

HEALTH FOOD STORE | ORGANIC CAFE | BAKERY | REFILL STATION

WELCOME BACK!



It's been a few challenging years, but we made it through, and we are so happy to see you in Bali! Great efforts were made all around and we are so full of gratitude that we want to share some of our inspiration with you.

We have refreshed our logo, and even though we have been serving good and wholesome food for almost 30 years, we are feeling optimistic about new beginnings. Inspired by the elements of the traditional Balinese script, our logo reflects vigor, revitalization and wholeheartedness.

One of the many topics that came to the forefront of understanding during the past two years, is that food is the most powerful medicine. Bali Buda started 28 years ago when there was truly a lack of awareness surrounding what constitutes good healthy food. Over the past two decades, Bali has become famous for the amount of health food available on the island, and we are proud to have spearheaded this movement by working together 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. Together, Bali Buda and BOA have reverted over 40,000 hectares of land back to organic practices. We are also proud to have inspired so many people to create health by making good food choices as well as more good places to eat!

Our menu has also changed here and there to support the latest dietary findings, but we still hold to the same principle that we have something to offer for everyone! Your favorites are still available, like the Lean Green Bowl, but we have added some new special options so that you can tailor your own meal. Macros and calories have been now included on our menu for those that need them, and a QR code will lead you to complete nutritional facts. So take your time, enjoy our relaxed atmosphere and choose what feels good for you. Be sure to check out our menu insert to mix and match and create your own plate.

If you have any questions, concerns or compliments, or even just some good ideas, reach out to us at info@balibuda.com or send us a private message on social media. We are always happy to hear from you!

GET CASHBACK

BY RETURNING OUR GLASS JARS & BOTTLES



Rp 1,000,-
/PER JAR



Rp 500,-
/PER BOTTLE

Exciting menu on pages 3-6

This is your FREE copy. Feel free to take us home with you!

ORDER VIA WHATSAPP

ENJOY ALL OF OUR FOOD,
MEALS AND GROCERIES
VIA OUR HOME DELIVERY
SERVICE!



UBUD:	+62 811 3951 202
KEROBOKAN:	+62 887 3808 757
BUKIT:	+62 887 3808 771
CANGGU:	+62 811 3951 501
RENON:	+62 812 3822 170
BATUBULAN:	+62 812 3629 2805

BALI BUDA SUPPORTING ZERO WASTE

Zero Waste is not only selling bulk and recycling plastic! At Bali Buda, we think of it at each and every step of our operations.

Here are all the actions and decisions we have taken throughout the years to protect the Earth:

- In our cafes, we only use glass straws, and we are still the only ones packing your drinks in glass jars for take-aways and GoFood deliveries.
- Our packaging is not fancy nor pretty, precisely because it is recyclable and compostable in Bali: Newspaper bags, simple carton boxes, craft paper, banana leaves.
- We offer unbleached reusable cotton bags for free above 300K purchase and upcycled newspaper bags for free.
- We aim for minimal waste in all our food production: Any leftover is composted or used to feed our animals and used cooking oils (UCO) are donated to Lengis Hijau, a local non-profit, for being reused as biofuel, bio soap and candles.
- We develop products to avoid wastage: our skinny vanilla and chocolate custards are made from coconut pulp leftover after we extract our coconut water to bottle it.
- We sell many alternatives to single-use products in our stores: Cloth menstrual pads, bamboo utensils, washable nappies, glass straws and more. We also try selling as many products as we can in bulk.
- You can bring back all packaging you bought from us, we will dispose and recycle them through our partner Eco-Bali. That includes glass bottles and jars that we buy back from you!

ZERO WASTE PROGRAM



CHAPTER 01
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!**



CHAPTER 02
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 and we'll give you an earth-friendly Bali Buda bag for FREE!**



CHAPTER 03
zero waste

Start replacing your household cleaning products and tools for eco-friendly and natural preservatives. Check out our store for eco-friendly and minimal waste products!



CHAPTER 04
shop from bulk dispensers

We have introduced bulk options in all of 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.**

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.

