



HEALTHY TRIBES

CONSCIOUS KITCHEN

SCAN TO ORDER



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HEALTHY
TRIBES
IS A
CONSCIOUS
KITCHEN

"

BREAKFAST

BREAKFAST

BUILD YOUR OWN BREAKFAST

80k

Build it your way.
Clean, fresh, satisfying.
Choose 1 Protein + 3 Sides
All come with toasted
sourdough bread.

PROTEIN:

3 Eggs Any Style

(Scrambled/Omelette/
Poached / Sunny Side Up)
Pro 18/Carbs 3/Fat 15/Cal 210.

Or Tofu Scramble

Pro 18/Carbs 6/Fat 10/Cal 180.

Or Grilled Tempeh

Pro 28/Carbs 12/Fat 16/Cal 310.

SIDES:

Broccoli

Pro 4/Fat 15/Carbs 11/Fat 14/Cal 170.

Rösti Potatoes

Pro 3/Carbs 22/Fat 9/ Cal 180.

Sautéed Mushrooms

Pro 3/ Carbs 5/ Fat 3/Cal 60.

Baked Beans

Pro 5/Carbs 20/Fat 1/Cal 120.

Sautéed Vegetables

(broccoli/mushrooms/onions)
Pro 3/Carbs 8/Fat 3/Cal 70.

Sautéed Spinach

Pro 3/Carbs 4/Fat 3/Cal 50.

Grilled tomato

Pro 1/Carbs 5/Fat 0/Cal 30.

Smashed Avocado

Pro 2/Carbs 7/Fat 12/Cal 130.

Avocado Slices

Pro 2/Carbs 7/Fat 12/Cal 130.

Mixed Fresh Salad

Pro 2/Carbs 6/Fat 1/Cal 40.

ADD-ONS:

Merguez Lamb Sausage

Pro 14/Carbs 2/Fat 22/Cal 250

35k

Beef Sausage

Pro 12/Carbs 2/Fat 20/Cal 220

17k

Chicken Sausage

Pro 14/Carbs 2/Fat 10/Cal 160

25k

Beef Bacon

Pro 6/Carbs 1/Fat 7/Cal 90

25k

House Cured Salmon

Pro 16/Carbs 0/Fat 5/Cal 120

60k

Falafel

Pro 6/Carbs 18/Fat 10/Cal 180

25k

Hummus

Pro 4/Carbs 10/Fat 9/Cal 140

20k

Aussie beef tenderloin steak

Pro 22/Carbs 0/Fat 8/Cal 155

100k



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**NOURISHING
FOOD FOR
YOUR BODY
AND SOUL**

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SALTY BREAKY

SURFER'S BREAKFAST **85k**

Pro 25/Carbs 33/Fat 17/ Cal 370

Eggs any style, grilled tomato, broccoli, mushrooms, smashed avocado, hummus, sourdough toast.

BREAKFAST WRAP **95k**

Pro 32/Carbs 21/Fat 12/Cal 360

Scrambled eggs, avocado, bacon, mozzarella, tortilla wrap. Served with mixed greens.

HASHBROWN OMELETTE (GF) **95k**

Pro 39/Carbs 33/Fat 17/Cal 720

Eggs, potato, onion, mushroom, bacon, mozzarella, smashed avocado & hummus.

LOCO MOCO - HAWAIIAN BREAKFAST **115k**

Pro 50/Carbs 55/Fat 45/Cal 800

Scrambled eggs, avocado, bacon, mozzarella, tortilla wrap. Served with mixed greens.

BONDI EGG BUN **75k**

Pro 22/Carbs 44/Fat 32/Cal 530

Butter-scrambled eggs, melted mozzarella, caramelized onions and chives in a fluffy vegan charcoal bun, served with avocado slice.

TURMERIC SCRAMBLED TOFU (V) **75k**

Pro 39/Carbs 15/Fat 45/Cal 650

Tofu scramble with vegetables, avocado & hummus. Served with sourdough toast.

SHAKSHUKA

Tomato sauce, potato, onion, garlic & spices. Served with sourdough toast.

Options:

Libyan (Eggs) **95k**

Pro 22/Carbs 61/Fat 23/Cal 520

Vegan (Tofu & Tempeh) **95k**

Pro 27/Carbs 69/Fat 21/Cal 560

WHITE OMELETTE **95k**

Pro 22/Carbs 41/Fat 35/Cal 575

Egg white omelette with broccoli & mushrooms. Served with avocado, hummus & sourdough.

