





SHOP ONLINE AT **BALIBUDA.COM** 



#### HEALTH FOOD STORE | ORGANIC CAFE | BAKERY | REFILL STATION

#### NOURISHING EARTH AND BODY: EMBRACING A GREENER TOMORROW



its beacons of sustainability is Bali Buda, a health food store and organic café that's become a vital hub of the island's green living movement. Established in 1994, Bali Buda has been actively promoting sustainable practices in various ways. Let's dive into our philosophy of eco-responsibility and discover how we are trailblazing a green path for others to follow.

From the lush rice terraces of Ubud to the shimmering sands of Uluwatu, Bali's charm transcends physical beauty. One of

#### **ORGANIC & LOCAL PRODUCE**

Bali Buda's commitment to sustainability begins with our menu, which is mostly crafted on locally sourced and organic ingredients. The endeavor to serve healthy and nutritious food has led us to establish strong partnerships with local farmers. By opting for organic farming methods, implementing the use of natural pesticides and fertilizers, these preserve soil health and biodiversity while contributing to a more balanced ecosystem.

#### **ZERO WASTE**

A central tenet of Bali Buda's sustainability strategy is our minimal waste policy. We view waste as a misallocation of resources, and as such, we strive to minimize it at every opportunity. Leftover food doesn't find its way into the trash; instead, it's composted or donated to local farmers. All food packaging is biodegradable or recyclable, made from simple materials like paper, glass, banana leaves and reusable and recyclable plastic. Customers are welcome to bring their containers for take-away orders. Even our delivery is conducted on electric scooters, cutting down carbon emissions. See our full article on Zero Waste page 2.

#### **ECO-FRIENDLY PACKAGING**

Bali Buda has reimagined the concept of packaging in its bid for sustainability. We were the first to replace plastic bags, instead using cloth bags and bags made from recycled newspaper for our products, and banana leaves instead of plastic containers for take-away. We stopped selling plastic bottled water and offer water refill stations at each outlet. And we have chosen to use high-grade reusable and recyclable pouches instead of more attractive packaging that does not have any recycling value.

These small yet impactful measures ensure that even the most mundane aspects of our operation are in line with our mission to protect the environment.

#### **COMMUNITY EMPOWERMENT**

Bali Buda's sustainability drive extends beyond the confines of our cafe and reaches deep into the community. We have always empowered local farmers and artisans by offering a marketplace for their goods in our stores. It creates a ripple effect – boosts the local economy, preserves traditional methods of farming and craftsmanship, and reduces the carbon footprint associated with long-distance transportation of goods.

#### **EDUCATION & AWARENESS**

Bali Buda recognizes the power of knowledge and uses it as a tool to inspire sustainable practices within the community. We regularly support workshops and events focused on environmental awareness, teaching about permaculture, composting, recycling, and healthy eating.

#### SUSTAINABLE SUPPLY CHAIN

From the field to the fork, Bali Buda is dedicated to ensuring that every step of our supply chain is as sustainable as possible. We take great care in selecting and educating our suppliers, preferring to partner with those who share our ethos of environmental stewardship.

#### WATER CONSERVATION

Bali, like many tropical islands, faces significant challenges with water conservation. Bali Buda has taken decisive action to address this and has been a main supporter of Bali Water Project since April 2013, program aiming to improve community resilience against water shortages caused by climate change and excess use of water from uncontrolled tourism industry.

In conclusion, Bali Buda is not just a café, a bakery, or a health food store; it's a beacon of sustainability and the heart of Bali's organic revolution, underlining the positive impact businesses can have when they make eco-consciousness a core part of their ethos. As customers, YOU are part of this green journey too, by choosing to support businesses that care for our planet. With each healthy meal served, every workshop conducted, and each delivery using eco-friendly packaging, Bali Buda reminds you that sustainability is not a distant ideal, but a lifestyle choice that we can all embrace for a greener tomorrow

