</div><div>8. BAKED ORGANIC SWEET POTATO32</div><div>9. CRISPY HASH BROWN 1pc20</div><div>10. FRENCH FRIES24</div><div>11. QUINOA38</div><div>12. BROWN BREAD SLICE6</div><div>13. COUNTRY BREAD SLICE6</div><div>14. SUNSHINE BREAD SLICE (GF)8</div><div>15. WHITE RICE PORTION (ORGANIC)11</div><div>16. BROWN RICE PORTION (ORGANIC)13</div><div>17. RED RICE PORTION (ORGANIC)13</div><div>18. MARINATED CRISPY TOFU24</div><div>19. TOFU YOUR WAY6</div><div>20. ROASTED VEGETABLES20</div><div>21. SAUTEED MUSHROOMS15</div><div>22. CRUNCHY COLESLAW9</div><div>23. HOMEMADE GRANOLA13</div></div><div><div>Homemade Sweet Sambal</div></div></div></td></div>	<div>Sandwiches & Wraps</div> <div><div>Choose from our selection of daily fresh bread. Gluten-free bread available!</div><div><div>1. GREEN PEA FALAFEL WRAP53</div><div>A very special red rice flour wrap filled with homemade green pea & chickpea falafel, aubergine & beetroot hummus. GF</div></div><div><div>2. CHICKEN CURRY PITA66</div><div>The best Probio chicken with our special Bali Buda mixture of homemade mayonnaise, raisins, cashew nuts & fresh organic greens.</div></div><div><div>3. GRILLED CHEESE SANDWICH29</div><div>Comfort food at its best! 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Salads

Our produce is organic as possible and always washed in 100% natural produce wash
BOOST your salad with extras on page 3
Variety of house dressings available

1. **EARTH BOWL** Get grounded with a bowl of earthy colors - roasted pumpkin, sweet potato, carrots, apple, greens, pickled beetroot, Bali Buda spicy kraut-chi, sprouts & lentils, served with our homemade hummus, sambal & fresh herbs. 53 V
2. **BALI BUDA BOWL** An amazing assortment of rainbows - Beetroot, carrots, corn, bean spouts, tomatoes, cucumber, sunflower & pumpkin seeds & organic garden greens, served with GF sunshine bread. 53 V GF
3. **TEMPE SALAD** Sweet & spicy organic tempe on a bed of organic mixed leaves, peppers and tomatoes with our homemade green sambal. 35 V GF
4. **MIXED GRAIN SALAD WITH POACHED EGG** Highly recommended and one of our faves! Ancient grains, roasted cashews, pumpkin seeds, roasted sweet purple potato, fresh salad, avocado, feta cheese, cumin yogurt dressing & poached egg. 85 GF
5. **LEAN GREEN BOWL** Our ancient grain mix with kale, grilled broccoli, greens beans, toasted almonds, mixed seeds, goji berries, avocado, grilled coconut & herbed tahini dressing. 53 V GF
6. **AYOMAYO SALAD** pro-biotic chicken with spiced vegan mayo on a bed of fresh salad with kale, sunflower seeds, pepito seeds & our homemade pita bread 71

Soul Soups

Served with homemade focaccia bread or any choice from our fresh daily bread selection on page 3

1. **SUNSHINE LENTIL STEW** Brighten up your day with a warm bowl of lentils, carrot, pumpkin, brown rice & yogurt. 45
2. **PURPLE SWEET POTATO SOUP** A feast for the eyes and delicious to taste, made from nutrient rich local purple sweet potato with a gentle blend of aromatic spices, topped with our homemade coconut yogurt & served with a side of herbed smashed peas. V GF 43
3. **SUPERFOOD MINESTRONE** A healthy addition to the Italian tradition - kidney beans, fresh vegetables, quinoa & parmesan in our homemade tomato-base. 45
4. **LIGHTLY SPICED PUMPKIN** Comforting smooth pumpkin, onion, garlic & leek 45
5. **GRATEFUL FOR GREENS** A vibrant mix of greens, onion, garlic & leek 39
6. **RED PEPPER & TOMATO** An old time garden favorite of tomatoes, red pepper, onion, garlic & leek 55
7. **MISO SOUP** A Japanese tradition full of enzymes sprinkled with GMO-free tofu & mushrooms. V GF 37