SMASHED AVOCADO ON SOURDOUGH TOAST(V) **75k**

Pro 10/Carbs 99/Fat 6/Cal 500

Avocado, kale, cherry tomato, dukkah & lemon vinaigrette.

SCRAMBLED TOFU ON SOURDOUGH TOAST **80k**

Pro 30/Carbs 99/Fat 6/Cal 600

Tofu scramble with mushrooms & watercress.

Add-ons:

Bacon/Salmon/Grilled Chicken/
Gluten-free bread.

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**MINDFUL
EATING,
VIBRANT
LIVES**

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SWEET BREAKY

ANTIOXIDANT SMOOTHIE BOWL (V, GF)

85k

Pro 9/Carbs 120/Fat 6/Cal 600

Dragon fruit, strawberry,
banana, granola.

SUPERFOOD SMOOTHIE BOWL 85k

Pro 10/Carbs 99/Fat 6/Cal 500

Banana, mango, kale, strawberry
spirulina, granola.

BANANA PANCAKES (V) 95k

Pro 11/Carbs 88/Fat 8/Cal 470

Banana pancakes with strawberry
compote, crumble & maple syrup.

GLUTEN-FREE BANANA BREAD (GF) 85k

Pro 6/Carbs 35/Fat 17/Cal 290

Banana bread with berry coulis.

FRUIT SALAD 75k

Pro 9/Carbs 90/Fat 10/Cal 490

Seasonal fruits, coconut yoghurt
& granola.

OAT PANCAKES

- Oat pancakes with no eggs with fresh strawberry and banana, strawberry compote, crumble & maple syrup. (GF/VGN)

Full portion:

Pro 15/Carbs 105/Fat 20/Cal 640

Half portion:

Pro 7.5/Carbs 52/Fat 10/Cal 320

- Oat pancakes with eggs with fresh strawberry and banana, strawberry compote, crumble & maple syrup. (GF)

Full portion:

95k

Pro 22/Carbs 100/Fat 22/Cal 710

Half portion:

50k

Pro 11/Carbs 50/Fat 11/Cal 355

CHIA PUDDING 40k

Pro 7/Carbs 32/Fat 17/Cal 310

With fresh strawberry,
banana, mango, strawberry
compote and granola.

BERRY TROPICAL OVERNIGHT OATS 45k

Pro 10/Carbs 63/Fat 8.5/Cal 370

With fresh strawberry, banana,
mango, and mixed berry compote.

A black and white photograph of a beach scene. In the foreground, two surfers are walking through shallow water, carrying their surfboards. The water is calm with small waves. In the background, there are mountains or hills under a clear sky. The text is overlaid in the center of the image.

II

**ZERO
PLASTIC
POLICY - NO
SEED OIL**

II

SOUPS, SALADS & DIPS

SOUPS

PUMPKIN CARROT SOUP 80k

Pro 10/Carbs 53/Fat 7/Cal 310
Coconut cream & pumpkin seeds.

BROCCOLI SPINACH SOUP 80k

Pro 16/Carbs 49/Fat 12/Cal 340
Olive oil & spicy seeds.
Served with sourdough toast.

MOROCCAN HARIRA SOUP 85k

Pro 23/Carbs 57/Fat 13/Cal 478
Lentil-Chickpea soup with
warm spices.
Served with your choice
of pita bread or sourdough.

SALADS

CHICKEN CAESAR SALAD 80k

Pro 38/Carbs 12/Fat 29/Cal 480
Grilled chicken, romaine lettuce,
egg, onion crumbs, Caesar dressing.

BUDDHA BOWL SALAD 75k

Pro 30/Carbs 71/Fat 26/Cal 690
Red rice, tempeh, tofu, avocado,
kale, tomato, sesame dressing.

SALMON SALAD 120k

Pro 14/Fat 26/Carbs 150/Cal 310
Cured salmon, baby potatoes,
broccoli, avocado, greens.

KALE & QUINOA TABOULEH SALAD 115k

pro 14/Carbs 84/Fat 10/Cal 470
Red quinoa, kale, herbs, tomato,
cucumber, dukkah.