# **GET CASHBACK**

BY RETURNING OUR GLASS JARS & BOTTLES



#### REDUCE. REUSE. RECYCLE.

### ORDER V WHATSAPP

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



**UBUD**: +62 811 3831 1877 **KEROBOKAN:** +62 811 3831 1977 **BUKIT:** +62 811 3831 2077 **CANGGU:** +62 811 3831 2177 RENON: +62 811 3831 2377 ABASAN: +62 811 3831 2477



# **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.



# MENU

Our food is available on GoFood, GrabFood & ShopeeFood

#### ALL DAY BREAKFAST

#### DELICIOUS HOT OATMEAL 4 48 rolled oats cooked with a side of fresh coconut milk, Bali Buda's 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 Bali Buda's peanut butter, fresh strawberries, banana and toasted seeds, topped with Bali Buda's passion fruit jam, yogurt on the side.

CASSAVA PANCAKES 🛭 🗷	4
made from bananas, cassava flour and eggs, t	hen
happily topped with palm syrup, caramelized	
pineapple and fresh lime.	
vegan version available 🔇	

BREAKFAST BOWL
a bowl of colorful fresh seasonal fruits, local
yogurt, activated almonds and Bali Buda's
granola.

vegan & gluten-free version 🚱 💿 with Bali Buda's coconut yogurt and roasted seeds

#### THE ULTIMATE ORGANIC 60 48 FRUIT SALAD

beautiful seasonal, local and organic fruits covered in fresh shredded coconut and activated almonds.

#### AVOCADO SMASH 1 **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 Bali Buda's sweet sambal.

vegan & gluten-free version 🚱 🗓 with marinated crispy organic, GMO-free and local tofu, Bali Buda's vegan cheese and gluten-free sunshine loaf.

#### **SANDWICHES & WRAPS**

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

#### PESTO PROBIOTIC CHICKEN WRAP 60

probiotic chicken mixed with delicious Bali Buda's pesto dressing, bean sprouts & organic salad in Bali Buda's thin red rice wrap.

low-carb version available

with lettuce instead of red rice wrap

#### CHICKEN CURRY PITA

probiotic chicken with special mixture of Bali Buda's mayonnaise, raisins, cashew nuts & fresh organic greens.

low-carb version available with lettuce instead of pita

#### GREEN PEA FALAFEL WRAP ()

Bali Buda's thin red rice wrap filled with green pea & chickpea falafel, aubergine & Bali Buda's beetroot hummus.

low-carb version available

68

with lettuce instead of red rice wrap

#### **GRILLED CHEESE SANDWICH** 40

cheddar cheese melted between 2 slices of Bali Buda's toasted brown bread.

#### **BREKKY BURRITO** 0 45

Bali Buda's thin red rice wrap filled with spiced organic, GMO-free and local tofu scramble, Bali Buda's hummus, apple slaw, spiced sauerkraut, salsa & avocado.

low-carb & vegan version available 🛛 🗐 with lettuce instead of red rice wrap

#### FRESH SPRING ROLLS 40

a refreshing mix of organic salad & herbs, GMO-free tofu and rice noodles wrapped in rice paper. A mix of both peanut and miso sauce on the side.

#### EGG DISHES

#### change for organic duck egg +10

#### TWO EGGS ANY STYLE 40

2 natural eggs served with freshly baked bread

#### PALEO BREAKFAST PLATE 13

full of good fats and probiotics - 2 eggs your way, beef rashers, avocado, seasonal vegetables and Bali Buda's 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 (3)** 88

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

#### **SMOOTHIE BOWLS**

#### TUTTI-FRUTTI BOWL

seasonal fruits and Bali Buda's coconut yogurt smoothie, topped with fresh fruits, Bali Buda's granola, coconut flakes and black sesame seeds. vegan & gluten-free version 🚱 🕚 with roasted seeds instead of granola

SUPERCHARGER BOWL 13 a hearty blend of banana, our Bali Buda's peanut butter, oats, dates and coconut, topped with fresh local fruits and our Bali Buda's granola. vegan & gluten-free version 🚱 😉 with roasted seeds instead of granola

