



REVIVŌ  
WELLNESS RESORTS

Ō POOL CABANAS  
MENU

12pm – 6 pm



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY 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, to every recipe, ingredients that help make your gut 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 Matah Sambal, Coconut water, Cucumber and Cilantro, topped with roasted 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.*

## Limbic Trio

100

SLIMMING

DIGESTION

PRENATAL

BRAIN

ANTI-AGEING

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.*

## SHARING PLATES

### Mezze Platter

150

BRAIN

HEART

PRENATAL



Crudités with Hummus, symbiotic Patés, 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 are known for improving quality of sleep.*

# TOASTS

## Choose Your Bread

Multi seeds Banana Flour Bread 

White Banana Flour Bread 

German Bread (Barley Sunflower Bread)

## Avocado Toast

150

HEART

ANTI-AGEING

SOUL

RELAX



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

## Cucumber Toast

125

BLOOD PRESSURE

ANTI-AGEING

PRENATAL

RELAX



Cucumber slices served on Miso spread drizzled with Basil Oil.



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

## 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.

# SYMBIOTIC CREAMY SOUPS

## Green Dream

150

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Kale Miso soup with Kudzu, Olive Oil infused with Sage 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.*

## Inner Power

155

SOUL

ENERGY

BETTER SLEEP

RELAX



Pumpkin, Apple, Miso, Yellow Sweet Potato soup with roasted Pumpkin Seeds, mashed Purple Sweet Potato 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 a good vision.*

## SALADS

### Garden by the Sea

160

SLIMMING

DIGESTION

ANTI-AGEING

PRENATAL

BRAIN

HEART



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

Japanese Dressing: Miso, Ginger, Lime and Roasted Sesame Oil



*Sprouting dramatically increases the vitamins 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".*

### Rolling Roots

160

BETTER SLEEP

BRAIN

HEART

PRENATAL



Marinated Roots, grilled Shiitake, Tempeh, crunchy Green Vegetables and Green Leaves.

Dressing: Mustard Vinaigrette with Mangosteen probiotics.

Toppings: Yellow Sauerkraut, Black Sesame Gomashio and Wakame.



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

### Three 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 healthy skin, weight loss, and a healthy heart.*



## SALADS

### Pure Fulfilment

170

DIGESTION

ANTI-AGEING

PRENATAL

BRAIN

HEART



Nutritious Buckwheat Soba Noodles, Asparagus, Kimchi, Celery, Avocado, Snow Peas, Okra, Lentil Sprouts, Cilantro, organic Balinese Goat Cheese and Awakened 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 fibers, a great source of minerals (especially iron), and loaded with B vitamins. It's perfect for those on a gluten-free diet.*

### 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 & White Sesame Seeds, Pumpkin Seeds, Sunflower Seeds, Quinoa, Sorghum

Dressing: Mustard Thyme, Balsamic, Purusha Coconut, Jamu, Japanese

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

# BURGERS

## Vegan Smile

160

SLIMMING

SOUL

ENERGY

DIGESTIVE

MUSCLE

HEART



Oat, Lentil, Red Cabbage and Onion patty with Avocado, Cucumber, Purple Sauerkraut, Green Lettuce and Cashew Nut Wasabi Mayonnaise, served in a Green Coriander and 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



Marinated Tempeh with Carrot Linguini, Portobello, Green Leaves, Sprouts and grilled Tomato with Dijon Cashew Nut Mayonnaise, served in a Pink Cumin and 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, Purple Sauerkraut and 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 and Cucumber Pickles with Dijon Mayonnaise and homemade Ketchup, served in a Black Pepper, Banana Flour bun.

Served with Sweet Potato Chips and Guacamole.

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