VEGAN HUMMUS BOWL 115k

Pro 43/Carbs 58/Fat 57/Cal 850
Tempeh, tofu, broccoli, avocado,
pumpkin, cherry tomato, carrot,
watercress, Pumpkin seeds,
sunflower seeds.

CHICKEN HUMMUS BOWL 115k

Pro 54/Carbs 32/Fat 51/Cal 740
Grilled chicken, hard egg,
avocado, cherry tomato, carrot,
water cress.

DIPS

MEDITERRANEAN MEZZE

Perfect for sharing or
snacking - choose pita, sourdough,
or gluten-free bread (+25k).

HUMMUS 65k

Pro 250/Carbs 18/Fat 15/Cal 250
Hummus with vegetables & sourdough.

BABAGANOUSH 65k

Pro 4/Carbs 13/Fat 19/Cal 245
Smoky roasted eggplant blended
with tahini and olive oil, finished
with a sprinkle of sumac.

TABULE 65k

Pro 2/carbs 12/fat 5/cal 110
Fresh parsley salad with bulgur,
mint, diced tomatoes, and cucumber
dressed in lemon and olive oil.

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**HIGH
QUALITY
FRESH
INGREDIENTS**

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WRAPS, BURGERS & PITA BREAD

HEALTHY BURGERS

Choice of:

Charcoal / Spinach / Vegan bun

CHICKEN BURGER 90k

Pro 39/Carbs 77/Fat 20/Cal 660

Grilled chicken, lettuce, tomato, pickles, onion jam, vegan aioli. Served with baby potatoes.

OLD SCHOOL BURGER 130k

Pro 36/Carbs 77/Fat 38/Cal 490

150 gr aussi beef patty cheddar cheese, lettuce, tomato, pickles, onion jam, HT secret sauce, served with baby potatoes.

EGGPLANT MUSHROOM BURGER (V) 85k

Pro 14/Carbs 84/Fat 10/Cal 470

Plant-based patty, hummus, lettuce, tomato, pickles, onion jam, vegan aioli.

WRAPS

RICE PAPER WRAPS

Vegetables, avocado, herbs & greens.

Choose your protein:

- **Tofu** 65k
Pro 22/Carbs 46/Fat 54/Cal 720
- **Chicken** (Grilled Chicken) 85k
Pro 37/Carbs 44/Fat 60/Cal 840
- **Salmon** (Cured Salmon) 130k
Pro 13/Carbs 30/Fat 36/Cal 490

Served with peanut or ponzu sauce.

NORI WRAPS

Nori seaweed, red rice, pickled carrot, avocado, cucumber, lettuce, sesame.

Choose your protein:

- **Tofu** 80k
Pro 25/Carbs 48/Fat 27/Cal 490
- **Chicken** (Grilled Chicken) 105k
Pro 35/Carbs 45/Fat 31/Cal 630
- **Salmon** (Cured Salmon) 120k
Pro 26/Carbs 47/Fat 29/Cal 550

Served with ponzu sauce.

SPINACH TORTILLA WRAPS

Avocado, purple cabbage, pickled carrot, pickled cucumber, baby romaine lettuce, coriander, watercress.

Choose your protein:

- **Vegan** 65k
Pro 25/Carbs 48/Fat 27/Cal 490
- **Chicken** 85k
Grilled chicken w/vegan aioli and fresh salad vinaigrette. Pro 43/Carbs 39/Fat 54/Cal 810
- **Salmon** 130k
w/vegan aioli and fresh salad vinaigrette. Pro 14/Carbs 38/Fat 53/Cal 670

PITA BREAD

TOFU 80k

Pro 15/Carbs 41/Fat 54/Cal 690
w/vegan aioli and fresh salad vinaigrette

BAKED EGYPTIAN FALAFEL 100k

Pro 20/Carbs 54/Fat 29/Cal 540
w/tahini and fresh salad

GRILLED EGYPTIAN KOFTA 105k

Pro 32/Carbs 26/Fat 43/Cal 600
w/tahini and fresh salad

BEEF SHAWARMA 105k

Pro 36/Carbs 33/Fat 27/Cal 525

CHICKEN SHAWARMA 95k

Pro 52/Carbs 5/Fat 31/Cal 510





II

**SUPPORTING
LOCAL
SUPPLIERS**

II

AUTHENTIC ISLANDER DISHES



NASI GORENG W/ SATAY

Pro 24/fat 23/carb 45/cal 510

Fried red rice with Balinese spices, served with grilled satay of your choice and peanut sauce.