Bali Buda Mains

1. **GOURMET CHICKEN BURGER** 65
A scrumptious best seller! Healthy home-made probiotic chicken patty, topped with mayonnaise & fresh salad, served with a side of organic salad or homemade fries
2. **GOURMET BEAN BURGER** 65
Our homemade delicious bean patty, topped with mayonnaise & fresh veggies, served with a side of organic salad or homemade fries
- 

GLUTEN-FREE ALMOND BUN +32
Your healthy gluten-free alternative made from almond flour, butter, cheese & eggs GF
2. **BIBIMBAP** Our version of the Korean favorite - Brown rice, sauteed spinach, zucchini, carrots, mixed mushrooms, sprouts, egg & beef rasher, served with our spicy kraut-chi & hot sambal. GF 60
V with crispy tofu & marinated coconut chips.
3. **BALI BUDA TACOS** A super refreshing light meal of hard shell tacos to with refried beans, fresh veggies, guacamole, salsa, cheddar & yogurt. 55 GF
4. **PROBIOTIC GRILLED CHICKEN PLATE** Using probiotic hormone-free chicken, served with a side of mix salad, hand-cut fries, mayo & our homemade tomato ketchup 58



Bibimbap

Indonesian Traditionals

Our tofu is made from GMO-Free soybeans
Served with your choice of organic white, brown or red rice

1. **VEGAN NASI CAMPUR** Traditional Balinese style and very fulfilling. Red rice surrounded with shredded grilled coconut, sprouts & greens, tasty tofu mix & sambal matah. V GF 45
2. **SOTO AYAM BARU** One of the many versions of Indonesian chicken soup - this is our favorite! Shredded probiotic chicken, noodles, egg, special spices & a dash of coconut milk. 65
3. **TOFU & CASHEW CURRY** 75
Brown rice surrounded by GMO-free tofu, freshly stir-fried veggies, chickpeas and crunchy cashews all in a mild curry & a dollop of raita. GF
4. **GADO - GADO** Simply fresh steamed vegetables & rice cake with a mild spicy peanut sauce on the side. V GF 42
5. **VEGETARIAN NASI GORENG** 42
Stir fried brown rice with tofu & veggies. A special vegetable satay & fried egg on top with a side of sambal. GF

Fresh Homemade Pasta

Choose from homemade spaghetti or fettucine

1. **SALSA POMODORO** an Italian mother's special tomato sauce recipe, with great pasta 65
2. **CREAMY HOMESTYLE MAC & CHEESE** A whole lot of feel-good carbs. Creamy macaroni, served with cheesy herbed crumbs and a side of crunchy coleslaw 65
3. **SCRUMPTIOUS PUMPKIN RAVIOLI** 55
Delicious homemade pumpkin ravioli in herbed butter, comforting and simple.
4. **VEGETARIAN LASAGNA** homemade pasta with fresh vegetables & bechamel, baked into delicious goodness 60



Homemade Ravioli

Pizza

1. **PIZZA PEPPERONI** mozzarella, beef pepperoni & parmesan 87
2. **PIZZA FONDUE** parmesan, mozzarella, feta cheese & cream 87
3. **PIZZA MARGHERITA** parmesan, mozzarella, oregano & olive oil 71
4. **PIZZA SPINACI** mozzarella, spinach, feta cheese, onion, kalamata olives & parmesan 87
5. **PIZZA JUNGLE CHICKEN BBQ** 98
BBQ sauce, parmesan, pineapple & pro-biotic chicken



