

SHOP ONLINE AT  
BALIBUDA.COM



HEALTH FOOD STORE | ORGANIC CAFE | BAKERY | REFILL STATION

BALI BUDA'S 30 YEARS OF UNWAVERING COMMITMENT!

FOOD YOU CAN EAT  
EVERYDAY OF THE WEEK



GET CASHBACK  
BY RETURNING OUR GLASS JARS & BOTTLES



REDUCE. REUSE. RECYCLE.

ORDER VIA  
WHATSAPP

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



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KEROBOKAN: +62 811 3831 1977  
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STILL SERVING UP REAL FOOD, NO COMPROMISES

In today's fast-paced world, Bali Buda remains loyal to real, nourishing food. Our approach is simple, we use trusted ingredients and methods, serving up dishes and making products with the same love we'd give our own families. Here's what we stand for:

SEED OILS? NO THANK YOU!

Seed oils are quickly being introduced into the Indonesian market, but these highly processed and inflammatory oils don't meet our standards. At Bali Buda, we say no to seed oils and opt only for coconut and olive oils. Both are natural, retain beneficial properties, and have long-standing roles in traditional diets. Coconut oil is perfect for sauteing and frying, while olive oil's rich flavor shines in dressings and low-heat cooking. Choosing these oils allows us to support health while enhancing taste.

NO PRESERVATIVES

Yes, preservatives may extend shelf life, but they compromise food's freshness and integrity. That's a "no" from us. At Bali Buda, we cook in small batches to keep our food as fresh as possible. Real food should nourish, not sit for very long on a shelf. Our products are meant to be enjoyed at their peak, preserving the taste and quality you deserve.

SWEETEN IT LIKE YOU MEAN IT

For sweetness, we lean on nature's best: cane sugar, palm sugar, and coconut nectar. They are nutrient dense, and they release energy more steadily, which is kinder to your body, and come from sustainable crops. Sourcing these options lets us sweeten with a light environmental footprint while respecting your health.

SAFE COOKWARE

Our commitment goes beyond ingredients to our cookware. We use cookware that is safe, durable, and free from the chemicals in non-stick or aluminum and its alternatives that can leach into your food. At Bali Buda, we believe in treating your food right, from start to finish.

NO MSG, EVER

We stay far away from artificial enhancers, sticking to herbs, like heirloom garlic, sea salt, and spices for depth. We believe in real, natural flavors without shortcuts. If it's not good enough for a home kitchen, it's not good enough for Bali Buda.

ORGANIC WHEN POSSIBLE AND ALWAYS NATURAL

While not every ingredient can be organic, we prioritize it whenever possible. Our commitment is to use the best natural ingredients, avoiding pesticides and chemicals to ensure clean, wholesome meals. Even when organic isn't available, we seek sources that keep our ingredients as close to nature as possible.

SLOW FOOD, REAL LOVE

Expect a wait, good food isn't instant. At Bali Buda, we embrace Slow Food principles, cooking each meal fresh on the spot. This approach allows us to honor each ingredient and offer a meal that's truly satisfying. Our production doesn't involve heavy equipment, just real love from real hands.

JUST LIKE YOU WOULD AT HOME

For 30 years, our philosophy has been to prepare food with the same care that we use at home. From selecting the best ingredients to cooking each meal with love, we ensure that everything meets our family's standards. Decades in, we still create meals that leave you feeling nourished, offering meals and products that are wholesome, honest, and true to nature.

# 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:

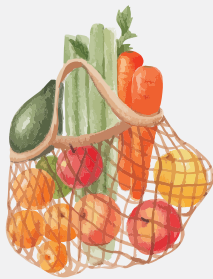
- In our cafes, we only use glass straws, and we are still the only ones packing your drinks in glass jars for take-aways and GoFood deliveries.
- Our packaging is not fancy nor pretty, precisely because it is recyclable and compostable in Bali: Newspaper bags, simple carton boxes, craft paper, banana 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**  
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** 🌱🌱 **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 Bali Buda's granola.  
vegan & gluten-free version 🌱🌱  
with Bali Buda's coconut yogurt and roasted seeds
- THE ULTIMATE ORGANIC FRUIT SALAD** 🌱🌱 **48**  
beautiful seasonal, 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 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.

## EGG DISHES

- change for organic duck egg +10
- TWO EGGS ANY STYLE** **40**  
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 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** 🌱 **88**  
great for any time of the day! 2 eggs your style, beef rashers, chicken sausages, green beans, grilled tomato and freshly baked bread.

