



REVIVŌ
WELLNESS RESORTS

NŪ RESTAURANT MENU

12pm – 3pm
6pm – 10pm

 VEGAN

 VEGETARIAN

 GLUTEN FREE

 CONTAINS NUTS

 TIPS

At NŪTRIŌ we don't believe in prescriptive or restrictive diets but in creating **nourishing and balanced meals** to respond to each person's needs. Our menu offers a variety of **health-conscious options**. We serve delicious, nutritious, mindfully sourced and prepared food to fuel your holidays.

We try to be **organic** as much as possible, sometimes we choose ingredients that are organically harvested, beyond the organic certificate. We tend to work with **seasonal and local** produce only. All our sauces, vinaigrettes, oils, jams and molasses are **homemade**. We are blending **healthy clean food with an authentic Balinese touch**.

Our Vital Kitchen is harmonious and practical. We put a lot of mindfulness and care into the creation of every dish. Our storing and cooking methods are designed to **retain most nutrients**: we dehydrate, sprout, blanch, cold press and ferment.

Our main focus is to add in every recipe ingredients that help your gut to be invigorated, nourished and happy. Thus the use of our **signature probiotic dressings**, and the presence of **fermented food** in almost every dish we offer. We play with the **healing power of the herbs** as well as the diversity of tastes and colours.

Our goal is to make 'healing, delicious beauty food' **to inspire you to change or improve your eating habits**. We aim to make you curious and willing to keep on eating and cooking the **healthier way when you are back home**.

APPETIZERS

Coco Nuts Ceviche

100

SLIMMING

RELAX

DIGESTION



Fresh Coconut Flesh and Cauliflower Marinade with Lime and Sambal matah, Coconut Water, Cucumber and Cilantro, topped with Erase and raw Peanuts.



Raw Peanuts are a high source of protein. Protein is a macronutrient that is essential for building muscle mass. Although it is commonly found in animal products, it is also present in nuts, sprouts and green vegetables. As it is a common allergy, please let us know if it is your case.

Croquette

80

BETTER SLEEP

PRENATAL



Purple Sweet Potato, Millet, Lentils, roasted Walnut Bites and Purusha Coconut Dressing wrapped in a steamed Cabbage Leaf.



Sweet potatoes are rich in antioxidants, the more intense the color is, the more antioxidants it contains. Choose colourful sweet potatoes for consumption, especially the purple and red ones.

Limbic Trio

100

SLIMMING

DIGESTION

PRENATAL

ANTI-AGEING

BRAIN

HEART



A trio of symbiotic pâtés (Red Beetroot Sauerkraut, Yellow Turmeric Sauerkraut, Green Spinach Sauerkraut) served with seasonal raw Veggies, and crunchy homemade Flaxseed Crackers.



Symbiotic nutrition is a new way to look at food. It is the combination of good bacteria and the food to feed these good bacteria; it is the combination between probiotics and prebiotics. Our wellbeing is based on the health of our gut. By having a happy community of microorganisms, all the functions in the gut - like the creation of serotonin and the neurotransmitter responsible for happiness - will reach their full potential.

Pincho Tempeh Satay

100

DIGESTION

MUSCLE



Tempeh Satay with Coriander, Miso and Ginger served with Yellow Sauerkraut, Balinese roasted Peanut sauce and crunchy Indonesian Crackers.



Our tempeh is created from non-GMO natural soya seeds and produced in a traditional way by a Japanese fermentation Master in Bali. It is the perfect snack after a workout.


SYMBIOTIC CREAMY SOUPS

Green Dream

150

SLIMMING DIGESTION ANTI-AGEING BLOOD PRESSURE (V)

Kale Miso Soup with Kudzu, Olive Oil and Purusha Cream.


 Sage is a holly herb which balances the feminine energy. Miso is the elegant Japanese term for fermented soybean paste. Miso may also be made with rice or barley to which mold and salt are added before aging anywhere from 6 to 36 months. It is considered an "Umami" flavour.

La Vie en Rose

155

BETTER SLEEP PRENATAL BRAIN HEART (V)

Beetroot, Sweet Potato, roasted Onions and grilled Shiitake Soup with Rosemary and Probiotic Spices & Herbs.


 Beetroot is low in fat, full of vitamins and minerals and packed with powerful antioxidants. Beetroot fibre has been proven to increase the number of white cells in our body which are responsible for detecting and eliminating abnormal cells.

White Spirit

150

BRAIN HEART (V)

White Daikon, Cauliflower and creamy Leek Soup dressed with the perfect trio of Seeds for a male health. Light and fulfilling.