<div>Super Health Smoothies</div> <div><div><div>1. RAW CACAO SMOOTHIE organic raw cacao, banana, raw honey & rice milk35</div><div>2. SUPER BERRY raspberry, blackberry, cranberry, mulberry, vanilla yoghurt, coconut water & raw honey46</div><div>3. GREEN SUPERFOOD SMOOTHIE papaya, apple, banana, spirulina, maca & ginger35</div><div>4. MEGA MAGNESIUM SMOOTHIE banana, avocado, avocado seed, vanilla yogurt, dates, rice milk, kale, cacao beans & cacao powder46</div><div>5. DOSHA BALANCING DRINK banana, house-made almond butter & dates35</div><div>6. AUSTIN HEARTBEET SMOOTHIE Banana, beetroot, avocado, pineapple, ginger & raw honey.38</div></div></div> <div>Super Health Drinks</div> <div><div><div>1. GOJI TURMERIC SUPER DUPER goji berries, fresh turmeric, tamarind, lime, black pepper & raw honey49</div><div>2. DETOX lime, raw honey, aloe vera & ginger with mint or cayenne35</div><div>3. GUAVA BLISS organic Bali guava, coconut water, raw honey, lime & ginger33</div><div>4. CLEANSING DRINK passion fruit, ginger & raw honey36</div></div></div> <div>Healthy Drinks</div> <div><div><div>1. PURE JUICES choose from beetroot, carrot, orange, tangerine with ginger or any combo up to 3 (no pure celery juice available, sorry)38</div><div>2. FRESH JUICES pineapple, papaya, avocado, banana, mango, passion fruit or any combo up to 329</div><div>3. NATURAL SODAS choose from lime, tamarind, ginger, citrus, mint, or any combo up to 330</div><div>4. NATURAL LEMONADES choose from lime, tamarind, ginger, citrus, mint or any combo up to 324</div></div></div> <div>House-made Kombucha</div> <div><div><div>1. GREEN TEA22</div><div>2. ROSELLA22</div><div>3. CHRYSANTHEMUM22</div><div>4. MANGOSTEEN22</div><div>5. SPICED APPLE ROOIBOS22</div></div><div><div>Fresh whole coconuts</div><div></div><div>16</div></div></div>	<div>Super Health Shots</div> <div><div><div>1. HOMEMADE APPLE CIDER VINEGAR SHOT10</div><div>2. PAPAYA LEAF JUICE SHOT BY THE JAR (300ml)1622</div><div>3. JAMU ASAM KUNYIT GLASS BY THE BOTTLE (500ml)1627</div></div></div> <div>Our All-time Fave!</div> <div><div><div>AYURVEDIC GOLDEN LATTE Warm & soothing immune-boosting turmeric with coconut milk36</div><div>INDIAN SPICED CHAI36</div></div></div> <div>Made Teas Selection by the Pot</div> <div><div><div>1. GREEN & JASMIN CHAI BLACK CHAI VANILLA COCONUT LEMONGRASS & GINGER26</div><div>2. AYURVEDA HEALING CHAI ROSELLA29</div><div>3. BRAIN BOOSTER CALMING & RELAX ENERGIZING HORMONAL SKINNY & DETOX31</div></div></div> <div>Homemade & Fresh Non-Dairy Milk</div> <div><div>plain / sweetened / hot / cold by the glassbottle</div><div><div><div>1. ALMOND MILK2945</div><div>2. CASHEW MILK2945</div><div>3. OAT MILK1830</div></div></div><div><div>Add a Serving of Superfoods to your favorite drink or meal</div><div><div><div>1. VIRGIN COCONUT OIL16</div><div>2. CACAO BEANS RAW GROUND16</div><div>3. CHIA SEEDS16</div><div>4. FLAXSEED GROUNDED16</div><div>5. SPIRULINA POWDER19</div><div>6. TURMERIC POWDER16</div></div></div><div></div></div></div>	<div>Coffee</div> <div>Served HOT or ICED</div> <div><div>Coconut Milk Substitute+6</div><div>Oat/Nut Milk Substitute+15/17</div></div> <div><div><div>1. ESPRESSO23</div><div>2. MACCHIATO25</div><div>3. CAPPUCINO35</div><div>4. CAFE LATTE35</div><div>5. AMERICANO30</div><div>6. POT OF ORGANIC BALI COFFEE21</div><div>7. FLAT WHITE35</div><div>8. MOCHA36</div><div>9. BULLETPROOF COFFEE espresso with grass fed butter & virgin cold pressed coconut oil to revive the mind & body38</div><div>10. ESPRESSO SHOT EXTRA10</div></div></div> <div>Bakery Fresh</div> <div><div>{with a side of fresh garden salad}+22</div><div><div>1. DELICIOUS QUICHES Sundried Tomato or Cheese32</div><div>2. SAMOSA Cheese or Vegetable22</div><div>3. SPANISH POTATO PIEGF24</div><div>4. SOFT PRETZEL8</div><div>5. STICKY CINNAMON ROLL24</div><div>6. MUFFINS Ask our staff for available flavors22</div><div>7. GLUTEN FREE MUFFINGF22</div></div></div> <div>Desserts</div> <div><div><div>1. CARROT CAKE26</div><div>2. CHOCOLATE MUD CAKE30</div><div>3. AMERICAN APPLE CRUMBLE PIEV30</div><div>4. NUTS & CHOCOLATE BARVGF22</div><div>5. UBI CILEMBU PIEVGF31</div><div>6. COCONUT PASSION FRUIT PIEGF15</div><div>7. CHOCOLATE MOUSSE CAKEGF30</div><div>8. CARAMEL STRAWBERRY FUDGE TART28</div><div>9. VEGAN LEMON TARTV24</div><div>10. NO-BAKE CHEESECAKE Ask our staff for available flavors49</div><div>11. SUPER CHOCOLATE BROWNIE14</div><div>12. BUTTERSCOTCH BARSGF19</div><div>13. CRAZY SUPERFOOD CHOCOLATE DREAM CAKEGF38</div><div>14. CARAMEL CASHEW PIE26</div><div>15. PANDAN CUSTARD SLICEGF32</div></div></div> <div>Raw Vegan Delights they're gluten-free too!</div> <div><div><div>1. RAW CHOCOLATE PUDDING PIE30</div><div>2. FRUITY SPIRULINA BALL20</div><div>3. MINTY SPIRULINA BALL20</div><div>4. CARDAMOM BALL20</div><div>5. PINEAPPLE GOJI BALL20</div><div>6. NO BAKE BROWNIE BALL20</div><div>7. PEANUT BUTTER BALL20</div></div></div>
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Our prices are in .000 IDR, and include 10% government Tax (5% service not yet included).