## 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** **75**  
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** 🌱 **60**  
Bali Buda's thin red rice wrap filled with green pea & chickpea falafel, aubergine, cucumber & Bali Buda's beetroot hummus.  
low-carb version available  
with lettuce instead of red rice wrap
- GRILLED CHEESE SANDWICH** 🌱 **40**  
cheddar cheese melted between 2 slices of Bali Buda's toasted bread.
- BREKKY BURRITO** 🌱 **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** 🌱🌱 **45**  
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.

## SMOOTHIE BOWLS

- TUTTI-FRUTTI BOWL** **65**  
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
- SUPERCARGER BOWL** 🌱 **65**  
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 🌱
- BROWN BREAD 🌱
- SUNSHINE LOAF 🌱🌱
- FOCACCIA 🌱
- SOUDOUGH

Extra 2 slices:

- PLAIN OR CHARCOAL BUN 🌱 8/10
- BROWN BREAD 🌱 10
- COUNTRY BREAD 🌱 10
- FOCACCIA BREAD 🌱🌱 10
- REVITA BREAD 🌱🌱 12
- SUNSHINE BREAD 🌱🌱 12
- SOUDOUGH BREAD 10

## SALADS



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

- LEAN GREEN BOWL** 🌱🌱🌱 **65**  
our ancient grain mix with kale, grilled broccoli, green beans, mixed seeds, goji berries, avocado, grilled coconut and herbed tahini dressing.
- EARTH BOWL** 🌱🌱 **65**  
get grounded with a bowl of earthy colors - roasted pumpkin, sweet potato, carrots, tomato, 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** 🌱🌱 **65**  
sweet and spicy organic tempe on a bed of organic mixed leaves, peppers and carrots, cucumbers, peppers, tomatoes with Bali Buda's green sambal.
- BALI BUDA BOWL** 🌱🌱 **65**  
a lovely assortment of rainbows - beetroot, carrots, corn, bean spouts, tomatoes, cucumber, sunflower & pumpkin seeds, herbs & organic garden greens
- AYOMAYO SALAD** 🌱🌱 **80**  
probiotic chicken with spiced mayo on a bed of fresh salad with kale, sunflower seeds and pumpkin seeds.
- MIXED GRAIN SALAD WITH POACHED EGG** 🌱 **85**  
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**   **59**  
warm bowl of lentils, carrot, pumpkin & yogurt.  
add brown rice +13

**LIGHTLY SPICED PUMPKIN**    **59**  
comforting smooth pumpkin, onion, garlic and leek.

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

**SUPERFOOD MINESTRONE**  **59**  
a healthy addition to the Italian tradition - kidney beans, fresh vegetables, parmesan in Bali Buda's tomato-base.  
add quinoa +20

**MISO SOUP**   **59**  
a Japanese tradition full of enzymes sprinkled with organic, GMO-free and local tofu & mushrooms.

**GRATEFUL FOR GREENS**   **59**  
a vibrant mix of greens, onion, garlic and leek.

**PURPLE SWEET POTATO SOUP**   **59**  
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**  **72**  
**RED BEAN PATTY** **65**

choose your bun:


**WHEAT BUN**  **65**  
our homemade classic bun



**CHARCOAL WHEAT BUN**   
our homemade bun with a twist of charcoal for maximum health benefits

**LETTUCE WRAP**    
low-carb, vegan and gluten-free option!

**ALMOND BUN**  **+32**  
a delicious nutty recipe for a gluten free option

**BIBIMBAP**  **65**  
our version of the Korean favorite; 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**  **65**  
a super refreshing light meal of hard shell tacos with refried beans, fresh veggies, avocado, salsa, cheddar and yogurt.  
low-carb version  
change corn shells for lettuce



**PROBIOTIC GRILLED CHICKEN PLATE**   **75**  
Our probiotic chicken breast with a side of fresh salad.

## INDONESIAN TRADITIONALS


**SOTO AYAM**   **75**  
One of the many versions of Indonesian chicken soup - this is our favorite! Shredded probiotic chicken, GMO-free and local tofu, egg, special spices & a dash of coconut milk, probiotic chicken broth.  
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 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**   **55**  
simply fresh steamed vegetables with a mild spicy peanut sauce on the side  
add rice cake +13

**TOFU & CASHEW CURRY**   **75**  
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**  **75**  
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

## PASTA


### HOMEMADE PASTA

choose your pasta:


**FETTUCCINE / SPAGHETTI**  
the classic wheat flour and fresh egg pasta

**ZUCCHINI NOODLES**    
low-carb, vegan and gluten-free option!

choose your sauce:

**POMODORO 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**  **79**  
a whole lot of feel-good carbs. Creamy macaroni, served with cheesy herbed crumbs and a side of crunchy coleslaw


**VEGETARIAN LASAGNA** **79**  
Bali Buda's pasta with fresh vegetables and 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** **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**  
spicy BBQ sauce, parmesan, pineapple and probiotic chicken.





