



REVIVŌ
WELLNESS RESORTS

BREAKFAST MENU

7am – 11am



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



CONTAINS NUTS



TIPS

LIVE LONGER AND HAPPIER

1. TO START THE DAY

Drink a glass of Water, slowly and with mindfulness.

2. TWENTY MINUTES BEFORE YOUR BREAKFAST, DRINK THESE THREE SHOTS

Warm Water with Lemon and a pinch of Sea Salt

Kombucha

Jamu

Waiting 20 minutes before eating gives your body time to stimulate the gut and prepare for the intake of food.

3. ENJOY YOUR HEALTHY BREAKFAST CHOICES

Our breakfast menu is designed to give you the best nutrients. Most of our ingredients are organic and locally sourced. We cater to most specific diets - follow the icons or ask our team for more information.

BREAKFAST SET MENU

400

BEVERAGES

One Tea or Coffee

One Seasonal Fruit Juice

FRUITS

Choice of Acidic or Sweet fruit plate 

BREAD

Served with Ghee and homemade Jam

Multi seeds Banana Flour Bread   

or

White Banana Flour Bread  

or

German Bread (Barley Sunflower Bread) 

Choose one NŪTRIŌ Bowl OR one Egg Plate

NŪTRIŌ BOWL

Chia Dream   

Chia seeds soaked with Cat's Claw and served with Apples, Awakened Almonds, Walnuts, Flax, Sunflower and Pumpkin seeds, Cacao Nibs, Raisins, Goji berries, Vanilla, Cinnamon, Lemon Zest and wild local Honey, with a choice of Coconut Kefir or Almond Milk.

Dragon Bowl   

Mango, Dragon Fruit, Coconut Yoghurt, Lemon Zest, Black Sesame Seeds and Coconut Oil.

Banana Porridge   

Oats cooked with Banana and Cinnamon served with fresh Bananas, Coconut Nectar, Nuts, Cacao Nibs and Coconut Flakes and your choice of Almond Milk or Coconut Kefir.

NŪTRIŌ EGGS

Poached Eggs with Guacamole 

Two poached Duck Eggs served with Guacamole on Sautéed Greens and Toast.

Scrambled Eggs 

Two scrambled organic Duck Eggs, small Salad, Turmeric Dressing and Toast.

Scrambled Tofu 

Scrambled non-GMO Tofu served with Green Leaves, Zucchini, Turmeric Oil and Toast.

NŪTRIŌ BOWLS

Chia Dream

145

MUSCLE

BLOOD PRESSURE

ANTI-AGEING

PRENATAL

IMMUNITY



Chia seeds soaked with Cat's claw and served with Apples, Awaken Almonds, Walnuts, Flax, Sunflower and Pumpkin Seeds, Cacao Nibs, Raisins, Black Berries, Goji Berries, Vanilla, Cinnamon, Lemon Zest and wild local Honey, with a choice of Coconut Kefir or Almond Milk.



Chia seeds have so many health benefits! They are one of the world oldest sources of nutrition, documented to have been eaten by the ancient Aztecs and Mayans. The blend of nutrients in chia seeds such as healthy fats, proteins and minerals including zinc help to promote healthy skin, hair and nails. It is also a top source of plant Omega 3.

Dragon Glass

100

ENERGY

ANTI-AGEING

PRENATAL

IMMUNITY



Mango, Dragon Fruit, Coconut Yoghurt, Black Sesame Seeds, Lemon Zest and Coconut Oil.



Dragon fruit — also called dragon pearl fruit, cactus fruits or pitahaya— is a tropical, delicious super-food that can do a lot for your health. Dragon Fruit benefits include anti-aging, immune system boosting and sugar stabilisation, which is particularly helpful for those with diabetes.

Homemade Crunchy Granola

175

MUSCLE

ENERGY

PRENATAL



Homemade Granola made with Roasted Nuts & Seeds, Papaya Cream, Papaya Bites, Spices, Honey and a choice of Coconut Kefir or Almond Milk.



Granola is full of beneficial oils, fibres and has the right sugar levels to give you a good source of energy to start your day.

NŪTRIŌ BOWLS

Banana Porridge

125

DISGESTION

BLOOD PRESSURE

BETTER SLEEP

RELAX



Oats cooked with Banana and Cinnamon served with Fresh Bananas, wild local Honey, Awakened Nuts, Cacao Nibs and Coconut Flakes and your choice of Almond Milk or Coconut Kefir.



Oats provide uniquely helpful digestive support by increasing the “viscosity” of our food contents when they are present in our upper digestive tract.

Homemade Soaked “Avena”

125

BRAIN

BLOOD PRESSURE



Oatmeal soaked overnight in Lemongrass Tea, served with Cinnamon, Vanilla Coconut Milk, Orange Zest, Grapes, Kiwi, Strawberries and Mint Leaves.



The key is to let the oats soak overnight so that their starches break down and thus reduce their natural “phytic acid” levels and improve their digestibility in our body.