# **FRESH BAKED BREAD SELECTION**

**OPTIONS TO CHOOSE FROM:** 

#### For dishes that contain bread:

COUNTRY BREAD 100 BROWN BREAD 🌚 SUNSHINE LOAF () FOCACCIA 1

#### Extra 2 slices:

PLAIN OR CHARCOAL BUN @ 8/10 BROWN BREAD 🌚 10 COUNTRY BREAD 1 10 FOCACCIA BREAD 🚱 🌚 10 REVITA BREAD 🚳 🕙 📵 12 SUNSHINE BREAD 🚭 😉 🚭 12

#### SALADS

**75** 

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

65

65

65

85

#### LEAN GREEN BOWL 69 0 0

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

#### EARTH BOWL 🚭 😉

get grounded with a bowl of earthy colors roasted pumpkin, sweet potato, carrots, apple, greens, pickled beetroot, Bali Buda's spicy kraut-chi, sprouts and lentils, served with Bali Buda's hummus, sambal and fresh herbs.

#### TEMPE SALAD 🚱 😉

sweet and spicy organic tempe on a bed of organic mixed leaves, peppers and tomatoes with Bali Buda's green sambal.

#### BALI BUDA BOWL (2)

65 a lovely assortment of rainbows - beetroot, carrots, corn, bean spouts, tomatoes, cucumber, sunflower & pumpkin seeds, herbs & organic garden greens

#### AYOMAYO SALAD 0 0

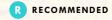
probiotic chicken with spiced mayo on a bed of fresh salad with kale, sunflower seeds and pepito seeds.

#### MIXED GRAIN SALAD 0 WITH POACHED EGG

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











#### **SOUL SOUPS**

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

SUNSHINE LENTIL STEW () () warm bowl of lentils, carrot, pumpkin & yogurt. add brown rice +13

LIGHTLY SPICED PUMPKIN 400 59 comforting smooth pumpkin, onion, garlic and

RED PEPPER & TOMATO 9990 59 an old time garden favorite of tomatoes, red pepper, onion, garlic and leek.

SUPERFOOD MINESTRONE a healthy addition to the Italian tradition - kidney beans, fresh vegetables, parmesan in Bali Buda's tomato-base.

add quinoa +20

MISO SOUP 690 59

a Japanese tradition full of enzymes sprinkled with organic, GMO-free and local tofu & mushrooms.

GRATEFUL FOR GREENS 60 a vibrant mix of greens, onion, garlic and leek.

PURPLE SWEET POTATO SOUP 90 local purple sweet potato with a gentle blend of aromatic spices, topped with our Bali Buda's coconut yogurt & served with a side of herbed smashed peas.

#### **BALI BUDA MAINS**

#### **GOURMET BURGER**

a scrumptious best seller! Healthy homemade probiotic chicken / red bean patty, topped with mayonnaise and served with a side of organic salad or homemade fries

choose your patty:

CHICKEN PATTY (1) 72 RED BEAN PATTY 🚱

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 WRAP 🗐 🗓

free option

low-carb, vegan and gluten-free option!

**ALMOND BUN ()** a delicious nutty recipe for a gluten BIBIMBAP 0

our version of the Korean favorite; brown rice, sauteed spinach, zucchini, carrots, button mushrooms, sprouts, egg and beef rasher, served with Bali Buda's spicy kraut-chi and hot sambal. vegan version 🚱

with crispy marinated tofu and coconut chips low-carb version +10

change rice for cauliflower rice

BALI BUDA TACOS ()

a super refreshing light meal of hard shell tacos with refried beans, fresh veggies, guacamole, salsa, cheddar and yogurt.

low-carb version

change corn shells for lettuce

PROBIOTIC GRILLED 00 75 CHICKEN PLATE

Our probiotic chicken breast with a side of fresh

#### INDONESIAN TRADITIONALS

SOTO AYAM 00

One of the many versions of Indonesian chicken soup - this is our favorite! Shredded probiotic chicken, egg, special spices & a dash of coconut

add rice or egg noodles for the real deal! +13

VEGAN NASI CAMPUR 🗐 🔾 55

traditional Balinese style and very fulfilling. Rice surrounded with shredded grilled coconut, sprouts & greens, tasty organic, GMO-free and local tofu mix & sambal matah.