BALI BUDA SUPPORTING ZERO WASTE

We’ve made a commitment to Zero Waste. Here’s what we’re doing to get there: We stopped using plastic straws in our restaurants six years ago and offer glass straws on request.

• We were the first store in Bali to offer reusable cotton bags and we stopped using plastic shopping bags in our stores a year ago. On request, we give used newspaper shopping bags instead – which can be recycled.

• All Bali Buda stores have a recycling station to accept anything from our stores – receipts, glass jars, packaging, containers, paper bags, etc. All recycling is collected and processed by our partner, Eco-Bali.

• We’re phasing out paper and plastic delivery cups by putting soups and drinks in glass jars, which you can reuse or bring back. All our delivery containers can be reused or recycled. We encourage customers to bring their own containers for take-away orders.

• All of our delicious, freshly baked breads and bakery items are sold in compostable brown paper bags or cardboard boxes.

• We offer many alternatives to single-use products in our stores: cloth menstrual pads, bamboo utensils, glass straws and more.

• Our stores offer bulk items for sale – grains, liquid soap and more. We’re continually increasing the number of bulk items available.

• We aim for minimal waste in all our food production and recycle any supplier packaging. Any food left over from our restaurants and kitchens is composted for our farmers. Food waste doesn’t break down in landfills (air can’t circulate to trigger decomposition) so it’s important to stop it ending up there.

• We make delicious foods using whole produce, such as our skinny choco-and-vanilla custard, made from coconut pulp left over after we extract our fresh-bottled coconut water.

You also have a vital role to play in reducing waste. Here are some tips to get started:

• Don’t order or buy more food than you will use or eat. Roughly a third of all food in the world is wasted – and is one of the top reasons for human-driven climate change.

• Always bring your own containers and bags when you’re shopping.

• Support locally grown organic markets and sellers.

• Avoid single-use disposable products. Always carry your own water bottle, reusable straw and utensils, especially when eating out or getting delivery.

• Recycle.

Together, we can all move towards Zero Waste.

If you have any questions, concerns or compliments, please don’t hesitate to speak with one of our friendly staff. You can also reach out to us on social media. Our Facebook page is Bali Buda Café & Health Food Shops and we’re @balibuda on Instagram.



GET CASHBACK

for returning BALI BUDA GLASS JARS & BOTTLES

Rp. 500 per bottle and Rp. 1.000 per jar

What you need to know about plant-based plastics

Can bioplastics truly relieve pressure on the environment? Experts weigh in.

BY SARAH GIBBENS
Published November 15, 2018

What is bioplastic?

Bioplastic simply refers to plastic made from plant or other biological material instead of petroleum. It is also often called bio-based plastic.