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	8
organic white rice	13
organic brown rice	13
organic red rice	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	20
spaghetti	22
fettuccine	22
herbed smashed peas	20
crunchy coleslaw	20
homemade granola	20
fresh seasonal fruits	20
vegetables your way: steamed / grilled	20

FATS

avocado (sliced or smashed)	20
extra virgin olive oil (1 tbsp)	20
butter	20

DAIRY

cheddar	20
mozzarella	20
feta	20
parmesan	20
yogurt	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:	20
plain, garlic and sundried tomato	

FOR DIPPING & CRUNCHING

bagel chips	10
pizza cracker	10
curry & flaxseed cracker	10
pumpkin & carrot cracker	10

SUPERFOODS

raw ground cacao beans	20
chia seeds	20
spirulina powder	20
turmeric powder	20

DESSERTS

VEGAN DELIGHTS

raw chocolate pudding pie	35
chocolate truffle	22
energy ball - 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 - choose from: blueberry, banana & almond, feta & spinach, GF	30
sticky cinnamon roll	35
samosa - choose from: cheese and vegetable	30
quiche - choose from: cheese, beef rasher and sundried tomato	35
soft pretzel	19
Spanish potato pie slice	29
mini calzone	29

CAKES & PIES

nuts & chocolate bar	35
carrot cake	35
apple crumble pie	35
cashew caramel pie	35
chocolate mousse cake	35
super chocolate brownie	25
no bake cheese cake	55
chocolate mud cake	35
superfood chocolate dream cake	35
strawberry caramel fudge tart	35
vegan lemon tart	35
coconut passion fruit pie	25
butterscotch bar	25
ubi cilembu sweet potato pie	35



SUPER HEALTH SMOOTHIES

- SUPER BERRY

raspberry, blackberry, cranberry, mulberry, yogurt, coconut water and raw honey.

49
- MEGA MAGNESIUM SMOOTHIE

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

49
- GREEN SUPERFOOD SMOOTHIE

papaya, apple, banana, spirulina, maca and ginger.

42
- RAW CACAO SMOOTHIE

organic raw cacao, banana, and rice milk.

42
- DOSHA BALANCING DRINK

banana, homemade almond butter and dates.

42
- AUSTIN HEARTBEAT SMOOTHIE

banana, beetroot, avocado, pineapple, ginger and raw honey.

42

HEALTHY JUICE

- BLENDED JUICE

• Single Fresh Fruit Juice

Made with local fresh fruit, please choose one: Papaya, pineapple, Mango, Passion Fruit, Avocado or Banana

• Tropical Mango

Mango,Pineapple, Passion Fruit

• Paradise Blend

Pineapple, Passion Fruit, Papaya

• Island Harmony

Banana, Pineapple, Passion Fruit

• Creamy mango

Avocado, Banana, Mango

• Summer Bliss

Banana, Mango, Passion

35
- PRESSED JUICE

• Single Pressed Fruit Juice

Made with local fresh fruit, please choose one: Beetroot, Carrot, Orange, Tangerine, Ginger

• ABC

Beetroot, Carrot, Apple

• Grounding

Beetroot, Carrot, Ginger

• Sunrise

Orange, Carrot, Apple

• Vibrant

Beetroot, Orange, Carrot, Ginger

45
- FRESH LEMONADE

Choose from the following combo:

Citrus, Mint

Lime, Ginger

Lime, Ginger, Mint

35
- NATURAL SODA

Choose from the following combo:

Citrus, Mint Soda

Ginger, Lime Soda

Ginger, Citrus, Mint Soda

35

SUPER HEALTH DRINKS

- DETOX

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

42
- GUAVA BLISS

Bali guava, coconut water, raw honey, lime and ginger.

42
- CLEANSING DRINK

passion fruit, ginger and raw honey.

42
- GOJI TUMERIC SUPER DUPER

goji berry, fresh turmeric, tamarind, lime, black pepper and raw honey.

49

KOMBUCHA BY BOTTLE (500ML)

- green tea

39
- chrysanthemum
- mangosteen
- spiced apple rooibos

HOUSEMADE TRADITIONAL DRINKS

- FRESH COCONUT WATER (500ML)

we extract water from Balinese green young coconut everyday and bottle it fresh for you.