low-carb version +10

change rice for cauliflower rice

VEGETARIAN NASI GORENG () 50 stir fried brown rice with organic, GMO-free and

local tofu & veggies. A special vegetable satay & fried egg on top with a side of Bali Buda's sambal. low-carb version +10

change rice for cauliflower rice

GADO-GADO 🗐

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

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 low-carb version +10

change rice for cauliflower rice

LALAPAN <sup>()</sup>

local classic using our probiotic chicken, infused with a blend of spices and fried. Served with your choice of rice and Bali Buda's sambal, or hand-cut fries and mayo

#### **HOMEMADE PASTA**

choose your pasta:

**PASTA** 

65

75

FETTUCCINE / SPAGHETTI

the classic wheat flour and fresh egg pasta

**ZUCCHINI NOODLES 49** 

low-carb, vegan and gluten-free option!

choose your sauce:

POMODORE SALSA 🔮 79

an Italian mother's special tomato sauce recipe, with great pasta

ZESTY PESTO 🚳 79

fresh basil, EV olive oil, garlic, parmesan and bits of roasted cashew topping

ULTIMATE MAC 'N' CHEESE 1

a whole lot of feel-good carbs. Creamy macaroni, served with cheesy herbed crumbs and a side of crunchy coleslaw

79

79

80

95

95

**VEGETARIAN LASAGNA** 

Bali Buda's pasta with fresh vegetables and bechamel, baked into delicious goodness

**SCRUMPTIOUS PUMPKIN RAVIOLI © 70** 

delicious Bali Buda's pumpkin ravioli in herbed butter, comforting and simple

PIZZA

classic wheat flour pizza dough

**MARGHERITA** 

parmesan, mozzarella, oregano and olive oil.

PEPPERONI ()

mozzarella, beef pepperoni and parmesan.

FONDUE

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.





+32





75





## **EXTRAS**

#### **PROTEINS**

organic chicken egg 🏮	10
organic duck egg 🌚	13
beef rasher	20
chicken sausage 🚭	20
probiotic grilled / fried chicken	45
falafel	15

#### **VEGAN ALTERNATIVES**

marinated crispy organic, GMO-free, local tofu 🚳	24
organic, GMO-free and local tofu & tempe your way: steamed / grilled / fried 🛭 🗊	24
sweet & spicy organic, GMO-free, local tempe 🔮 🕦 🔞	24
coconut yogurt 🥸 🛈 👨	20
vegan cheddar 🥸 👀 🗐	20
vegan mayonnaise 🔇 🕄 🕏 📵	20

#### **CARBS**

pumpkin bread (2 slices)	12
banana bread (2 slices) 🧔	12
almond bun 🕚	32
Turkish pide \varTheta	8
organic white rice 😢 🛈 🚭	13
organic brown rice 🥸 👀 🚭	13
organic red rice 😢 0 💿	13
ketupat (brown rice in banana leaves) 🥸 🛭	13
cauliflower rice 😢 🕚	13
taco shell (corn tortilla) (1 pc) 😢 🛭	8
sundried tomato 😢 🖰	20
quinoa grain 😡 🛈 🚭	20
baked organic sweet potato 🛭 🕻 🗑 🖸	20
roasted pumpkin	20
french fries 🔇 🐧 🕟	22
egg noodles	13
rice noodles 🔮 🕦	13
zucchini noodles 🛭 🖸 0	20
spaghetti	22
fettuccine	22
herbed smashed peas 😢 0	20
crunchy coleslaw 🔮 🐧	20
homemade granola 🧔	20
fresh seasonal fruits 😢 0	20

