

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

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

APPETIZERS

Mushroom Ceviche | 150

Shitake & Oyster mushrooms, Tiger's milk marinated, jicama, avocado, kemangi leaf, shaved radish, toasted powder, and sweet potato chips. GF / SF / VE

Bambu Shoots | 140

Creamy and textured salad made from fresh bamboo shoots, aloe vera, kemangi, sliced button mushroom, kaffir lime and Balinese vinaigrette. CN / GF / SF / VE

Pumpkin, Goat & Orange | 170

Roasted pumpkin salad served with goat "labneh" (a mix of feta cheese and goat yoghurt), toasted almonds, fresh dandelion leaves, sourdough crumbs, watercress and orange olive oil dressing. CD / SF / V / *GF option available

***Lobster Kampung | 250**

Locally-sourced lobster salad, Balinese vinaigrette-fresh aromatic herbs and black caviar. GF / SF / CN

Avocado Serendipity | 160

Grilled avocado - kimchi, grilled shimeji mushroom, pickle jicama, shitake mushroom, coriander herb-infused oil. GF / VE

Asam Prawn | 170

Tamarind-marinated grilled prawn, watercress, purslane, wild arugula, avocado, sweet potato, tamarind dressing and crispy rice paper. GF

Collagen in A Bone | 170

Grilled bone marrow on charcoal with Tabiabun pepper. Served with Provençal sambal and sourdough toast. SF/ *GF option available

***Middle Eastern Harvest Delight | 275**

A base of goat labneh, beetroots, onion, king oyster mushroom and carrot, dried tomato tapenade, fresh herbs and crispy pita bread. CD / SF / V

SOUPS

Honest Greens Soup | 110

Kale and broccoli leaves-based soup, olive oil and crispy ceylon spinach on the side. GF / SF / VE

John Hardy's Detox – By Dr. Gundry | 130

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

Mycelium | 160

Grilled mushrooms soup, top with king oyster mushroom, with olive oil, fresh thyme with sourdough toast. CD / SF / V / *GF option available

Granma's Hug | 160

Originally called "Grangasem soup", Grangasem is made of turmeric, aromatic ginger, lemongrass, chili, shallot and garlic with probiotic chicken broth and topped with citric herbs, served with-basmati rice. GF / SF

GF: Gluten free, SF: Sugar free, V: Vegetarian, VE: Vegan

CL: Contain Lactin, CN: Contains nuts, CD: Contains dairy, CF: Contain fructose

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

MAINS FROM THE MEGALITH STONE KITCHEN

Cassava Clouds | 195

Cassava root-based gnocchi, shiitake & button mushrooms cream, grana padano cheese. CD / SF / V

Grilled Fish Dabu-Dabu | 250

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

Longevity Nasi Goreng | 195

Sautéed cauliflower "rice" or basmati rice, Balinese marinade, moringa, pakis, broccoli, spring onion, mushroom sate and poached duck egg. GF / SF / V

Raj's Special Curry | 210

Indian inspired curry, with cauliflower, broccoli, mushroom, celery and a touch of yoghurt. Served with basmati rice on the side. CD / GF / SF / V / VE: Coconut Cream

***TIMBUNGAN RENDANG - Mushroom/ Beef | 280/ 330**

Indonesian most favorite Mushroom or Beef dish. Balinese Heritage slow cooking method using bamboo tube on fire, grilled rice wrapped in banana leaf with sambals on the side.

GF/ CF / CN / VE: Mushroom

Nasi Bakar Campur | 250

Grilled rice in a banana leaf, served with grilled prawn, vegetable urab, mushroom sate, free range duck egg, walnut tempeh and sambals. GF / CN

***Mediterranean Lamb Stew | 350**

Slow cooked lamb, red wine & tomato concasse based, infused shallots, carrots, herb & spices, with grilled pita bread or basmati rice on the side. SF / GF / CD

GRILLED, FROM THE FIRE STATION

Black Garlic Ayam | 310

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

***Grilled Pork Chop (250gr) | 350**

Cassava parsnip puree, baby carrot, skinned sweet potato chip, sambal matah butter

LI: Cassava / GF / SF / CD

***Cod in Niçoise | 330**

Grilled cod fish, brussels sprouts and radish Niçoise, fried capers and capers butter sauce. GF / SF

***Bali Lobster (per 100gr) | 180**

Tabanan's lobster, grilled in garlic butter - green salad - sweet potato wedges. GF / SF / CD

Butterfly Chorizo | 220

Spanish-style grilled pork sausage sandwich, with guacamole, smoked paprika, chimichurri sambal, ciabatta bread. Fried roots on the side. SF / CL

***Lamb Kofta | 420**

Char grilled lamb patties on cinnamon stick, probiotic salad with lemon feta dressing, guacamole, spicy mint tzaziki sauce, pickled onion, served with roasted sweet potato or basmati rice. GF / SF

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SIDES

Crispy Okra | 95

Simply seasoned lady fingers, deep-fried in coconut oil. GF / SF / VE

RICE - Basmati / Turmeric Cauliflower | 80

Selections of plain basmati rice or minced cauliflower – turmeric. GF / SF / VE

Creamy Puree | 95

Mixed of creamy cauliflower and cassava mashed, topped with crispy prosciutto. SF / GF

Dark Green Salad | 85

A bitter leaves-based salad featuring arugula and kale from our edible gardens, grana Padano cheese, toasted almonds and roasted garlic dressing. CD / GF / SF / V / CN

Citron Salad | 85

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

Crispy Enoki | 130

Fried tempura battered style enoki mushroom in coconut oil served with romesco.
CN / GF / SF / VE / CL

DESSERTS

Goat Cheesecake | 195

Homemade goat-based cheesecake served with tropical jackfruit curd on the side. GF / SF / V / CN

Guava Temptation | 185

Poached Guava infused with rosela & spice, vanilla cream bruule, caramelized walnut, homemade Guava Strawberry Gelato. GF / SF / V / CN

Flourless Chocolate Cake | 210

Cardamom cloves-infused 100% dark chocolate sugar free cake ingot served with sugar free vanilla gelato and toasted pistachio crust. GF / V / CD / SF / CN

Jicama Apple Delight | 160

Rustic tart featuring sweet Mexican turnip (jicama) and apples, served with cinnamon gelato and a drizzle of dates sauce. GF / V / CD / CN / CL

Fermented Cassava Semi-freddo | 145

Homemade fermented cassava semi-freddo (homemade ice cream), craquelin base and coconut toffee sauce. CD / SF / V

Pecan Pear Pie | 170

Classic Pecan Nuts – Javanese Pear, coconut Toffee Cream. CD / CL / CN / GF

Pandanus | 125

Proudly Balinese. Pandan leaves fragrant pancake rolls, slowly cooked coconut compote + coconut blossom. V

Gelatos By Ettore | 55 per scoop

Chocolate. / VE
Vanilla. / VE
Extra virgin olive oil
Pistachio

Sorbet By Ettore | 55 per scoop

Coconut sorbet. / VE
Mango sorbet. / VE

Gelatos By Rimbawan | 65 per scoop

Chocolate. SF / CD
Vanilla. SF / CD
Matcha. SF / CD

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