ALL DAY BREAKFAST

delicious hot oatmeal 🌱 48
healthy rolled oats cooked with fresh coconut milk, homemade wraps, date and local kenari nut topping and a side of palm syrup.

banana passion fruit stack 48
our signature homemade banana bread covered with homemade all natural peanut butter, fresh strawberries, banana and toasted seeds, topped with homemade passion fruit jam, yogurt on the side.

fluffy cassava pancakes 🌱 48
made from bananas, cassava flour and eggs, then happily topped with palm syrup, caramelized pineapple and fresh lime.
vegan version available 🌱

breakfast bowl 68
a bowl of colorful fresh seasonal fruits, local yogurt, activated almonds and our homemade granola.
vegan & gluten-free version 🌱 🌱
with homemade coconut yogurt and roasted seeds

the ultimate organic fruit salad 🌱 🌱 48
the most beautiful in season, local and organic fruits covered in fresh shredded coconut and activated almonds.

avocado smash 78
freshly baked bread with a nutritious covering of smashed ripe avocado, green peas, feta cheese, sprouts, roasted seeds and 2 poached eggs with a side of homemade sweet sambal.
vegan & gluten-free version 🌱 🌱
with crispy tofu, our homemade vegan cheese and gluten-free sunshine loaf



EGG DISHES

change for organic duck egg +10

two eggs any style 36
2 natural eggs served with freshly baked bread.

paleo breakfast plate 80
full of good fats and probiotics - 2 eggs your way, beef rashers, avocado, seasonal vegetables and our homemade Bali spiced sauerkraut.

cheese & herbs omelette 49
cheesy herb filling, a side of cheesy herbed crumbs and your choice of fresh baked bread.

big monster breakfast 88
great for any time of the day! 2 eggs your style, beef rashers, chicken sausages, grilled tomato and freshly baked bread.



SANDWICHES & WRAPS

Add a slice of bread from our daily fresh bread.
Gluten-free bread available!

pesto chicken wrap 60
clean protein probio chicken mixed with really delicious homemade pesto dressing, bean sprouts and organic salad in our homemade thin red rice wrap.
low-carb version available
with lettuce instead of red rice wrap

chicken curry pita 75
the best probio chicken with our special Bali Buda mixture of homemade mayonnaise, raisins, cashew nuts and fresh organic greens.
low-carb version available
with lettuce instead of pita

green pea falafel wrap 🌱 60
a very special red rice flour wrap filled with homemade green pea and chickpea falafel, aubergine and beetroot hummus.
low-carb version available
with lettuce instead of red rice wrap

grilled cheese sandwich 40
comfort food at its best! Cheddar cheese melted between 2 slices of grilled brown bread.

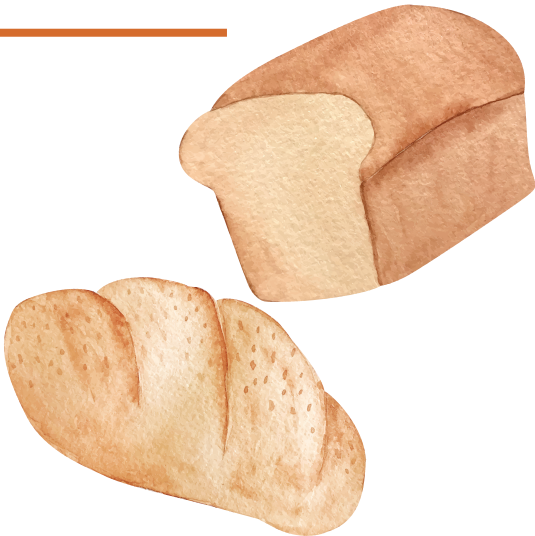
brekky burrito 🌱 45
another great wrap made of red rice flour filled with spiced tofu scramble, homemade hummus, apple slaw, Bali spiced sauerkraut, salsa and avocado.
vegan version available 🌱

fresh spring rolls 🌱 🌱 45
a refreshing mix of organic salad and herbs, GMO-free tofu and rice noodles wrapped in rice paper. A special mix of both peanut and miso on the side.



FRESH BAKED BREAD SELECTION

plain or charcoal bun
country bread
brown bread
sunshine loaf 🌱



SMOOTHIE BOWLS

tutti-frutti bowl 65
seasonal fruits and coconut yogurt smoothie, topped with fresh fruits, homemade granola, coconut flakes and black sesame seeds.
vegan & gluten-free version 🌱 🌱
with roasted seeds instead of granola

supercharger bowl 65
a hearty blend of banana, our homemade peanut butter, oats, dates and coconut, topped with fresh local fruits and our house-made granola.
vegan & gluten-free version 🌱 🌱
with roasted seeds instead of granola



SALADS

Add a slice of bread from our daily fresh bread.
Gluten-free bread available!