- **Chicken satay** **72k**
Pro 24/fat 23/carb 45/cal 510
- **Tofu & Tempeh satay** **55k**
Pro 23/fat 22/carbs 48/cal 470

SATAY

Grilled skewers marinated in Balinese spices served with peanut sauce.

- **Chicken** **55k**
Pro 23/fat 15/carbs 7/cal 270
- **Tofu & Tempeh** **35k**
Pro 21/fat 18/carbs 9/cal 310

ADD ONS

EXTRA PROTEIN

Egg	10k
Bacon	20k
Cured Salmon	40k
Grilled Chicken	30k
Tuna Steak	45k
Beef Shawarma	40k
Chicken Shawarma	35k
Mahi-Mahi Steak	45k
Tenderloin Steak	55k
Tempeh	25k
Firm Tofu	20k
Falafel	25k

EXTRA SIDES

Sweet Potato Wedges	25k
Broccoli	20k
Mushrooms	20k
Grilled Baby Potatoes	25k
Quinoa	30k
Red Rice	25k
Roasted Pumpkin	20k
Green Salad	20k
Hummus	25k
Babaganoush	25k
Lebanese Tabbouleh	25k
Gluten Free Bread	25k



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YOU
ARE MADE
OF MAGIC

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BUILD YOUR OWN PLATE



Choose 1 protein + 2 sides
+ 1 sauce or 1 protein
+ Dreamland Rainbow Salad + 1 sauce.

PROTEINS

GRILLED TUNA STEAK Pro 42/Carbs 0/Cal 220	135k
BEEF SHAWARMA (150g) Pro 32/Carbs 4/Cal 280	95k
CHICKEN SHAWARMA (150g) Pro 35/Carbs 3/Cal 250	85k
GRILLED MAHI-MAHI STEAK Pro 34/Carbs 0/Cal 200	135k
GRILLED TENDERLOIN STEAK Pro 38/Carbs 0/Cal 310	155k
GRILLED CHICKEN STEAK Pro 36/Carbs 0/Cal 240	95k
GRILLED TEMPEH Pro 20/Carbs 12/Cal 210	60k
GRILLED FIRM TOFU Pro 14/Carbs 4/Cal 120	60k
EGYPTIAN BAKED FALAFEL Pro 13/Carbs 30/Cal 250	60k

SIDES

DREAMLAND RAINBOW SALAD
Pro 7/Carbs 35/Fat 14/Cal 321

Red rice, romaine lettuce, cherry tomatoes, shredded carrot, purple cabbage, cucumber, avocado, roasted pumpkin, sauteed mushrooms, and onions. Served with your choice of one dressing or sauce.

OR CHOOSE 2

SWEET POTATO WEDGES
Pro 2/Carbs 32/Cal 150

BROCCOLI
Pro 4/Carbs 10/Cal 55

MUSHROOMS
Pro 3/Carbs 6/Cal 40

GRILLED BABY POTATOES
Pro 4/Carbs 28/Cal 140

QUINOA
Pro 6/Carbs 39/Cal 220

ROASTED PUMPKIN
Pro 2/Carbs 12/Cal 50

HUMMUS
Pro 8/Carbs 14/Cal 170

BABAGANOUSH
Pro 3/Carbs 8/Cal 90

LEBANESE TABBOULEH
Pro 3/Carbs 18/Cal 90

GREEN SALAD
Pro 2/Carbs 5/Cal 30

RED RICE
Pro 5/Carbs 45/Cal 210

SAUCES

PONZU
Carbs 3/Cal 20

TAHINI
Pro 3/Carbs 4/Cal 90

VEGAN AIOLI
Carbs 2/Cal 80

SESAME SAUCE
Pro 2/Carbs 3/Cal 70

PEANUT SAUCE
Pro 4/Carbs 8/Cal 120

CAESAR DRESSING
Pro 2/Carbs 2/Cal 100



"
COMMITTED
TO
SUSTAINABILITY
"

DRINKS MENU

COFFEE

Espresso	25k
Doppio	35k
Macchiato	35k
Long black	30k
Piccolo	35k
Latte	35k
Flat white	40k
Cappuccino	40k
Mocha	45k