 Pumpkin, Sunflower & Flax Seeds are the perfect blend to keep a healthy prostate especially for men over 50.

Inner Power

155

SOUL ENERGY BETTER SLEEP RELAX (V)

Pumpkin, Apple, Miso, Yellow Sweet Potato Soup with roasted Pumpkin Seeds, mashed Purple Sweet Potatoes and Purusha Cream.

 Pumpkin is low in calories and packed with antioxidants and beta carotenes: a red-orange pigment found in plants, fruits, and colourful vegetables. The human body converts beta carotene into Vitamin A (retinol); beta carotene is a precursor of vitamin A. We need Vitamin A for healthy skin and mucus membranes, as well as for good vision.

SHARING PLATES

Mezze Platter

150

BRAIN

HEART

PRENATAL



Crudités with Hummus, symbiotic Pâtés, Tzatziki, Naan Bread and Flax Seed Crackers.

Cheese Platter

230

BRAIN

SOUL



Two mixed varieties of local, organic, free-range Balinese Goat Cheese, homemade Almond Cheese, Sesame Feta Cheese and homemade Crackers.

Funlafel Plate

200

BRAIN

HEART

MUSCLE

SOUL



Our Balinese version of the Falafel with Greens, Pine Nuts, Sprouted Chickpea & Beetroot Hummus, Baba Ganoush, Tzatziki and Naan Bread.



Hummus made from sprouted chickpeas is considered very high in tryptophans which is known for improving quality of sleep.

BROTH REMEDIES

Detox

65

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Alkaline Broth, Onion, Leek, Ginger, Daikon, Black Pepper, Sweet Potato, Cabbage, Zucchini, Beetroot, Celery and Kombu Seaweed.



This broth is the perfect tonic to keep the body mineralised and to allow the cleansing process to be effective.

Tonic

70

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE

Chicken Consommé: the great-grandmother remedy.



An old remedy to invigorate the body. This is a great keto drink for those in need of stimulating health for thyroid.

Green Jamu

170

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART 

Black Quinoa and homemade Sauerkraut with Chicories, Avocado, Arugula, Mustard leaves, Sprouts, multi-coloured Radishes, Cucumber, Celery, Fennel, Chayote and blanched Broccoli. Light and fulfilling.

Jamu Dressing: Turmeric, Ginger, Garlic, Black Pepper, Lemon and Coconut Oil.

Toppings: Black Sesame Gomashio, Avocado and Awakened Nuts.



Jamu is a medicinal combination of ingredients which heal the body, used in Indonesia as a homemade remedy to cure the body inside and out. It is extremely anti-inflammatory. We have developed a dressing inspired by the ancestors.

Rolling Roots

160

BETTER SLEEP BRAIN HEART PRENATAL 

Marinated raw Roots, grilled Shiitake, Tempeh, crunchy Green Vegetables and Green leaves.

Dressing: Mustard Vinaigrette with Mangosteen probiotics and Beet Dressing.

Toppings: Black Sesame Gomashio, Yellow sauerkraut and crunchy sage



Gomashio is the highest source of calcium bioavailable from non-animal sources. Made of sesame seeds toasted with sea salt and grinded by hand. A basic of the macrobiotic cuisine.

Garden by the Sea

160

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART 

Pumpkin Carpaccio, Radishes, Yellow Zucchini, Fennel, Cucumber, Green Leaves, Sprouts, Purple Sauerkraut and Seaweed.

Japanese Dressing: Miso, Ginger, Lime and roasted Sesame Oil.



Sprouting dramatically increases the vitamin content of a seed. Enzymes, considered the key to longevity, are greatly activated in the sprouting process. The absence of enzymes produces that "tired, run-down feeling".

The Green Curtain

100

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART



Green Bean, Leek and Sesame Seed Salad with Purusha Cream and Yellow Sauerkraut.

Local Pesto Dressing: Lemon Basil with Lime, Olive Oil, Pine Nuts and Garlic.



Lemon basil is one from the basil family from Indonesia, with numerous benefits such as reducing inflammation. The cineole, myrcene and eugenol substances act as natural and anti-inflammatory antibiotics.


Tree Tomato Salad

160

BLOOD PRESSURE SOUL BRAIN HEART 

Variety of Tomatoes with organic Balinese Goat Cheese.

Beet Dressing: Beetroots, wild local Honey, Oregano, Coconut Yoghurt and Grape Probiotics.

 *Tomato is a juicy, nutritious fruit commonly eaten as a vegetable. A tomato is a nutrient-dense superfood. Its nutritional content supports healthful skin, weight loss, and a healthy heart.*

Just Like Home

150



We can make a salad with your favourite ingredients. Share with us your special request and we will do our best to please you.