- lean green bowl

our ancient grain mix with kale, grilled broccoli, green beans, mixed seeds, goji berries, avocado, grilled coconut and herbed tahini dressing.

65
- 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 and lentils, served with our homemade hummus, sambal and fresh herbs.

65
- tempe salad

sweet and spicy organic tempe on a bed of organic mixed leaves, peppers and tomatoes with our homemade green sambal.

65
- bali buda bowl

an amazing assortment of rainbows - beetroot, carrots, corn, bean sprouts, tomatoes, cucumber, sunflower and pumpkin seeds and organic garden greens.

65
- ayomayo salad

probiotic chicken with spiced mayo on a bed of fresh salad with kale, sunflower seeds and pepito seeds.

80
- mixed grain salad with poached egg

ancient grains, roasted cashews, pumpkin seeds, roasted sweet purple potato, fresh salad, avocado, feta cheese, cumin yogurt dressing and poached egg.

85



BALI BUDA MAINS

gourmet burger
a scrumptious best seller! Healthy homemade probiotic chicken / red bean patty, topped with mayonnaise and fresh salad, served with a side of organic salad.

choose your patty:



chicken patty 72

red bean patty 65

choose your bun:

wheat bun
our homemade classic bun

charcoal wheat bun
our homemade bun with a twist of charcoal for maximum health benefits

lettuce
low-carb, vegan and gluten-free option!

almond bun +32
a delicious nutty recipe for a gluten free option

SOUL SOUPS

Add a slice of bread from our daily fresh bread.
Gluten-free bread available!

- sunshine lentil stew

brighten up your day with a warm bowl of lentils, carrot, pumpkin, and yogurt.

55

add brown rice +13
- lightly spiced pumpkin

comforting smooth pumpkin, onion, garlic and leek.

55
- red pepper & tomato

an old time garden favorite of tomatoes, red pepper, onion, garlic and leek.

55
- superfood minestrone

a healthy addition to the Italian tradition - kidney beans, fresh vegetables, parmesan in our homemade tomato-base.

55

add quinoa +20
- miso soup

a Japanese tradition full of enzymes sprinkled with GMO-free tofu and mushrooms.

55
- grateful for greens

a vibrant mix of greens, onion, garlic and leek.

55
- 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 and served with a side of herbed smashed peas.

55

INDONESIAN TRADITIONALS

- soto ayam

one of the many versions of Indonesian chicken soup; this is our favorite! Shredded probiotic chicken, egg, special spices and a dash of coconut milk.

75

add rice or egg noodles for the real deal! +13
- vegan nasi campur

traditional Balinese style and very fulfilling. Red rice surrounded with shredded grilled coconut, sprouts and greens, tasty tofu mix and sambal matah.

55

low-carb version +10

change for cauliflower rice instead of rice
- vegetarian nasi goreng

stir fried brown rice with tofu and veggies. A special vegetable satay and fried egg on top with a side of sambal.

50

low-carb version +10

change for cauliflower rice instead of rice
- gado-gado

simply fresh steamed vegetables with a mild spicy peanut sauce on the side.

55

add rice cake +13
- tofu & cashew curry

brown rice surrounded by GMO-free tofu, freshly stir-fried veggies, chickpeas and crunchy cashews all in a mild curry and a dollop of raita.

75

low-carb version +10

change for cauliflower rice instead of rice
- probiotic fried chicken plate

local classic using our probiotic hormone-free chicken, infused with a blend of spices and fried. Served with your choice of white rice and homemade sambal, or hand-cut fries and mayo.

75



FRESH HOMEMADE PASTA 🍝

choose your pasta:

fettuccine / spaghetti
the classic fresh egg pasta

zucchini noodles 🌱🌾
low-carb, vegan and gluten-free option!



choose your sauce:

salsa pomodoro 79
an Italian mother's special tomato sauce recipe; with great pasta!

poor man's pesto 🌱🌾 79
fresh basil, EV olive oil, garlic and parmesan

ultimate mac 'n' cheese 79
a whole lot of feel-good carbs. Creamy macaroni, served with cheesy herbed crumbs and a side of crunchy coleslaw.

vegetarian lasagna 79
homemade pasta with fresh vegetables and bechamel, baked into delicious goodness.

scrumptious pumpkin ravioli 70
delicious homemade pumpkin ravioli in herbed butter, comforting and simple.

