



REVIVŌ
WELLNESS RESORTS

NŪ RESTAURANT MENU

12pm – 3pm

6pm – 10pm



VEGAN



VEGETARIAN



GLUTEN FREE



CONTAINS NUTS



TIPS

INTRODUCTION

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. We serve delicious, nutritious, mindfully sourced and prepared food to fuel your wellness journey at REVĪVŌ.

The menu has been carefully designed to offer a selection of healthy gourmet recipes made with seasonal ingredients and adapted to each guest's diet and nutritional needs. The focus is on high protein dishes, which have a balanced amount of healthy fats, are low in carbs and are free from gluten – with a Balinese twist.

Heading up and overseeing our NŪTRIŌ Kitchen and culinary concept, is our dedicated and **highly skilled Executive chef, Joshua Purwo Caroko**. He leads the kitchen harmoniously and adds care and love to the creation of every dish. Chef Joshua has been with us since opening, having trained under healthy chef guru, ALIWALU in her Vital Kitchen concept. As a wellness food specialist, Chef Joshua ensures every recipe and ingredient used, helps each guest to feel invigorated, nourished and happy. He loves to play with the healing power of herbs, flowers, and nature's natural products as well as the diversity of tastes and colours.

Using the finest organic ingredients, **NŪTRIŌ's farm to table concept** serves fresh herbs, vegetables and fruits that we produce from our own permaculture garden as well as supporting local farmers, sustainable agriculture and environmentally friendly products.

Each menu item delivers nutrients to help nourish the body with exactly what it needs – vitamins, minerals, enzymes and antioxidants. There are no additives, preservatives, refined or processed ingredients in any of our dishes. We strive to be as organic where possible and chose ingredients that are organically harvested, beyond the organic certificate. We aspire to work with seasonal and local produce only.

We offer raw and vegan options as well as a plethora of handmade delicious raw desserts, refreshing smoothies with tasty and healthy ingredients. All our sauces, vinaigrettes, oils, jams and molasses are homemade on site with fresh ingredients.

Our Vital Kitchen is harmonious and practical. We put a lot of thought 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 ensure that every recipe contains ingredients that help your gut to be invigorated, nourished and healed, hence 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.

SUPPLIERS

Our suppliers strive to create quality, unprocessed food, free of chemicals and unconscious ingredients. We support, where possible, local farmers and artisans who produce in small quantities as it is our mission to be more eco-responsible, sustainable and to have a positive impact on the environment.

Our dry goods come from an Indonesian couple, with Indian roots, Hira and Deepak. They source only the finest ingredients and ensure farmers are getting fairly paid for their produce. They are "Satvika Bhoga"

Our bread and pastry supplier is full of passion and specializes in providing all gluten-free and vegan products, ranging from cakes, sweet, pastries, and other delicious baked goods. They called themselves "The Sweet Escapes" and their philosophy is to make cakes 'for life.' Everyone deserves tasty desserts in life without any guilt.

Our beef supplier produces high quality beef of the best standard with 100% grass-fed Angus beef high in healthy omega-3 fatty acids and nutrient density. For our chicken, we have partnered with local farmers from Ubud, Singaraja and Karangasem who breed their chicken with free-range concept and give their natural foods that produce a firm and clean lean meat.

Our goal is to make 'healing, delicious and beautiful 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 in a healthier way when you are back home.

APPETIZERS

Symbiotic 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 85

DIGESTION

MUSCLE



Tempeh Satay with Balinese Touch served with 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.

Croquette

80

BETTER SLEEP

PRENATAL



Purple Sweet Potato, 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.


SYMBIOTIC CREAMY SOUPS

Green Dream

145

SLIMMING DIGESTION ANTI-AGEING BLOOD PRESSURE 

Kale Miso Soup with Olive Oil, trio seeds 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.

Beetroot Bliss

145

BETTER SLEEP PRENATAL BRAIN HEART 

Beetroot, Sweet Potato Soup with Roasted Onions and Grilled Mushroom, Rosemary and Purusha Cream.


 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.

Vitality Booster

145

BRAIN HEART 

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


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

Autumn Harvest

135

SOUL ENERGY BETTER SLEEP RELAX  

Pumpkin, 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 Plate

125



Crudités with Hummus, symbiotic Pâtés, Tzatziki, Pita Bread, Flax Seed Crackers and Tahini Dressing.