Green: Lolo rosso, lollo bionda, radicchio, baby romaine, frisée/mizuna, mustard leaf, spinach, kale, bok choy, rucola

Fresh: Chayote, okra, baby bean, tomato, cherry tomato, mixed radishes, celery, cucumber, broccoli, asparagus, avocado, fennel, jicama

Nuts, Seeds, Legumes: Almond & walnut, black and white sesame seeds, pumpkin seeds, sunflower seeds, quinoa, sorghum

Dressing: Mustard thyme, balsamic, purusha coconut, jamu, japanese dressing

A choice mix of 3 Green, 2 Fresh, 2 Legume & 1 Dressing

Pure Fulfilment


170

DIGESTION ANTI-AGEING PRENATAL BRAIN HEART   

celery, avocado, snowpeas, okra, lentil sprout, cilantro, organic Balinese goat cheese and awaken nuts.

Sambal Ulek Dressing: Mix of Indonesian spices with fresh Coconut Water.

Toppings: Golden Lime Zest, nutritional Yeast, Black Sesame Gomashio with Kimchi on the side.

 *Buckwheat is a healthy, nutty, and versatile grain that is high in fiber, a great source of minerals (especially iron), and loaded with B vitamins. It's perfect for those on a gluten-free diet.*

Be Clean

170

SOUL ENERGY BRAIN HEART 

Alkaline Broth with Miso, mixed Greens, lime, Lemongrass, Coconut flesh and Green Moringa Noodles.

Be Rooted

160

SOUL ENERGY IMMUNITY BRAIN HEART 

Alkaline Broth with Miso, lime, Mushrooms, deep fried Tempeh, boiled Egg and Purple Beetroot Noodles.

Be Balanced

160

SOUL ENERGY IMMUNITY BRAIN HEART 

Alkaline Broth with White Miso, Cabbage, Leek, saffron, Cinnamon, Lime, Orange Zest and Carrot Noodles.

Gluten free Buckwheat noodles are available on request.

Be at Peace

225

SOUL ENERGY BRAIN HEART

Chicken Broth with boiled Egg, Sprouts, raw Zucchini, Green Beans, lime, pastured chicken breast, Yellow Turmeric Tomato Noodle.


VEGAN MAIN COURSES

Perfect Plate

190

BLOOD PRESSURE ENERGY BRAIN HEART IMMUNITY MUSCLE  

Adzuki Bean, Red Rice, spinach, Broccoli, roasted Roots, fresh Shiitake and Tempeh, served with Purple Sauerkraut.


 *Shiitake mushrooms have a strong natural ability to discourage inflammation, tumours, "bad" bacteria, harmful viruses, and, ironically, fungus. B Vitamins such as B2, B5 and B6 are part of the shiitake health benefits package, providing energy by breaking down fats, carbs, and proteins.*

Kitchari Our Way

175

BLOOD PRESSURE ANTI-AGEING ENERGY BRAIN HEART  

Lentils, Red Rice, Cilantro, Ghee, Tamari, nutritional Yeast, Kimchi, Broccoli and Asparagus.


 *Kitchari in Ayurveda is the detox food by excellence. It is well known to balance the body and enhance the detoxification process, while letting your body feel nourished.*

Coco Pesto Pasta

175

SLIMMING DIGESTION ANTI-AGEING BLOOD PRESSURE  

Raw Zucchini with local Pesto served with fresh Cherry Tomatoes, Guacamole, Balinese Spirulina crunches, Yellow Sauerkraut, Awakened Nuts and nutritional Yeast.

 *Eating raw food helps to increase the intake of enzymes & nutrients in your body. Increasing the intake of raw food in your diet will help you glow and boost your energy levels. It is important to chew raw food well to control gases.*


Amaranth Balls

150

ENERGY IMMUNITY MUSCLE PRENATAL BRAIN HEART  

Balls of Amaranth and Pine Nuts with Balinese Spinach, Jicama and Avocado served with Rosemary crackers and crunchy Zucchini.

Tumeric Dressing: Tumeric, wild local Honey and Lime.

 *Amaranth is a gluten-free grain. It is 20 times smaller than a wheat grain. It is one of the most nutritious foods that has a very high protein level. One cup of raw amaranth contains 15 milligrams of iron, while white rice contains only 1.5 milligrams per cup. One cup of raw amaranth also contains 18 milligrams of fibre; in comparison, a cup of white rice contains 2.4 grams.*

BBB Pork

200

PRENATAL ENERGY BRAIN HEART IMMUNITY MUSCLE

Mango - fed black baby bali pork roasted at a low temperature and served with Cassava leaves and sautéed in Basa Gede and Purple Sauerkraut.