27
- JAMU ASAM KUNYIT (500ML)

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

39
- EXTREME JAMU CONCENTRATE (330ML)

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

69
- FRESH PAPAYA LEAF JUICE (PRICE FOR 500ML)

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

35
- NATURAL ANTIBIOTIC

kefir, daikon, apple cider vinegar, garlic, ginger, chili, onion, tumeric

30

FRESH HOMEMADE MYLKS (500ML)

- almond milk

49
- cashew milk

49

OUR ALL TIME FAVES!

- AYURVEDIC GOLDEN LATTE

warm and soothing immune-boosting turmeric with coconut milk.

38
- INDIAN SPICED CHAI

38
- HOT CHOCOLATE

30

COFFEE

- pot of organic Bali coffee

30
- 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

espresso with grass-fed butter and virgin cold pressed coconut oil to revive the mind and body.

38
- change to:
- COCONUT

+ 5
- ALMOND / CASHEW MILK

+20



BY MADE'S TEA

- black chai

38
- vanilla & coconut chai
- rosella chai
- ayurveda
- healing
- hormonal
- energizing
- brain booster
- calming & relaxing
- skinny & detox
- green & jasmine
- lemongrass & ginger



# 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.

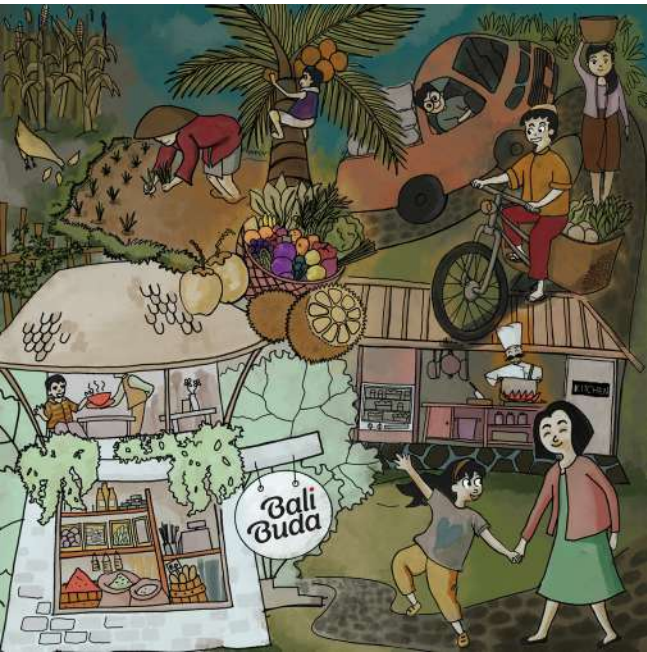
We are members of Slow Food Ubud and Slow Food International.

We support organic agriculture and sustainable living initiatives in Bali.

We practice principles of Fair Trade.

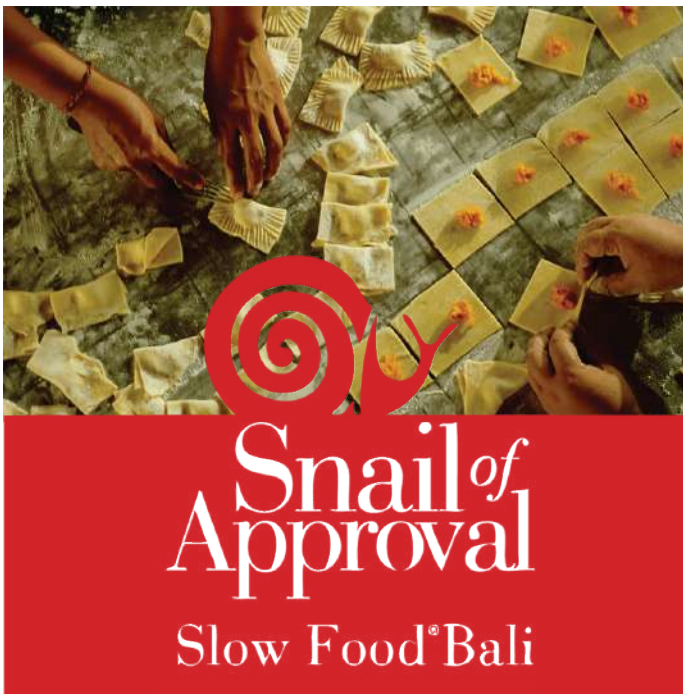


Bali Buda is proud to buy our rice and produce by LeSOS certified farms. LeSOS started from an initiative of organic farmers in the districts of Trawas, Pacet and Ngoro in East Java. They are farmers who have carried out and developed organic farming cultivation since 1994 with the assistance of Seloliman 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 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.





"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

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