Vegan Cheese Plate

215



Vegan Camembert, Boursin, Raspberry Chevre, and Bocconcini. Fresh Seasonal Fruit, Awakened Nuts, Dry Fruit, and Home-made Flaxseed Crackers

Falafel Plate

125



Our Balinese version of the Falafel with Greens, Sprouted Chickpeas, Served with Beetroot Hummus, Baba Ganoush, Tzatziki and Pita Bread.

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

BROTH REMEDIES

Detox Broth

35

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 Broth

45

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.

Miso Broth

65

HEART

ANTI-AGEING

DIGESTION

RELAX



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



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

Green Jamu


135

SLIMMING DIGESTION ANTI-AGEING BRAIN HEART   

Black Quinoa and Homemade Sauerkraut with Chicories, Avocado, Sprouts, Radishes, Cucumber, Chayote and blanched Broccoli. Light and fulfilling.

Jamu Dressing: Turmeric, Ginger, 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.*

Roasted Roots


115

BETTER SLEEP BRAIN HEART PRENATAL  

Marinated Roasted Roots, Grilled Mushrooms, Tempeh and Crunchy Green Vegetable Leaves.

Dressing: French Vinaigrette and Beet Dressing.

Toppings: Black Sesame Gomashio, Yellow sauerkraut and Crunchy sage

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


Plant Power

125

SLIMMING DIGESTION ANTI-AGEING PRENATAL BRAIN HEART 

Pumpkin Carpaccio, Spinach, Baby Corn, Bean Sprouts, Fresh Papaya, Sauerkraut and Seaweed

Miso 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


115

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, and Garlic.

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

Three Tomato Salad 135

BLOOD PRESSURE SOUL BRAIN HEART  

Variety of Tomatoes with Organic Bali Vegan Cheese.

 *A tomato is a nutrient-dense superfood. Its nutritional content supports healthful skin, weight loss, and a healthy heart.*


Bali Bliss Salad 165

DIGESTION ANTI-AGEING PRENATAL BRAIN HEART   

Cold Vermicelli salad with Celery, Avocado, Snow Peas, Okra, Cilantro, Nutritional Yeast, Awakened Nuts and Indonesian Sambal Ulek.

Sambal Ulek: Mix of Indonesian spices

Toppings: Golden Lime Zest, nutritional Yeast, Black Sesame Gomashio

 *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.*

DIY Salad 150



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

Green: Lolo rosso, radicchio, baby romaine, frisée, Baby Spinach, Kale, Bok Choy

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

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

Dressing: Vinaigrette, Purusha Coconut Cream, Jamu or Miso dressing

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

Be Clean

155

SOU. ENERGY BRAIN HEART 

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

Be Rooted

195

SOU. ENERGY IMMUNITY BRAIN HEART 

Alkaline Broth with Boiled Egg, Miso, lime, Mushrooms, Tempeh and Purple Beetroot Noodles.

Be Balanced

160

SOU. ENERGY IMMUNITY BRAIN HEART 

Alkaline Broth with Boiled Egg, Miso, Cabbage, Leek, Cinnamon, Lime, Lemon Zest and Carrot Noodles.

*Gluten free Vermicelli Noodles are available on request.

Be at Peace

195

SOU. ENERGY BRAIN HEART

Chicken Broth with boiled Egg, Sprouts, raw Zucchini, lime, Pastured Chicken Breast, and Tomato Noodles.

VEGAN MAIN COURSES

Perfect Plate

185

BLOOD PRESSURE

ENERGY

BRAIN


HEART

IMMUNITY

MUSCLE



Adzuki Bean, Red Rice, spinach, Broccoli, roasted Roots, Grilled Mushrooms and Tempeh, served with 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.*

Raw Pesto Pasta

150

SLIMMING


DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Raw Zucchini with local Pesto served with fresh Cherry Tomatoes, Avocado Puree, Vegan Mayonaise, Balinese Spirulina crunches, 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.*

Kitchari Cleanse

185

BLOOD PRESSURE

ANTI-AGEING


ENERGY

BRAIN

HEART



Lentils and Red Rice Porridge with Cilantro, Ghee, Tamari, Nutritional Yeast, Home-Made 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.*

