



HEALTHY TRIBES

CONSCIOUS KITCHEN & CAFE

BREAKFAST · BURGER · SALAD · BOWL ULUWATU, BALI

Breakfast



Loco Moco (Hawaiian Breakfast, Egg)

Steamed white rice or red rice, 200g australian beef patty, fried egg, rich brown gravy. Pro 50 carbs 55 fat 45 cal 800



Hashbrown Omelette (Egg, Breakfast)

Three eggs, potato, onion, garlic, chives, mushroom, bacon, cheese, served with mixed green salad



Breakfast Wrap (Egg, Kebab, Bacon)

Two scramble eggs, avocado, bacon, mozzarella cheese, tortilla coriander wrap, served with mixed green salad



Banana Pancake (Vegan, Breakfast)

Caramelised banana, strawberry compote, house-made crumble, fresh strawberry, maple syrup (v, gf)



White Fluffy Omelette (Egg, Breakfast)

Three Eggs White, Broccoli, Mushrooms, Onion. On The Side : Baby Romaine, Tomato Cherry, Watercress, Lemon Vinegrette, Toasted Sourdough Bread



Lybian Shakshuka (Egg, Breakfast)

Two eggs, tomato sauce, potato, onion, garlic, coriander, spices, toasted sourdough bread



Vegan Shakshuka (Tofu, Breakfast)

Tempe, Tofu, Tomato Sauce, Potato, Onion, Garlic, Coriander, Spices, Toasted Sourdough Bread



Gluten Free Banana Bread (Fruit, Breakfast)

Banana Flour, Banana, Strawberry, Cashew Nuts, Almond, Crumble, Mixed Berry Coulis, Coconut Oil, Brown Sugar

Healthy Burgers



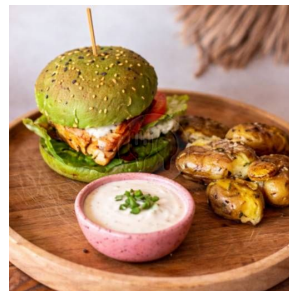
Old School Burger (Healthy)

50 gr. Aussie beef patty, cheddar cheese, lettuce, tomato, pickles, onion jam, ht secret sauce, served with baby potatoes



Eggplant Mushrooms Burger (Vegan, Healthy)

Plant-based patty, hummus lettuce, tomato, cucumber, pickle, onion jam, served with baby potato



Chicken Burger (Healthy)

Grilled chicken, lettuce, tomato, pickle cucumber, onion jam, house-made aioli sauce served with baby potato



Bondi Egg Bun (Avocado, Burger, Healthy)

Butter-scrambled eggs, melted mozzarella, caramelized onions and chives in a fluffy vegan charcoal bun, served with avocado slices Pro 22 | Carbs 44 | Fat 32

Wraps & Pita Bread



Salmon Nori Wrap (Shawarma, Healthy)

Cured salmon red rice, pickled carrot, avocado, cucumber, baby romaine lettuce, lemon, black & white sesame seeds.
Served with a ponzu sauce
On the side: Watercress, chery tomato, vinaigrette



Chicken Nori Wrap (Shawarma, Healthy)

Grilled chicken, red rice, pickled carrot, avocado, cucumber, baby romaine lettuce, lemon, black & white sesame seeds.
Served with a ponzu sauce
On the side: watercress, cherry tomato, vinaigrette



Shawerma Beef Pita (Healthy)

Pro 37 | Carbs 47 | Fat 25 | Cal 577



Grilled Egyptian Kofta Pita Bread (Healthy)

Pro 32 | Carbs 48 | Fat 31 | Cal 613
Juicy kofta inside warm pita, paired with fresh salad and creamy tahini sauce



Baked Egyptian Falafel Pita Bread (Healthy)

Pro 21 | Carbs 71 | Fat 13 | Cal 524
Golden falafels tucked in soft pita with pickles, salad, and tahini sauce



Baked Egyptian Kofta Wrap (Vegan, Healthy)

Pro 20 | Carbs 56 | Fat 15 | Cal 472
With fresh salad and tahini, wrapped in a coriander tortilla



Baked Egyptian Falafel Wrap (Shawarma, Healthy)

Pro 20 | Carbs 56 | Fat 15 | Cal 472
With fresh salad and tahini, wrapped in a coriander tortilla



Shawerma Chicken Pita (Healthy)

Pro 41 | Carbs 47 | Fat 14 | Cal 500



Chicken Wrap (Shawarma, Healthy)

Grilled chicken, avocado, purple cabbage, pickled carrot, pickled cucumber, baby romaine lettuce, coriander, watercress, served with a vegan aioli sauce



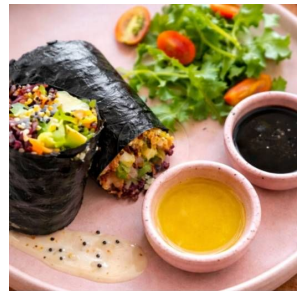
Shawerma Beef Wrap (Healthy)