Bulletproof 50k
(with ghee butter & coconut oil)

Affogato 50k
(vanilla ice cream & coffee)

Lion's mane mushroom Latte 60k
++ plant based milk 10k

Lion's mane mushroom Frappe 60k
(Coffee, lion's mane, vanilla ice cream, milk)
++ plant based milk 10k

Cold/Ice extras
Extra Shot 5k
Large 10k
Coconut milk, almond milk, oat milk 10k

NON-COFFEE

Hot Chocolate 35k
Matcha Latte 45k
Jamu-Jamu Latte 40k
Ubud Organic Cacao 50k
(25 gram per drink)

TEA

English Breakfast, Green, Jasmine, Masala Chai, Mint breeze 30k
Iced +5k

SOFT DRINKS

Coconut Water 30k
Balian Still Water Bottle 330ml 40k

JUICES

Minty Hydration 50k
(calories 100)
Watermelon, strawberry, mint.

Antioxidant Power 50k
(calories 230)
Pineapple, carrot, orange, ginger, turmeric.

Veggies Only 50k
(calories 85)
Cucumber, carrot, celery, spinach, kale.

Celyku 50k
(calories 80)
Celery, cucumber.

Lean Belly 55k
(calories 105)
Apple, cucumber, lemon, spinach, kale, mint.

Liver Love 55k
(calories 270)
Apple, beetroot, carrot, ginger, lemon

HEALTHY TRIBES SHOTS

Turmeric 25k
Ginger 25k
Jamu shot 25k
(Turmeric, lime, ginger and honey)

Natural Antibiotic 25k
(Garlic, ginger, turmeric, lime, himalaya salt)

REFRESHING

Ginger Honey Fizz 45k
(calories 90)
Ginger, honey, lemon, sparkling coconut water.

Strawberry Mash 45k
(calories 140)
Strawberry, lime, honey, sparkling ginger.

Cucumber Mint 45k
(calories 90)
Lemon, honey, mint, cucumber, sparkling coconut water.

Passion Fruit Bliss 45k
(calories 230)
Passion fruit, lemon, honey, ginger soda.

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FIND
YOUR
TRIBE

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SOURBUCHA & WATER

SMOOTHIES

Digestive Bliss **55k**
(calories 200)
Papaya, strawberry, orange, honey.

Nutri Tribes **55k**
(calories 410)
Espresso, banana, peanut butter, cocoa powder, coconut milk.

Berry Healthy **60k**
(calories 170)
Mix berries, banana, coconut water.

Mango Hero **60k**
(calories 270)
Passion fruit, mango, orange, honey.

SPECIALS

Protein Fuel **75k**
(calories 554)
Vegan protein powder, banana, spinach, kale, spirulina, coconut water.

Collagen Glow **80k**
(calories 170)
Vegan collagen peptides, mango, pineapple, dragon fruit, coconut water.

Lion's Mane Magic **80k**
(calories 185)
Lion's mane mushroom powder, banana, papaya, apple, lemon, coconut water.

MILKSHAKES

Choco **69k**
(calories 530)
Chocolate vegan ice cream, banana, cocoa powder, coconut milk.

Dragon Fruit Milkshake **69k**
(calories 560)
Vanilla ice cream, dragon fruit, strawberry, coconut milk.

Salted Peanut Butter **60k**
(calories 850)
Peanut butter, vanilla ice cream, banana, coconut milk.

ADD-ONS SUPERFOODS

Isopure Whey Protein Powder **30k**
Organic Pea Protein Powder **35k**
Collagen Peptides Grass-Fed Protein **35k**
Plant Based Collagen Peptides **35k**
Keto Friendly
Lion's Mane Mushroom Powder **30k**
Peanut Butter **15k**

WATER & SOURBUCHA

Sourbucha Lychee **55k**
Sourbucha Peach **55k**
Sourbucha summer berries **55k**
Sourbucha digestive wellness **55k**
Bali Rain Sparkling Water (500 ml) **45k**
Still water Aqua reflection (380ml)-(750ml) **25k-45k**





HEALTHY TRIBES

CONSCIOUS KITCHEN

FOLLOW & REVIEW



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ENJOYED YOUR MEAL? LEAVE US A REVIEW
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