Grass Fed Sirloin

350

PRENATAL ENERGY HEART IMMUNITY MUSCLE 

Pan seared Grass-fed Sirloin served with Asparagus, Broccoli, Greens, 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

175

PRENATAL ENERGY BRAIN GOOD SLEEP 

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

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

Roasted Organic Chicken

185

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.*

Bali Kenyer Pepes Way 175

BRAIN SOUL SLIMMING HEART 

Local Blue Fish cooked in Banana Leaves, Bese Gede style served with Fresh jicama 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 a highly recommended fish to eat.*

BURGERS

Vegan Smile Burger 175

SLIMMING SOUL ENERGY DIGESTIVE MUSCLE HEART   

Oat, Lentil, Red Cabbage & Onion patty with Avocado, Cucumber, Purple Sauerkraut and Green Lettuce with Vegan Mayonnaise, served in a Beetroot Gluten-Free bun.

Served with a side of Roasted Sweet Potato and homemade Raw Tomato Ketchup.

Tempeh Burger 175

SLIMMING ANTI-AGEING DIGESTIVE MUSCLE ENERGY   

Braised Tempeh in Balinese Spices with Carrot Linguini, Portobello, Green Leaves, Sprouts and Fresh Tomato with Vegan Mayonnaise, served in a Beetroot Gluten-Free Bun.

Served with fresh Baby Romaine and Vegan Mayonaise.

Chicken Baliburger 215

BLOOD PRESSURE SLIMMING DIGESTIVE MUSCLE  

Balinese Organic Chicken Burger with Green Leaves, Cucumber, Avocado and Purple Sauerkraut with Vegan Mayonnaise served in a Gluten-Free bun.

Served with Flaxseed Crackers and Vegan Mayonaise.

Grass-fed Beef Burger 215

BLOOD PRESSURE MUSCLE ENERGY BRAIN  

Beef Burger with Lettuce, Zucchini, Tomato, Caramelized Onions, with Homemade Vegan Mayonnaise and Homemade Raw Ketchup, served in a Gluten-Free bun.

Served with Roasted Sweet Potato and Avocado Puree.

Gado Gado

95



Cabbage, Carrot, Long Bean and Green Leaves with homemade Peanut sauce served with 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.

Soto Ayam

165



Gluten-Free Vermicelli in Yellow Chicken Broth, Boiled Egg, Pastured Chicken and Balinese 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.

Oseng Sapi

215



Stir-fried beef with soy fermentation "Tauco", Indonesian Sambal Ulek, Broccoli, Carrot and Baby Bean served with red steam rice.

"Tauco" are yellow fermented soybeans, that high in energy and protein.

Ayam Kare Hijau

175



Balinese Kare Hijau, Pastured Chicken Breast, Eggplant, Jackfruit, Carrot and baby Corn served with Organic Red Rice.

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.

Ayam Sambal Matah

150



Pan-seared chicken breast top with Balinese sambal matah served with basa urap.

Sambal matah are authentic spices from Bali, a mix of fresh shallots, lemongrass and red chilis with organic virgin coconut oil

Cacao Alchemy

100

BETTER SLEEP

ENERGY

SOUL

HEART



Raw Cacao, Cacao Butter, Cinnamon, Vanilla, Cacao Nibs, Raisins, 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!

Lemon Cashew Cannoli 95

BETTER SLEEP

PRENATAL

SOUL

HEART



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

A raw classic lemon meringue pie with a healthy twist.

Passion Fruit Cheesecake

115

ENERGY

HEART

MUSCLE

IMMUNITY

PRENATAL



Gluten free cheese cake topped with passion fruit curd

This Vegan cheesecake is made from cashew nut milk with a good balance of savory and acid, good for your body, health and energy

Probitreat

45

SLIMMING

DIGESTION

ANTI-AGEING

BLOOD PRESSURE



Crunchy Mango and Cacao Nibs Kefir Sorbet.

Drink while you heal your gut.

Curcuma Power

45

ENERGY

BRAIN

HEART

PRENATAL

IMMUNITY



Turmeric, Ginger, Lemon Sorbet, Coconut cream. Served with a citrus infusion of Rosella Tea and Mixed Nuts.

Turmeric is always the perfect ally to better health.

Es Daluman

55

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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