

TEMBAGA

THE FOOD OF THE FUTURE TODAY

The land is a gift, one that provides food for people, animals, and grows useful things like bamboo.

Some years ago, we made a transition from a property full of high-maintenance ornamental plants to having the majority of our land produce food organically. Now we all get to enjoy this growth as part of our Longevity food concept at Bambu Indah.

We are extremely grateful for the ground beneath us, and for an amazing man, Dr. Gundry. Dr. Gundry happens to be our doctor, and is the most incredible science-based food guide we have ever known.

At Tembaga, we are focused on creating food deeply rooted in the concept of Longevity. Longevity includes avoiding (or reducing to the minimum) lectins: a protein with inflammatory effects in the gut. Until now lectins have been an invisible cause of most modern diseases.

This is the first menu we have designed that also promises sugar transparency. We are proud to play a role in connecting gastronomy and the pleasure for food with a deep sense of health, holistic wellbeing and the super-foods of the future.

Grow. Transform. Share. Enjoy and live long.

Love,

John and Cynthia Hardy

How to enjoy our menu

We split our food and drinks offerings so that you may choose between the Longevity section (lectin-free) and the Flexi-lecti-tarian option (lectin-less). Both will please the palates of our vegetarian, vegan and meat-lover guests.

LI: Longevity ingredients, **CN:** Contains nuts, **CD:** Contains dairy, **GF:** Gluten free, **SF:** Sugar free, **V:** Vegetarian, **VE:** Vegan

Dishes marked in asterisk (*) is not included in the HB / FB package

All prices are in the thousands of Indonesian rupiah and subject to 10% service charge and 11% government tax

LONGEVITY / LECTIN-FREE

We believe that our health is based on 80% food and 20% activity. Spending hours in the gym doesn't give us the license to eat indiscriminately. Personally, we have been refining what we eat and tending to our gut biome for optimum health.

The human microbiome refers to the collective genetic material of microbes living in and on the body. We have about 10 times as many microbial cells as we do human cells.

Dr. Gundry taught us that foods containing lectins permeate the gut wall creating inflammation throughout the body. Inflammation, though it may not always be visible is often the source of chronic pain, congestion, excess weight, brain fog and irritated skin.

We've observed that most chefs have a dirty little secret-they enable the massive sugar addiction in us. Diabetes spirals out of control not just in the west but now even in Bali. Chefs are aware of gluten intolerance and they are trained to recognize the fatalities of shrimp and peanut allergies, yet sugar takes a back seat.

With this mind we began asking chefs which of their dishes did not include sugar.

Note that sugar is not just the white stuff in the bowl at your grandmother's house, it is fructose (fruit sugar), lactose (milk sugar), maple syrup, honey and other sweet things including juices and coconut water. It is clearly present in most foods and beverage coming from factories.

In many restaurants where we told the chef we would die if we ate sugar, we simply left the restaurant hungry! At most restaurants, everything from pork to soup to salad dressing includes sugar.

Here, we are doing it differently.

By using this unique menu wisely, you can embrace a sugar-, carb-, and lectin-free lifestyle. Be healthier, and eat with enthusiasm by choosing well.

LECTIN-FREE

SUGAR-FREE: ALLULOSE-BASED (the ultimate pre-biotic sweetener)

GLUTEN-FREE

COW-BASED DAIRY FREE: MAY CONTAIN GOAT DAIRY

PEANUT-FREE: MAY CONTAIN OTHER NUTS

MUSHROOM LOVERS

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STARTERS

Mushroom ceviche / 130

Peruvian-inspired citrusy salad with a base of inverted cooked shiitake & button mushrooms, jicama, avocado, chili and coriander herbs. Top with crispy sweet potato.

GF / SF / VE

Bambu shoots /130

Creamy and textured salad made from fresh bamboo shoots, aloe vera, chicken liver, mint herb, kaffir lime and Balinese vinaigrette.

CN / GF / SF

Vegan option available (without chicken liver)

Citron salad / 90

A sweet leafy greens salad with aromatic herbs we found in our nearby gardens, and raspberry dressing.

GF / SF / VE

Dark green salad / 110

A bitter leaves-based salad featuring arugula and kale from our edible gardens, Indonesian pecorino cheese, toasted almonds and roasted garlic dressing.