FRUIT PLATES

Sweet Fruits

85

MUSCLE

BRAIN

IMMUNITY

ENERGY

PRENATAL



Papaya, Mango, Dragon Fruit, Banana, Jackfruit and a sprinkle of Mixed Nuts.
Depending on the season - please ask our staff for more details.

Acidic Fruits

85

ENERGY

BLOOD PRESSURE

ANTI-AGEING



Passionfruit, Strawberries, Grapefruit, Tangerine, Kiwi and a drizzle of Meliponia Honey.
Depending on the season - please ask our staff for more details.



It is important to not mix acidic fruits, such as grapefruits and strawberries, or sub-acidic foods such as apples, pomegranates and peaches, with sweet fruits, like bananas and raisins for a better digestion. However, you can mix acidic with sub-acidic fruits together.

MORNING TOASTS

Choose your bread

Multi seeds Banana Flour Bread 

Spirulina Banana Flour Bread 

White Banana Flour Bread 

German Bread (Barley Sunflower Bread)

Bread & Ghee

75

IMMUNITY

ENERGY

ANTI-AGEING

HEART



Ghee and homemade sugar free Jam.

Tahini Toast

125

MUSCLE

IMMUNITY

ANTI-AGEING

BLOOD PRESSURE

RELAX

DIGESTION



Wild Honey, Coconut Oil, homemade Tahini and sliced Apple.

Avocado Toast

150

HEART

ANTI-AGEING

SOUL

RELAX



Avocado, Shallot rings, Olive Oil and Black Sesame Seeds.

Cucumber Toast

125

BLOOD PRESSURE

ANTI-AGEING

PRENATAL

RELAX



Cucumber slices served on Miso spread and drizzed with basil oil.



A traditional ingredient in Japanese and Chinese diets, miso paste, is made from fermented soybeans and grains containing millions of beneficial bacteria.

MORNING TOASTS

Choose your bread

Multi seeds Banana Flour Bread 

Spirulina Banana Flour Bread 

White Banana Flour Bread 

German Bread (Barley Sunflower Bread)

Goat Cheese Toast

180

MUSCLE

ANTI-AGEING

SOUL

BETTER SLEEP

Organic Goat Cheese on toast served with Tomatoes, Spinach and Arugula.

Cured Ham Toast

215

MUSCLE

HEART

SOUL

Organic Cured Ham from Bali served with crunchy Celery.

Dragon Fruit Toast

140

MUSCLE

ANTI-AGEING

IMMUNITY

RELAX

DIGESTION

Sliced Dragon Fruit on toast served with Coconut Oil, Homemade Tahini and Honey.



Dragon Fruits & Coconut Oil are great for weight loss. Coconuts contain short and medium-chain fatty acids that help take off stubborn weight.

Strawberry Toast

140

ANTI-AGEING

HEART

SOUL

RELAX

Strawberries on toast served with Coconut Oil, Homemade Tahini, Honey and Toasted Coconut Flakes.



Full of Vitamin C, Strawberries boost the immune system, neutralise the effects of oxidants and rejuvenate the body thanks to their phytochemicals.

NŪTRIŌ EGGS

Poached Eggs

200

ANTI-AGEING

MUSCLE

PRENATAL



Two poached organic Duck Eggs served with Guacamole on Blanched Greens and toast.

Scrambled Eggs

185

ANTI-AGEING

MUSCLE

PRENATAL

DIGESTION



Two scrambled organic Duck Eggs, a small Salad, Turmeric Dressing and toast.



Eggs are loaded with nutrients and it is very important to eat them from a super clean, organic and pastured source. Eating non-organic eggs can increase the amount of unnatural chemicals in your body.

Scrambled Tofu

150

DIGESTION

SLIMMING

BLOOD PRESSURE



Scrambled non-GMO Tofu served with Zucchini, Bok Choy, Kale, Beet Dressing and toast.



An excellent source of amino acids, iron, calcium and other micro-nutrients - tofu is a versatile ingredient with many health benefits. Our scrambled tofu tastes just like eggs!

DEEPER CHOICES

Brown Rice Cream

125

SLIMMING

DISGESTION

SOUL

RELAX

BETTER SLEEP



Slow cooked rice in a pressure cooker for 3 hours and kept in a closed pot for another 12 hours without opening to preserve its deep Yang energy.



A creamy rice dish that will calm your emotions. A macrobiotic remedy.

Morning Miso Soup

110

HEART

ANTI-AGEING

DIGESTION

RELAX



Alkaline Miso Broth served with Leek, Broccoli, semi hard Tofu and Gomashio.



Sipping miso soup in the morning will bring a strong boot of minerals to your diet. This soup is also very effective to help overcome a sugar addiction.

Millet Porridge

125

ENERGY

IMMUNITY

DIGESTION

BRAIN

MUSCLE



Soft Millet cooked with Cinnamon, Pandan Leaf and Apples, served with Coconut Yoghurt, Raw Apples and wild Honey.