PIZZA

margherita 🍝 80
parmesan, mozzarella, oregano and olive oil.

pepperoni 🍝 95
mozzarella, beef pepperoni and parmesan.

fondue 🍝 95
parmesan, mozzarella, feta cheese and cream.

spinaci 🍝 95
mozzarella, spinach, feta cheese, onion, kalamata olives and parmesan.

BBQ probiotic jungle chicken 98
BBQ sauce, parmesan, pineapple and probiotic chicken.



SUPER HEALTH SMOOTHIES

super berry 49
raspberry, blackberry, cranberry, mulberry, vanilla yogurt, coconut water and raw honey.

mega magnesium smoothie 49
banana, avocado, avocado seed (yes, we promise it's good for you!), vanilla yogurt, dates, rice milk, kale, cacao beans and cacao powder.

green superfood smoothie 🌱 38
papaya, apple, banana, spirulina, maca and ginger.

raw cacao smoothie 38
organic raw cacao, banana, raw honey and rice milk.

dosha balancing drink 🌱 38
banana, house-made almond butter and dates.

austin heartbeat smoothie 38
banana, beetroot, avocado, pineapple, ginger and raw honey.



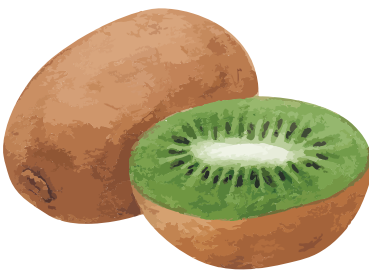
SUPER HEALTH DRINKS

detox 38
lime, raw honey, aloe vera and ginger with your choice of mint or cayenne.

guava bliss 38
organic Bali guava, coconut water, raw honey, lime and ginger.

cleansing drink 38
passion fruit, ginger and raw honey.

goji tumeric super duper 49
goji berry, fresh turmeric, tamarind, lime, black pepper and raw honey.



HEALTHY DRINKS

fresh juice 30
choose any combo up to 3: pineapple, papaya, avocado, banana, mango, passion fruit

pure juice 40
choose any combo up to 3: beetroot, carrot, orange, tangerine, ginger and celery

natural lemonade 30
choose any combo up to 3: lime, tamarind, ginger, citrus or mint

natural soda 30
choose any combo up to 3: plain, lime, tamarind, ginger, citrus or mint

HOUSE-MADE TRADITIONAL DRINKS

fresh coconut water (500ml) 🌱 25
we extract water from Balinese green young coconut everyday and bottle it fresh for you.

jamu asam kunyit (500ml) 30
the classic jamu, made with turmeric, tamarind, lime and raw honey.

extreme jamu concentrate (330ml) 🌱 69
this is a secret concentrate jamu recipe of ours, mix with water or shot it for a good boost!

fresh papaya leaf juice (300ml) 🌱 25
a local healing juice for fever & dengue. Puts you back on your feet in no time.

natural antibiotic 28
raw honey, kefir, daikon, apple cider vinegar, garlic, ginger, chili, onion, tumeric

KOMBUCHA BY BOTTLE (500ml)

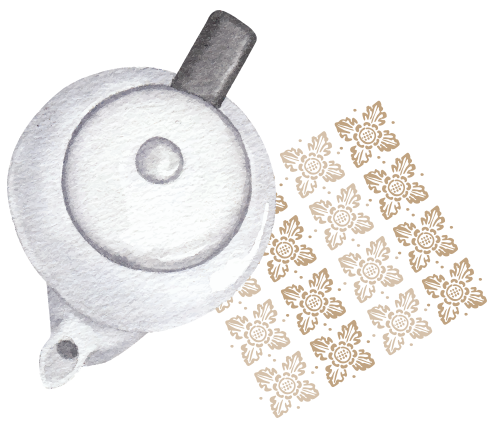
green tea chrysanthemum mangosteen spiced apple roolbos 35

FRESH HOMEMADE MYLKS 500ML

almond milk 🌱🌾 45

cashew milk 🌱🌾 45

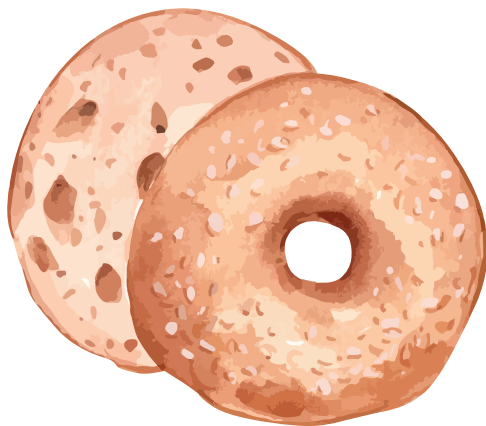




OUR ALL TIME FAVES!

ayurvedic golden latte
warm and soothing immune-boosting turmeric with coconut milk.