CD / GF / SF / VE

Pumpkin, goat & orange / 150

Roasted pumpkin salad served with goat "labneh" (a mix of feta cheese and goat yoghurt), toasted almonds, fresh dandelion leaves, sourdough crumbs and orange olive oil dressing.

CD / GF / SF / V

***Lobster kampung / 210**

Locally-sourced lobster salad, Balinese bisque sauce, assorted fresh aromatic herbs and black caviar.

GF / SF

John Hardy's Detox – By Dr. Gundry / 105

This soup recipe promises to reset your gut and give your whole body a fresh start and a long life. Featuring red cabbage, packed with veggies and served with lime and sambal. Black pepper activates the benefits of the red cabbage.

GF / SF / VE

Honest Greens soup / 92

Kale and broccoli leaves-based soup, olive oil and crispy Ceylon spinach on the side.

GF / SF / VE

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MAINS FROM THE GRILL STATION & THE MEGALITH STONE KITCHEN

***Cod in Niçoise / 310**

Grilled cod fish, warm taro root salad, Niçoise relish featuring capers, olives, anchovies and dill alioli.

GF / SF

Wrapped jalapeño Snapper / 220

Steamed Snapper fish wrapped in white cabbage, citrus jalapeño marinade, shiitake mushrooms in papillote and tahini sauce.

GF / SF

***Lobster on the rock (per 100gr) / 160**

Locally sourced lobster, grilled in garlic butter. Side of your choice.

GF / SF

***Lamb chop in green bubur / 400**

Known as the “Balinese risotto”. A slowly-cooked green barley pairing a grilled lamb chop, bok choy and top with with the Chef’s dark “bumbu” sauce.

GF / SF

Black garlic Ayam / 260

Grilled probiotic chicken, served with fermented black garlic sambal, sweet leafy greens and a mix of fried roots on the side.

GF / SF

Superfood curry / 190

Featuring purple and orange sweet potato, one of our favorite superfoods, cooked in a curry style porridge with assorted vegetables and served with yellow basmati rice.

GF / SF / VE

Longevity nasi goreng / 175

Sautéed cauliflower “rice”, Balinese marinade, seasonal vegetables, mushroom sate and poached duck egg.

GF / SF / V

Fungi rendang / 260

The emblematic Indonesian style curry with a twist: mushroom-based recipe cooked inside bamboo tubes (Timbungan), served with basmati or cauliflower rice on the side.

GF / SF / VE

Fungi sate / 190

Grilled oyster mushrooms sate (brochettes), pistachio-based sambal, basmati rice and sweet leafy greens on the side.

CN / GF / SF / VE

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SIDES

Crispy pare / 80

Lightly battered bitter melon slices deep-fried in coconut oil.

GF / SF / VE

Crispy okra / 95

Simply seasoned lady fingers, deep-fried in coconut oil.

GF / SF / VE

Sliced avocado / 80

Fresh avocado slices, lemon and black sesame seeds.

GF / SF / VE

Cauliflower turmeric "rice" / 70

A low-carb fragrant alternative to white rice: cauliflower-based "rice" infused with fresh turmeric root.

GF / SF / VE

Aromatic basmati / 80

Steamed long-grain Indian rice variety.

GF / SF / VE

SWEETS

Goat cheesecake / 160

Homemade goat-based cheesecake served with tropical jackfruit curd on the side.

GF / SF / V

Goat Halloumi / 170

Grilled goat halloumi cheese served with rosemary-infused honeycomb.

GF / SF / V

Tropical fruits on fire / 110

Lightly grilled tropical fruits in season, orange puree and almond tuille.

GF / SF / VE

Flourless chocolate cake / 130

Cardamom cloves-infused dark chocolate cake ingot served with pistachio gelato and toasted pistachio kernels.

GF / SF / V

Jicama apple delight / 130

Rustic tart featuring sweet Mexican turnip (jicama) and apples, served with cinnamon gelato and a drizzle of dates sauce.

GF / SF / V

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SNACKS

Sisit & lotus chips / 150

Shredded probiotic chicken sautéed in Balinese “bumbu” (chili-based marinade), served with lotus root chips.

Vegetarian option / Young jackfruit

GF / SF

Fried enoki / 110

Enoki mushrooms deep-fried tempura-style in coconut oil, smoked paprika alioli.