BEVERAGE MENU

MORNING SHOTS

Pre-Breakfast Trio Shots

85

IMMUNITY

DISGESTION

- Warm Water with Lemon and a pinch of Sea Salt
- Kombucha
- Jamu

Wheatgrass Shot

35

SLIMMING

DISGESTION

TEAS

Ginger Lime Tea

55

ANTI-AGEING

DIGESTION

ENERGY

PRENATAL

Lemongrass Tea

55

ANTI-AGEING

DIGESTION

BRAIN

SLIMMING

RELAX

IMMUNITY

Green Tea

55

ANTI-AGEING

BRAIN

SLIMMING

HEART

MUSCLE

Bancha Tea

55

ANTI-AGEING

DIGESTION

BRAIN

COFFEES

Kintamani Single Origin Indonesian Coffee

Single Espresso	35
Double Espresso	43
Latte	55
Cappuccino	55
Macchiato	43
Americano	45
Infused Organic Balinese Coffee	45
Green Coffee	45
Keto Coffee	70

Coconut Butter, Coconut Oil, Cinnamon and Vanilla.

Choice of Milk

Organic Coconut Milk, homemade Oat Milk, homemade Sesame Seed Milk, organic Goats Milk.

*Prices are in thousands of Rupiah. Subject to 10% service charge & 11% Government tax

KOMBUCHAS

Hong Cha

115

SLIMMING

Hong Cha or Chinese Red Tea.

Red Java

115

DETOX

Ginger, Sappan Wood, Red Ginger, Cinnamon, Coriander Seeds, Black Pepper, Star Anise, Cloves and Cardamom.

Rise and Shine

115

ENERGY

Organic Green Tea, Moringa Leaves, Lemongrass, Cucumber, Pink Guava, Papaya and Guava Leaves.

Chill Out

115

DESTRESS

Fennel, Lemon, Basil, Liquorice, Mace and Star Anise.

FRESH & COLD PRESSED JUICES

Fresh Whole Coconut

55

PRENATAL

DETOX

HEART

Fresh Water from Young Coconut.



This drink is known as one of the world's healthiest drinks because of its unique electrolyte profile. Fresh coconut water is low in calories, contains zero fat cholesterol and a decent amount of potassium, which also makes it the best drink for after a work out.

Aloe Cucumber Water

55

DESTRESS

Aloe Vera Leaf, Kemangi Tea and Cucumber Juice with Lime Zest.



Known for hundreds of years as a source of beauty and immortality, we offer you this simple but powerful elixir to rejuvenate and refresh yourself after a long journey to your new home.

Go Green

58

SLIMMING

Benkoang, Spinach, Cucumber and Lime Juice.



Aside from being delicious and refreshing, this drink is the perfect anti-ageing elixir high in vitamins A and C, which fight free radicals.

Pink Sundown

58

ENERGY

Dragon Fruit, Kiwi, Carrot, Celery Stick and Lime.



This exotic juice offers a wealth of benefits including: boosting immunity, helping the body's metabolism and facilitating a smoother digestive process.

FRESH & COLD PRESSED JUICES

Wake Up Call

58

IMMUNITY

Carrot, Beetroot, Grapefruit, Apple and Ginger.



This juice will give a healthy kick-start to your day.

Energize Me

58

ENERGY

Beetroot, Lime, Green Apple and Ginger.



Excellent for detoxification support, lowering blood pressure, fighting inflammation and alkalising the body, this juice makes your new daily routine.

Make Your Own Juice From:

68

- Tangerine
- Orange
- Strawberry
- Watermelon
- Lemon
- Mango
- Dragon Fruit
- Carrot
- Beetroot
- Spinach
- Green Apple
- Pineapple

Fruit availability depends on the season - please ask our staff for more details.

SMOOTHIES

Green Spicy Morning

70

ENERGY

Kedondong, Starfruit, Ginger, Avocado, Lime and Mint.

Immunizer

70

IMMUNITY

Dragon Fruit, Papaya and Tangerine.

Keep Me Free

70

SLIMMING

Turmeric, Jack Fruit and Young Grated Coconut.

Recharge The Core

70

BRAIN

Grapefruit, Green Apple, Star Fruit, Lemongrass and Lime.

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SUPERFOOD JUICES

Maca Almond **90**

DESTRESS

Almond Milk and Honey.

Maca Cacao **88**

HEART

Raw Cacao, Coconut Oil, Coconut Yoghurt, Honey And Vanilla.

Moringa Celery **88**

SLIMMING

Celery, Cucumber, Avocado, Lemon and Ginger.

Moringa Parsley **88**

ENERGY

Parsley, Fennel, Apple, Lime, Salt and Almonds.

Superfood To Add To Your Juice **20**

Maca: *Rich in antioxidants, enhances energy, mood and memory.*

Moringa: *Very nutritious, lowers blood sugar levels and cholesterol.*

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