Pro 36 | Carbs 33 | Fat 27 | Cal 525



Chicken Rice Wrap (Shawarma, Healthy)

Grilled chicken, purple cabbage, pickled carrot, avocado, baby romaine lettuce, coriander, watercress.
Served with a peanut sauce



Vegan Nori Wrap (Shawarma, Healthy)

Tofu, red rice, pickled carrot, avocado, cucumber, baby romaine lettuce, lemon black & white sesame seeds
Served with a ponzu sauce.
On the side: watercress, cherry tomato, vinaigrette



Shawerma Chicken Wrap (Healthy)

Pro 52 | Carbs 5 | Fat 31 | Cal 510



Vegan Wrap (Tortilla Coriander, Healthy)

Tofu, avocado, purple cabbage, pickled carrot, pickled cucumber, baby romaine lettuce, coriander, watercress, served with a vegan aioli sauce



Vegan Rice Wrap (Shawarma, Healthy)

Tofu, purple cabbage, pickled carrot, avocado, baby romaine lettuce, coriander, watercress served with a peanut sauce



Salmon Rice Wrap (Shawarma, Healthy)

Cured salmon, purple cabbage, pickled carrot, avocado, baby romaine lettuce, coriander, watercress.
Served with a ponzu sauce



Salmon Wrap (Tortilla Coriander, Healthy)

Cured salmon,, avocado, purple cabbage, pickled carrot. pickled cucumber, baby romaine lettuce, coriander. watercress. served with a vegan aioli sauce

Salad



Salmon Salad (Healthy)

Cured salmon, Baby Potato, Broccoli, Avocado, Cherry Tomato, Baby Romaine Lettuce, Coriander, Sunflower Seeds, House Made Dressing



Kale and Quinoa Tabouleh Salad (Vegan. Healthy)

Organic red quinoa, fresh kale, herbs, tomato, cucumber, coconut yoghurt, dukkah, lemon garlic balsamic vinaigrette, served with toasted sourdough



Chicken Hummus Salad (Egg, Avocado)

Grilled chicken, hard egg, avocado, cherry tomato, carrot, water cress



Vegan Hummus Salad

Tempeh, tofu, broccoli, avocado, pumpkin, cherry tomato. carrot, watercress, pumpkin seeds, sunflower seeds



Chicken Caesar Salad (Healthy)

Grilled chicken, baby romaine, onion crumbs, hard boil egg, Cesar dressing



Buddha Bowl (Vegan, Healthy, Rice)

Red rice, pickle carrot, avocado, tempeh, tofu, kale, baby tomato, sesame dressing

Soups



Moroccan Harira Soup

Pro 23 | Carbs 57 | Fat 13 | Cal 478
Lentil-chickpea soup with warm spices



Pumpkin Carrot Soup (Vegan)

Carrot, pumpkin , coconut cream, pumpkin seeds, served with toasted sourdough bread



Broccoli And Spinach Soup (Vegan)

Broccoli, spinach, olive oil, spicy seeds, pumpkin seeds, served with toasted sourdough bread

Authentic Mediterranean Mezze



Tabule (Salad, Healthy)

Fresh parsley salad with bulgur, mint, diced tomatoes, and cucumber, dressed in lemon and olive oil



Babaganoush (Healthy)

Smoky roasted eggplant blended with tahini and olive oil, finished with a sprinkle of sumac



Hummus (Healthy)

Smooth chickpea dip with tahini, topped with chopped parsley and sumac

Authentic Islander Favourites



Nasi Goreng w Chicken Satay (Healthy)

Fried red rice with Balinese spices, served with satay and peanut sauce.



Chicken Satay (Healthy)

Grilled chicken skewers marinated in Balinese spices, served with peanut sauce.



Nasi Goreng Vegan w Tofu & Tempeh Satay (Healthy)

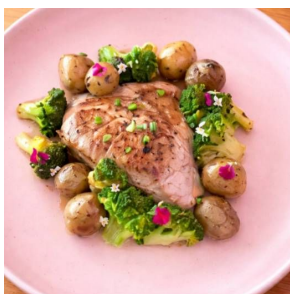
Plant-based. Fried red rice served with grilled tofu and tempeh satay.



Tofu & Tempe Satay (Healthy)

Grilled chicken skewers marinated in Balinese spices, served with peanut sauce.

Byop



Build Your Own Plate!

Includes 1 protein, 2 sides or Dreamland Rainbow Salad & 1 sauce.
Craft your ideal meal with high-quality proteins, nourishing sides, and flavorful sauces made fresh, in-house.