#### **FATS**

avocado (sliced or smashed) 🚭 🗓 🚭	20
extra virgin olive oil (1 tsbp) 🥸 🔾 🗑	20
butter 🛈 🚭	20
DAIRY	

cheddar 🕚 🗑	20
mozzarella 🐧 🗊	20
feta 🐧 🚭	20
parmesan 🔞 🚭	20
vogurt 🕚 🗊	20

#### **SPREADS & CONDIMENTS**

aubergine 🛭 🗓	20
fresh Mexican salsa 🥸 🕚	20
guacamole 🥸 🗓	20
hummus 🔇 🖸 🚭	20
roasted beetroot hummus 🥸 👀 👨 🕦	20
Bali spiced sauerkraut 😢 🔾 🚭	20
spicy kraut-chi 🔮 🛈 🗑	20
hot sambal 🚨 🛈 🚭	20
sweet sambal 🚭 🛈 😇	20
green sambal 🚨 🗓 📵 🔞	20
sambal matah 🕚	20
peanut sauce 🥸 🕄 🔞	20
tahini dressing 🔇 🐧	20
tzatziki 🚱 🕦	20
peanut butter 😢 🖸 🗑	20
tropical passion fruit jam 🥥	20
chocnut spread 🚨 🗓 🗊	20
cream cheese - choose from: plain, garlic and sundried tomato ()	20

#### FOR DIPPING & CRUNCHING

bagel chips 🚭 🛭	10
sweet potato chips - choose from: yellow and purple 🔮 😉 🗐	10
cassava chips 🔮 🗓 👨 🕦	10
pizza cracker 🔇 🕄 🚭	10
curry & flaxseed cracker 😢 🛈 👨	10
pumpkin & carrot cracker 😢 🛈 🐨	10
SUPERFOODS	

raw ground cacao beans 🧐 🧐	20
chia seeds 😢 🛈 🕝	20
ground flaxseed 🔮 👀 🚭	20
spirulina powder 😢 🛈 👨	20
turmeric powder 🥸 🕦 🌚	20

#### **VEGAN DELIGHTS**

raw chocolate pudding pie 🥯 😉	35
energy ball 🥸 0 - choose from:	25
fruity spirulina, minty spirulina, cardamom,	
pineapple goji berry, no bake chocolate brownie,	
peanut butter	

#### FROM OUR BAKERY

bagel - choose from: plain, garlic or multigrain	25
muffin - <mark>choose from:</mark> blueberry, banana & almond, feta & spinach <b>©</b>	30
sticky cinnamon roll 🥥 🛽	35
samosa - <mark>choose from:</mark> cheese and vegetable <b>©</b>	30
quiche - choose from: cheese, beef rasher and sundried tomato 🌚	35
soft pretzel 🛛 🛭	19
Spanish potato pie slice 🕚 🕥	29
yogurt & raisin scone 🏮	29
mini calzone 🗉	29

CAKES & PIES	
nuts & chocolate bar 🥸 🛈 📵	3
carrot cake 🟮 🛭	3
apple crumble pie 🥸 🗊	3
cashew caramel pie 🚭	3
chocolate mousse cake 🤨 🗑	3
super chocolate brownie	2
no bake cheese cake 👨	5
chocolate mud cake 🧐	3
superfood chocolate dream cake 🐧 🗊	3
strawberry caramel fudge tart •	3
vegan lemon tart 🔇 🗐 🛭	3
coconut passion fruit pie 0 🛭	2
butterscotch bar 0 🚭	2
ubi cilembu sweet potato pie 🥸 🔾 👨	3

20









vegetables your way: steamed / grilled

#### SUPER HEALTH SMOOTHIES

SUPER BERRY () ()	49
raspberry, blackberry, cranberry, mulberry, var	illa
yogurt, coconut water and raw honey.	

**MEGA MAGNESIUM SMOOTHIE ()** 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 90342 papaya, apple, banana, spirulina, maca and ginger.

RAW CACAO SMOOTHIE 69 69 organic raw cacao, banana, and rice milk.

DOSHA BALANCING DRINK O 42 banana, homemade almond butter and dates.

**AUSTIN HEARTBEAT SMOOTHIE** banana, beetroot, avocado, pineapple, ginger and raw honey.

#### SUPER HEALTH DRINKS

ginger.

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

**GUAVA BLISS () ()** Bali guava, coconut water, raw honey, lime and

CLEANSING DRINK 0 passion fruit, ginger and raw honey.

GOJI TUMERIC SUPER DUPER () goji berry, fresh turmeric, tamarind, lime, black pepper and raw honey.