It is the story of a small black pig that was in extinction until an indigenous food lover decided to raise this specie and fight against its extinction. He gave this task to a community up the North of Bali and thus revitalised a cultural and economic legacy.

Chicken Plus

215

PRENATAL ENERGY SLIMMING HEART IMMUNITY MUSCLE

Balinese pastured organic Chicken roasted with Rosemary and Sunflower Oil, served with a Green Bean Salad, Yellow Sauerkraut and roasted Sweet Potato on the side.

Dressing: Turmeric Dressing



This chicken breed has been allowed to roam freely in a pleasant environment and has been fed with only the best natural food.

Basic Beef

300

PRENATAL ENERGY HEART IMMUNITY MUSCLE

Pan seared Grass-fed Beef Rib Eye served with Asparagus, Broccoli, Greens, Yellow Sauerkraut and roasted Sweet Potato.



When having meat, it is best to combine it with a lot of green vegetables to balance the of acid-alkaline levels in order to aid digestion.

Bali Wild Ocean Fish Grill

200

PRENATAL

ENERGY

BRAIN

GOOD SLEEP

Grilled Balinese Mahi Mahi served with Yellow and purple sauerkraut, sautéed and fresh greens.



White fish that is low in fat to make a healthful addition to your diet. Mahi- mahi boosts your intake of minerals, especially potassium and selenium.

Bali Kenyer Pepes Way

185

BRAIN

SOUL

SLIMMING

HEART

Local Blue Fish cooked in Banana Leaves, Bese Gede style served with a Green Papaya Rujak Salad and Sambal Matah.

Dressing: Kimchi Dressing



Blue fish contains a high percentage of omega 3 fatty acids, and due to its smaller size, it accumulates less heavy metals than bigger fish. It is one of the most recommended fish to eat these days.

BURGERS

Vegan Smile

160

SLIMMING SOUL ENERGY DIGESTIVE MUSCLE HEART   

Oat, Lentil, Red Cabbage & Onion patty with Avocado, Cucumber, Purple Sauerkraut and Green Lettuce with Cashew Nut Wasabi Mayonnaise, served in a Green spirulina banana flour bun.

Served with a side of Purple & Orange Sweet Potato Chips and homemade Tomato Ketchup.

Tempeh Burger

160

SLIMMING ANTI-AGEING DIGESTIVE MUSCLE ENERGY  

Marinated Tempeh with Carrot Linguini, Portobello, Green Leaves, Sprouts and Grilled Tomato with Dijon Cashew Nut Mayonnaise, served in a pink cumin banana flour bun.

Served with fresh Baby Romaine and Dijon Cream.

Chicken Baliburger

185

BLOOD PRESSURE SLIMMING DIGESTIVE MUSCLE  

Balinese Pastured Organic Chicken Burger with Green Leaves, Avocado and Purple Sauerkraut with Dijon Cashew Nut Mayonnaise served in a yellow turmeric banana flour bun..

Served with Kale Chips and Dijon Mustard.

Grass-fed Beef Burger

185

BLOOD PRESSURE MUSCLE ENERGY BRAIN 

Beef Burger with Lettuce, Zucchini, Tomato, grilled Onions, Cucumber Pickles with homemade Dijon Mayonnaise and Homemade Ketchup, served on a Black pepper banana flour bun.

Served with Sweet Potato Chips and Guacamole.

Mini Fasting

A-La Carte Prices

SLIMMING DIGESTIVE ANTI-AGEING BLOOD PRESSURE BETTER SLEEP

On one of the days of your stay, try to go on a deep cleanse and cut solid food for more than 15 hours. This is a way to give the body a rest from any digestive processes and allow the cells to be deeply cleansed.

With this program you will skip dinner, and breakfast on the next day. After your fasting you will enjoy a light lunch of your choice. Only beverages such as juices, teas and water are allowed during your fasting experience.

Ying Liquid Detox Protocol

385 / day

SLIMMING DIGESTIVE ANTI-AGEING BLOOD PRESSURE BETTER SLEEP SOUL

This program is a liquid-based diet (no solid food). You are allowed to drink juices, teas and soups with medicinal herbs.

You can enjoy six drinks per day: Morning Kombucha, Jamu tea, Red juice, Green Juice, Golden milk and an alkaline miso broth. You can also drink herbal tea all day.

Choose to detox 100% from 1 to 7 days.