Indian spiced chai



FROM OUR BAKERY

multigrain bagel	20
garlic bagel	20
plain bagel	20
blueberry muffin	28
banana almond muffin	28
feta and spinach muffin	28
gluten-free muffin	28
sticky cinnamon roll	28
vegetable samosa	25
cheese samosa	25
sundried tomato quiche	32
beef rasher quiche	32
cheese quiche	35
soft pretzel	12
spanish potato pie slice	28
yogurt & raisin scone	28

COFFEE

pot of organic Bali coffee	25
espresso	25
macchiato	33
americano	33
cappuccino	38
cafe latte	38
flat white	38
mocha	38
matcha latte	38
iced matcha latte	40
bulletproof coffee	38
espresso with grass-fed butter and virgin cold pressed coconut oil to revive the mind and body.	
change to:	+5
coconut / rice milk	+20
almond / cashew milk	

CAKES & PIES

nuts & chocolate bar	30
carrot cake	35
apple crumble pie	35
cashew caramel pie	35
chocolate mousse cake	35
super chocolate brownie	20
no bake cheese cake	49
chocolate mud cake	35
superfood chocolate dream cake	35
strawberry caramel fudge tart	35
vegan lemon tart	30
coconut passion fruit pie	20
butterscotch bar	20
ubi cilembu sweet potato pie	35

RAW VEGAN DELIGHTS

raw chocolate pudding pie	35
fruity spirulina energy ball	25
minty spirulina energy ball	25
cardamom energy ball	25
pineapple goji berry energy ball	25
no bake chocolate brownie energy ball	25
peanut butter energy ball	25



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 and organically grown, hormone-free and free of antibiotics.

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

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

We love and support both slow food and slow life concepts.

We are members of Slow Food Ubud and Slow Food International.

We support organic agriculture and sustainable living initiatives in Bali.

We practice principles of Fair Trade.



Bali Buda is proud to buy our rice and produce by LeSOS certified farms. LeSOS started from an initiative of organic farmers in the districts of Trawas, Pacet and Ngoro in East Java. They are farmers who have carried out and developed organic farming cultivation since 1994 with the assistance of Seloliman Environmental Education Center (PPLH Seloliman). At first, they marketed their products only on the basis of trust between consumers and producers. In November 2007, LeSOS received an official certificate from the Organic Food Competent Authority (OKPO). OKPO is one of the technical teams from the Directorate General of Processing and Marketing of Agricultural Products under the umbrella of the Minister of Agriculture of the Republic of Indonesia. Based on this mandate, LeSOS is one of the first certification bodies in Indonesia with the right to investigate, issue certificates and organic labels for various organic products, farmers and farmer groups, cooperatives, companies, and others that have met their strict requirements for following organic practices.



LOCAL & NATURE

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 and conduct spontaneous random lab testing on the produce without prior supplier knowledge.



SLOW FOOD IS GOOD, CLEAN AND 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.



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.



@Bali Children's Project



www.balichildrensproject.org



SHARE, FOLLOW
AND TAG US!



BALIBUDA



BALI BUDA CAFE &
HEALTH FOOD SHOPS

SHOP ONLINE

BALIBUDA.COM

SCAN QR CODE BELOW FOR
OUR STORE MAPS



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
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www.eco-bali.com

nicole's
natural

be healthy, be natural, be Nicole's

Nicole's Natural uses only the best sourced natural and organic ingredients to guarantee the highest standards of quality and safety. Delivering the best of products our customers deserved really makes a world of difference.



AVAILABLE AT BALI BUDA

www.nicolesnatural.com

BALIAN

BALI's First Natural Mineral Water from Sacred Mount Agung

ABSOLUTE
HYDRATION
Body & Soul



CERTIFIED NATURAL

balianwater.com