CD / GF / SF / VE

Indonesian sambal showcase / 90

Tasting platter of traditional sauces. Let your host know your tolerance level of spice and let our kitchen team surprise you with 5 different sambals that rotate every day. Served with white rice on the side.

SF / VE

Collagen in a bone / 150

Bone marrow is a source of collagen. Simply cooked with Javanese volcanic sea salt and Tabiobun pepper, this is a Balinese treasure. Served with Provençal sambal and sourdough bread.

SF/ GF Option

STARTERS

Avocado serendipity / 140

Lightly grilled avocado in Chinese cabbage “kimchi” salad, coriander herb-infused oil and fresh leafy relish.

GF / VE

Middle east harvest / 250

Ember-cooked carrots, beetroots, king oyster mushrooms and leeks, served with a goat labneh (middle east cream cheese), dried tomato sambal, fresh herbs and crispy pita bread.

GF option / SF / V

Asam prawn / 145

Tangy & fresh salad featuring tamarind-marinated prawn, avocado slices, purslane leaf, watercress leaf, carrot leaves, grilled corn and crispy rice paper.

GF

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Granma's Hug / 140

Originally called "Grangasem soup", it features all of the powerful properties of the roots commonly used in Bali for Jamu. Jamu is the ultimate natural medicine made from ginger, turmeric, galangal and lemongrass. Our Grangasem is enriched with probiotic chicken broth and topped with citric herbs. Served with basmati rice.

DF / GF / SF

Mycelium / 140

A diverse array of grilled mushrooms in a creamy soup. Top with king oyster mushroom, drizzle of olive oil, fresh thyme and sourdough crumbs.

CD / SF / V / GF option

MAINS**Butterfly chorizo / 185**

Our favorite sandwich! Spanish-style pork sausage, creamy avocado, smoked paprika, chimichurri sambal, all nested in a miso-infused ciabatta bread. Fried roots on the side.

SF

White flower / 210

Roasted cauliflower, cauliflower cream, prosciutto ham chips and dill oil.

CN / GF / SF

Cassava clouds / 170

Cassava root-based gnocchi, portobello and shiitake mushrooms cream, pecorino cheese.

CD / SF / V

***King prawn / 365**

Locally-sourced king prawn, grilled in garlic butter marinade, served with millet cous cous salad and lemon wedges.

GF / SF

Raj's special curry / 180

Indian inspired curry, featuring cauliflower, broccoli, celery and a touch of sour yoghurt. Served with basmati rice on the side.

CD / GF / SF / V

Dabu-Dabu fish / 220

The ocean's catch of the day grilled fillet, fresh dabu dabu (Indonesian spiced relish), citric salad and fried roots on the side.

GF / SF

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Nasi bakar campur / 220

Campur means “mixed”. Rice grilled in a banana leaf is the base, served with little sides of Indonesian delights: spiced prawn, vegetable urab, mushroom sate, free range egg, walnut tempeh and sambals.

SF

***Timbungan rendang / 300**

This Indonesian pride is a beef-based thick curry cooked the ancient Javanese way, inside bamboo tubes. Served with nasi bakar (grilled rice) on the side.

SF

Nasi goreng “kampung” / 160

The Chef’s nasi goreng bumbu with basmati rice, poached duck egg, emping crackers. Choose between chicken sate or mushroom sate.

SF

SIDES**Nasi bakar / 50**

Grilled white Bali rice wrapped in a banana leaf.

SF / VE

Fried roots / 75

Mix of crispy thin cassava, taro and sweet potato deep-fried in coconut oil.

GF / SF / VE

Creamy puree / 70

Mixed of creamy cauliflower and cassava mashed, topped with crispy prosciutto ham.

SF

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SWEETS

Green panna cotta / 110

Lemon-basil infused panna cotta with a drizzle of balsamic vinegar on top.

CD / SF / V

Fermented cassava semi-freddo / 125

Homemade fermented cassava semi-freddo (homemade ice cream), crackeline base and coconut toffee sauce.

CD / SF / V

Pandanus / 110

Proudly Balinese. Pandan leaf fragrant pancake rolls, with slow-cooked coconut compote + coconut blossom.

V

Gelatos / By Ettore / 55 per scoop

Chocolate

Pistachio

Vanilla

Extra virgin olive oil

Sorbet / By Ettore / 55 per scoop

Coconut sorbet

Mango sorbet

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