#### KOMBUCHA BY BOTTLE (500ML)

green tea 🔇 🖰 🗑 39 chrysanthemum 🚱 🔮 🗐 mangosteen 🧐 🧐 🗐 spiced apple rooibos 😢 😉 🗑

#### **HEALTHY DRINKS**

FRESH JUICE 🛭 🕚 35 choose up to 3 for any combo: pineapple, papaya, avocado, banana, mango, passion fruit

PURE JUICE 4 0 45 choose up to 3 for any combo: beetroot, carrot, orange, tangerine, ginger and celery (no pure celery juice available)

NATURAL LEMONADE 49 0 35 choose up to 3 for any combo: lime, tamarind, ginger, citrus or mint

NATURAL SODA 🚱 🗿 choose up to 3 for any combo: plain, lime, tamarind, ginger, citrus or mint

#### HOUSEMADE TRADITIONAL DRINKS

FRESH COCONUT WATER 400

(500ML)we extract water from Balinese green young

coconut everyday and bottle it fresh for you. JAMU ASAM KUNYIT (500ML) () (5)

the classic jamu, made with turmeric, tamarind, lime and raw honey.

**EXTREME JAMU CONCENTRATE** 69 (330ML) **900** 

this is a secret concentrate jamu recipe of ours, mix with water or shot it for a good boost!

FRESH PAPAYA LEAF JUICE 400 35 (PRICE FOR 500ML)

a local healing juice for fever & dengue. Puts you back on your feet in no time.

NATURAL ANTIBIOTIC 00 30 raw honey, kefir, daikon, apple cider vinegar, garlic, ginger, chili, onion, tumeric

#### FRESH HOMEMADE MYLKS (500ML)

almond milk 🚱 🗐 🗐 49 cashew milk 🚱 🔮 🚭 49

#### OUR ALL TIME FAVES!

AYURVEDIC GOLDEN LATTE 4000 warm and soothing immune-boosting turmeric with coconut milk.

INDIAN SPICED CHAI 38

**HOT CHOCOLATE ()** 30



#### COFFEE

27

pot of organic Bali coffee 🥝 🔾	30
espresso 😢 🗓	25
macchiato ()	33
americano 🚱 🕚	33
cappuccino 0	38
cafe latte ()	38
flat white 0	38
mocha 🕚	38
matcha latte 0	38
iced matcha latte 0	40

BULLETPROOF COFFEE () (3) 38 espresso with grass-fed butter and virgin cold pressed coconut oil to revive the mind and body.

#### change to:

COCONUT / RICE MILK 400 +5 ALMOND / CASHEW MILK 4000 +20



#### BY MADE'S TEA

black chai 🥴 😉 🚭 vanilla & coconut chai 🚱 🗐 📵 🗈 rosella chai 😡 😉 📵 ayurveda 🧐 🗐 🗑 healing 🚱 🔮 🐨 hormonal 🧐 🧐 😇 energizing 🔇 🕙 📵 brain booster 🧐 🔮 calming & relaxing 🐼 🕙 🌚 skinny & detox 🚱 🗐 🗑 green & jasmine 🚱 🔮 🌚 lemongrass & ginger 🐼 🕚 🌚 🕟



35









38



# 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 & 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 and conduct spontanious 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





"Let people then consider their food: how We pour down rain in abundance and meticulously split the earth open for sprouts causing grain to grow in it, as well as grapes and greens, and olives and palm trees, and dense orchards, and fruit and fodder - all as a means of sustenance for you and your animals."

Surah Abasa 80:24-32

The Noble Qur'an







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







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



FOR MORE INFORMATION **SCAN HERE** 



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# SHARE, FOLLOW **AND TAG US!**





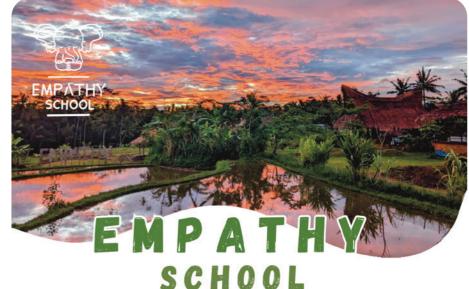
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