It can either be made by extracting sugar from plants like corn and sugarcane to convert into polylactic acids (PLAs), or it can be made from polyhydroxyalkanoates (PHAs) engineered from microorganisms. PLA plastic is commonly used in food packaging, while PHA is often used in medical devices like sutures and cardiovascular patches.

Because PLA often comes from the same large industrial facilities making products like ethanol, it’s the cheapest source of bioplastic. It’s the most common type and is also used in plastic bottles, utensils, and textiles.

What happens when we're done with it?

Depending on the type of polymer used to make it, discarded bioplastic must either be sent to a landfill, recycled like many (but not all) petroleum-based plastics, or sent to an industrial compost site.

Industrial composting is necessary to heat the bioplastic to a high enough temperature that allows microbes to break it down. Without that intense heat, bioplastics won't degrade on their own in a meaningful timeframe, either in landfills or even your home compost heap. If they end up in marine environments, they'll function similarly to petroleum-based plastic, breaking down into micro-sized pieces, lasting for decades, and presenting a danger to marine life.

“If PLA [bioplastic] does leak out, it also will not biodegrade in the ocean,” says Jambeck. “It’s really not any different from those industrial polymers. It can be composted in an industrial facility, but if the town doesn’t have one, then it’s not any different.”

source: www.nationalgeographic.com

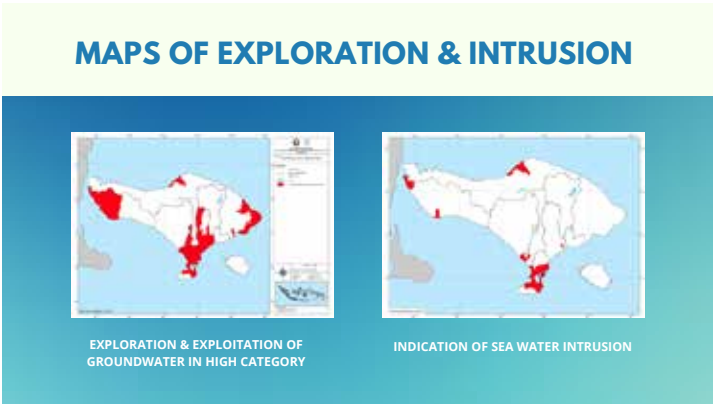


BALI WATER CRISIS

Bali Water Protection Program

By IDEP Foundation

Established in April 2013, the program was initiated by the IDEP Foundation with the assistance and technical support of the academic team from University Politeknik Negeri Bali (PNB) and Florence Cattin, a French lady, has been a real trigger for this project. She is the co-founder of the program and worked with us through a 3-years development phase. Brenda Ritchmond, co-founder of Bali Buda, has also been a key element by providing her support from the very inception of the program.



Bali Water and Its Problems. Under ideal conditions, the hydrological cycle naturally keeps the balance between input, saving and output, but industrial development and changes in human activity / behavior have disrupted the balance so that global issues arise about the water crisis. The main causes of global water crisis include increased water demand, global weather change, lacks of recharge areas or surface water catchment (Bouwer, 2001).

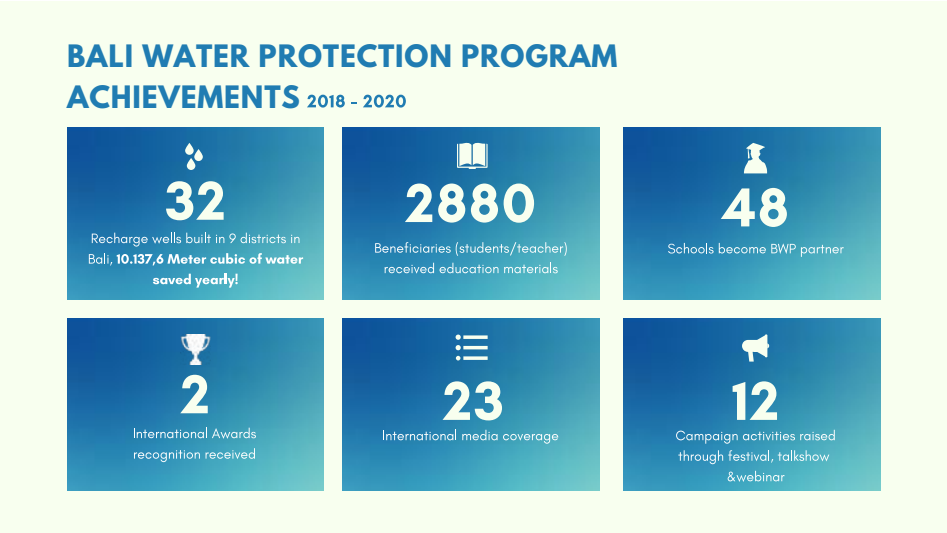
The main problems in the management of groundwater especially in Bali are the limited supply of water from the surface water source due to land conversion, groundwater exploitation due to industrial development, the behavior of people who are less concerned about environmental sustainability which ultimately leads to decreased groundwater, groundwater contamination, and soil subsidence.