Liquid Detox Program



1 Day Detox Program (Healthy, Organic, Juice, Soup)

NEW BLOOD JUICE (3 X 500 ml)
Spinach, apple, cucumber, parsley and cilantro
COCONUT WATER (500ml)
TURMERIC SHOT & GINGER SHOT
CUCUMBER COLD SOUP
Cucumber, coconut milk, mint, parsley, olive oil, lime, ginger and garlic



3 Day Detox Program (Healthy, Organic, Juice, Soup)

1 Day Det+ 2 D + 3D
NEW BLOOD JUICE 3 X 500 ml
Spinach, apple, cucumber, parsley and cilantro
COCONUT WATER 500 ml
TURMERIC SHOT & GINGER SHOT
CUCUMBER COLD SOUP (in coconut milk)
+ INSTANTIAL WONDERS JUICE 3 X 500 ml
Cucumber, kale, pear, le



5 Day Detox Program (Healthy, Organic, Juice, Soup)

1 Day Detox Program + 2 Day Detox Program +
3 Day Detox Program + 4 Day Detox Program +
VEGGIES ONLY JUICE 3 X 500 ml
Broccoli, green lettuce, cucumber, carrot and spirulina
COCONUT WATER 500 ml
TURMERIC & CELERY SHOT
PUMKIN & TURMERIC WARM SOUP

Hydrating Drinks



Sourbucha Digestive Wellness



Sourbucha Summer Berries



Sourbucha Peach



Sourbucha Lychee



Ubud Organic Caco 25 Gr
With non coffee drink



Bali Rain Sparkling Water 500ml



Still Water Aqua Reflection 750ml

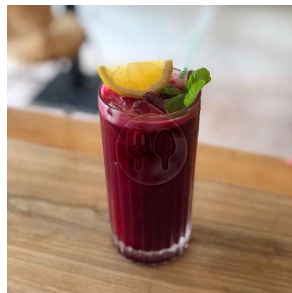


Still Water Aqua Reflection 380ml

Juices



Lean Belly Juice
Apple, cucumber, lemon, spinach, kale, mint



Liver Love Juice
Apple, beetroot, carrot, ginger, lemon



Minty Hydration Juice
Watermelon, strawberry, mint



Antioxidant Power Juice
Pineapple, carrot, orange, ginger, turmeric



Veggies Only Juice

Cucumber, carrot, celery, spinach, kale



Celyku Juice

Cucumber, celery

Refreshing



Ginger Honey Fizz

Ginger, honey, lemon, sparkling coconut water



Strawberry Mash

Strawberry, lime, honey, sparkling ginger



Cucumber Mint

Lemon, honey, mint, cucumber, sparkling coconut water



Passion Fruit Bliss

Lemon, Honey, Passion Fruit, House Made Ginger Soda

Smoothie Drink



Lions Mane Magic Smoothie

Lions mane mushroom powder, banana, papaya, apple, lemon, coconut water



Collagen Glow Smoothie

Vegan collagen peptides, mango, pineapple, dragon fruit, coconut water



Protein Fuel Smoothie

Vegan protein powder, banana, spinach, kale, spirulina, coconut water



Berry Healthy Smoothie

Mix berries, banana, coconut water



Mango Hero Smoothie

Passion fruit, mango, pineapple, orange



Digestive Bliss Smoothie

Papaya, strawberry, orange, honey



Nutri Tribes Smoothie

Espresso, banana, peanut butter, cocoa powder, coconut milk

Milkshakes



Choco Milkshake

Chocolate vegan ice cream, coconut milk



Dragon Fruit Milkshake

Vanilla vegan ice cream, dragon fruit, Strawberry,coconut milk



Salted Peanut Butter Milkshake

Peanut butter, vanilla vegan ice cream, coconut milk

Coffee



Bullet Proof Coffee

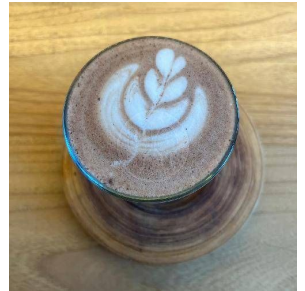
Double Shot Espresso,Ghee Butter, Coconut Oil



Flat White



Cappuccino



Mocha



Latte



Piccolo



Long Black



Macchiato



Doppio



Espresso Coffee

Hot Beverages



Mushrooms Frappe

Coffe, Lions Mane Mushroom Powder, Vanilla Ice Cream, Milk



Lions Mane Mushroom Latte



Matcha Latte



Hot Chocolate



Jamu Jamu Latte

Turmeric, ginger, milk

Shot



Turmeric



Ginger



Natural Antibiotic

Cucumber, carrot, celery, spinach, kale

Tea



English breakfast



Green Tea



Masala Chai Tea



Mint breeze



Jasmine

Soft Drinks

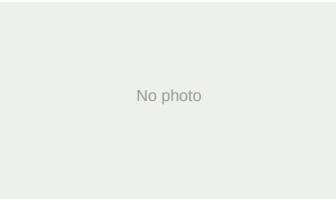


Fresh Coconut Water



Balian Still Water 330ml

Re.Salt



Re.Salt