Yang Macrobiotic Detox Protocol

345 / day

SLIMMING DIGESTIVE ANTI-AGEING BLOOD PRESSURE BETTER SLEEP SOUL BRAIN HEART IMMUNITY

This program is a non-drinking diet but with enough nutrients to keep the body hydrated. It aims to detoxify the cells of the body.

During the day you will enjoy a Shot Trio in the morning, three bowls of red rice & gomashio and one miso soup. Bancha & Kukicha Teas are the only beverages allowed (in small portions).

Gado Gado

95

ENERGY

IMMUNITY

DIGESTIVE

BLOOD PRESSURE

ANTI-AGEING

SLIMMING



Cabbage, Carrot, Long Bean and Green Leaves with homemade Peanut sauce served with Miso Tempeh, Tofu and Balinese Crackers.



In Indonesian, "Gado Gado" means "mix all together" with a variety of vegetables and peanut sauce which are excellent sources of antioxidants, dietary protein and energy.

Ayam Kare Hijau

175

HEART

ENERGY

IMMUNITY

MUSCLE



Pastured Chicken Breast on a Vegetable Green Curry served with organic Red Rice and Balinese Sambal.



Sambal is a mix of Indonesian chilis that are steam cooked with no added oils. The species of chilis contain a lot of A vitamins which help the body release endorphins that improve mood.

Soto Ayam

165

ENERGY

BRAIN

HEART

SOUL



A choice of either gluten-free Vermicelli or Cassava Noodles in Yellow Chicken Broth, boiled organic Chicken Egg, Pastured Chicken and Emping Cracker.



Vermicelli noodles, otherwise known as rice noodles, are highly beneficial as they are gluten-free, free from fat and cholesterol and low in sodium - high levels of sodium contribute to developing high blood pressure.

Rendang Sapi

175

DIGESTIVE

HEART

ENERGY

MUSCLE



Sous-Vide of Beef Cheek for 8 hours in Padang sauce served with Red Rice, Cassava Leaf and Sambal Ijo.




Sous-vide is a slow-cooking technique for retaining all the minerals inside the food and keeping away from the most dangerous anaerobic bacteria.

Nasi Campur

200

DIGESTIVE HEART MUSCLE IMMUNITY ENERGY   

A variety of Indonesian dishes on a plate with organic Red Rice in "Tumpeng Style".

 *Nasi Campur comes from the century distinct for mixing the richness of different Indonesian flavours on one plate.*

Pork Ribs Bumbu Bali

195

MUSCLE BETTER SLEEP ENERGY BRAIN  

Slow cooked Pork Ribs in Yellow Balinese spices served with Red Rice, Vegetable Urap and Sambals.

 *A Balinese mix of authentic Indonesian spices.*

Love Alchemy

115

BETTER SLEEP

ENERGY

SOUL

HEART



Raw Cacao, Cacao Butter, Cinnamon, Vanilla, Maca, Cacao Nibs, Raisins, Damiana, Raw Chocolate Avocado Mousse and gluten-free Chocolate Cake, served with a Ginger Flower Sorbet.

Never feel guilty again when you treat yourself to a chocolate cake!

Cake It Until You Make It¹⁰⁵

BETTER SLEEP

PRENATAL

SOUL

HEART



Nuts, Seeds, Honey, Spices, Figs, Dates, Cashew Nuts, Santana and Lemon Cashew Nut Cream, served with an Aquafaba Meringue.

A raw classic lemon meringue pie with a healthy twist.

Jungle Pearls

45

ENERGY

HEART

MUSCLE

IMMUNITY

PRENATAL



This Balinese rice flour balls recipe is inspired by the multi-cultural Indonesian tribes: composed of Pandan Leaf, Nutmeg, Coconut, Melipona Honey, Strawberries & Indonesian spices.

Pandan leaves have many culinary uses and healing benefits. They are great for detoxifying the body.

Probitreat

50

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Crunchy Mango and Cacao Nibs Kefir Sorbet.

Drink while you heal your gut.

The Power of Here

50

ENERGY

BRAIN

HEART

PRENATAL

IMMUNITY



Turmeric, Ginger, Lemon Sorbet, fresh Coconut & Mint cream. Served with a citrus infusion of Rosella Tea and crunchy Walnuts.

Turmeric is always the perfect ally to a better health.

Es Daluman

65

SLIMMING

DIGESTION

ANTI-AGEING

Daluman Leaf Jelly with fresh Coconut Milk and homemade Balinese Palm Sugar Syrup. Served with a Coconut Sorbet.

Es Daluman is a traditional drink in Bali. Daluman jelly has anti-inflammatory and antioxidant health benefits.

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