Bali Water Protection Program aim to improve community resilience against water shortages caused by climate change and excess use of water from uncontrolled tourism industry. This will be done through a mixture of community development projects and installation of incharge wells. This will include raising awareness and increasing capacity building within schools and local communities about water conservation and management.

After the 2ndst phase, BWP continues the 3rd Phase of the program

(January 2021 – December 2021) by implementing the research result into a 3 sub-programs:

- 1.Adopt a well: Initiating community resilience to water scarcity risk and climate change impacts by building 32 recharge wells in most effective recharge areas in Bali & Delivering education materials on recharge wells
- 2.Adopt a river: Inform and raise awareness among children and communi- ties and invite them to become ambassadors of their section of the water way by delivering education awareness in 60 schools on water protection, distributing educational media (flyers, posters, booklets) and capacity building about water conservation, its sustainable use and resource management
- 3.Adopt a water: Raise awareness among the public about the importance to protect, respect and nurture the water resource via public media & activities by Hold a meetings with provincial government, Initiate multi-stakeholder conferences on solutions to Bali's water crisis to Govern- ment, youth and impact-driven community groups, Exposure Bali Water Protection maps to public, Information dissemination about the water crisis and solutions, which will spread to further communities, and Involve in national and international awareness raising public events.







There is no
WiFi
in Bali Buda
but we prom-
ise you will
find a better
'connection'



Can you help sponsor a child for school in Bali?

1 in 5 children will not graduate high school due to poverty.
Together, we can give these children a future.

www.balichildrenproject.org

FIND US *Near You*

UBUD Café | Shop. Jl. Jembawan No. 1
Ubud Gianyar, Bali





RESPONSIBLE WASTE MANAGEMENT
AND SUSTAINABLE LIFESTYLE
IN THE ISLAND OF BALI



We provide waste collection and recycling to suit your school, home, or business needs.



We offer easy home composting system for your kitchen scraps at home



We have eco-friendly products to support your zero waste lifestyle



FOR MORE INFORMATION
SCAN HERE



0822 3779 9819



info@eco-bali.com



www.eco-bali.com



Snail of
Approval
Slow Food® Bali

Slow Food is
Good, Clean & Fair

Slow Food’s approach to agriculture, food production and gastronomy is based on a concept of food quality defined by three interconnecting principles: good, clean and fair! The word good can mean a lot of things to a lot of people. For Slow Food, the idea of good means enjoying delicious food created with care from healthy plants and animals. The pleasures of good food can also help to build community and celebrate culture and regional diversity. When we talk about clean food, we are talking about nutritious food that is as good for the planet as it is for our bodies. It is grown and harvested with methods that have a positive impact on our local ecosystems and promotes biodiversity. We believe that food is a universal right. Food that is fair should be accessible to all, regardless of income, and produced by people who are treated with dignity and justly compensated for their labor.

KEROBOKAN Jl. Banjar Anyar No.24,
Kerobokan, Bali



CANGGU Jl. Padang Linjong, No.67A, Canggu,
North Kuta, Badung, Bali



BUKIT Jl. Raya Uluwatu Pecatu No.104



RENON Jl. Raya Puputan No. 108 Denpasar Timur



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& Health Food Shops

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LOCAL & NATURAL We do our best to serve organically farmed and GMO-free food. The Farms we buy our produce from have been under the supervision of BOA (Bali Organic Association) for the past 10 years. Our produce is grown as organically and chemical-free as possible. Besides being overseen by BOA, we periodically spot check the farms ourselves & conduct spontaneous random lab testing on the produce without prior supplier knowledge.