

WELCOME TO MOWIE'S BERAWA
WHERE WELLNESS MEETS FLAVOR!

EXPERIENCE OUR DELICIOUS LOW-CARB, HIGH-PROTEIN
DISHES, CAREFULLY CRAFTED FOR DIVERSE TASTES AND A
NOURISHING TOUCH. FROM HOMEMADE DRESSINGS AND
HOUSE-MADE GRANOLA TO DAILY-BAKED SOURDOUGH.
OUR LOCALLY SOURCED GREENS, QUALITY MEATS, AND
GUILT-FREE DESSERTS WITH REDUCED SUGAR
AND ADDED PROTEIN MAKE EVERY MEAL SATISFYING.

WHETHER REFUELING POST-WORKOUT, BRUNCHING, OR
DINING WITH FRIENDS, ENJOY OUR ISLAND-INSPIRED VIBE
AND SIMPLY GOOD FOOD THAT FUELS BOTH BODY AND SOUL.



LEAVE A REVIEW ON GOOGLE!

Mowie's

📷 @mowiesbali 📷 @mowiesgillair

PERFORMANCE MENU		
Macro-counted dishes for active lifestyles		
FRESH PROTEIN SALADS		
Watermelon Caprese & Chicken Grilled chicken, watermelon, feta, pineapple, cucumber & cashews with bright kaffir lime dressing. 545 kcal · 53P · 26C · 24F		105K
Green Hill Goddess Avocado-labneh base, shredded roast chicken, charred broccoli, smashed cucumber, quinoa, edamame, pumpkin seeds, tahini-harissa & lemon dressing. 603 kcal · 51P · 25C · 32F		115K
Lighter Caesar Salad Grilled chicken, baby romaine, soft-boiled egg, avocado, capers, parmesan & yogurt-anchovy Caesar dressing. 511 kcal · 52P · 10C · 28F		115K
Chicken Panzanella Grilled chicken on red tomato-labneh, cherry tomatoes, chickpeas, capers, almonds, garlic-tomato croutons & cherry vinaigrette. 582 kcal · 51P · 38C · 24F		115K
HIGH-PROTEIN PLATES		
Crispy Panko Chicken + Green Tahini Slaw Parmesan-panko crusted chicken breast over green tahini slaw with goji berry jam & lemon. 420 kcal · 52P · 20C · 15F		115K
Steamed Salmon on Grilled Courgette Steamed salmon over crispy parmesan-courgette, chickpeas, jalapeño-yogurt, jalapeño pickles, grilled lemon & mint. 495 kcal · 47P · 19C · 26F		195K
Chilli con Carne & Sweet Potato Bowl Slow-cooked beef chilli with Korean gochugaru, roasted sweet potato wedges, labneh, jalapeño-yogurt, charred tomato & romain. 642 kcal · 47P · 29C · 37F		129K
Light Green Carbonara Pasta with grilled chicken, charred broccoli, leeks, soft egg yolk & shaved parmesan. Carbonara — lighter, greener. 671 kcal · 55P · 44C · 30F		125K
TACO STREET 3 pcs · sweet potato tortillas		
Chicken Tacos Three sweet-potato tortillas with charred chicken, tzatziki, avocado, pineapple salsa, spicy peanut sauce & toasted sesame. 685 kcal · 49P · 63C · 25F		95K
Prawn Tacos Three sweet-potato tortillas with charred prawns, tzatziki, avocado, pineapple salsa, spicy peanut sauce & toasted sesame. 647 kcal · 46P · 63C · 23F		125K
HOUSE CLASSICS		
BOWLS & SALADS		
Zucchini Chicken Salad Smoked zucchini baba ganoush, charred pepper salsa, grilled chicken & sumac-lime oil.		99K
Salad Niçoise with Tuna Soft egg, spinach, baby gem, tomatoes, olives, parmesan chips & tuna.		105K
Moroccan Hummus Chicken Bowl Creamy peanut muhammara hummus with grilled chicken, roasted vegetables, feta, fresh mint, pomegranate & nuts		99K
Roasted Pumpkin & Muhammara Bowl Tamarind-lime dressing, crispy tempeh & house-made lime-za'atar feta.		89K
Sweet Falafel Bowl Labneh, quinoa, pickled daikon, green tahini & house-made lime-za'atar feta.		89K
HOUSE MAINS		
Karaage Crunch Protein Bowl Crispy karaage chicken, supergreens, grilled broccoli, yogurt sauce, tahini dip & chili-lemon dressing.		109K
Charred Curry Chicken Skewers Grilled chicken in bold curry spices, creamy bean mash, crispy cauliflower & pomegranate yogurt.		115K
Grilled Tuna Steak Pumpkin miso purée, zhoug gremolata, charred broccoli & mixed greens.		125K
Baramundi with Lemon Cream Pan-seared barramundi on creamy cannellini beans, lemon crème fraîche & crispy kale		145K
Prawn Tartare & Sweet Potato Fresh prawn tartare on sweet potato slices, with creamy avocado and grille		129K
Mowies Famous Tuna Poke Seasoned brown rice, tuna, shitake jam, wakame, avocado, cucumber, ping gari, edamame and tuffle yogurt.		99K

COFFEE & MATCHA			
Single Espresso / Double Espresso	28K / 35K	Flat White	35K
Long Black / Macchiato	31K	Iced Latte / Cappuccino	42K
Latte	37K	Iced Americano	31K
Cappuccino	35K	Iced Protein Latte	71K
Large Cappuccino	45K	Iced Sparkling Ginger Espresso	41K
Strawberry Matcha Latte New	78K	Decaf Coffee	+8K
Coconut Matcha Latte New	78K	Oat / Almond Milk	20K
Mango Matcha Latte New	78K		
TEA			
Cosmopolitan	Black tea, cranberry, goji berry, apple, mint		48K
Sunshine	Green tea, peach bits, orange, apple, Chamomile, marigold		48K
Summer	Hibiscus, chamomile, apple		48K
Remedy	Green tea, ginger, lemongrass, pagan lemon		48K
POWER SMOOTHIES & JUICES			
Mama earth	Pineapple, moringa, spinach, coconut water, cucumber		57K
Pink dragon	Dragon fruit, vanilla, coconut milk, strawberry		57K
Love & monkey	Banana, walnut, cardamon, dates, almond milk, flax seeds, cacao		65K
Island life	Pineapple, turmeric, ginger, lemongrass, coconut, water, lime		57K
Soul train	Espresso, banana, coconut milk, dates, chai spices		57K
Protein Berry	Almond milk, blueberries, whey protein		90K
Single fruit juice 34K	Mix fruit juice 39K	Fresh orange or mango juice 40K	Milk shake 43K
JAMU			
Spice Ginger Hibiscus And Beetroot			55K
Turmeric Ginger Honey Lime And Pepper			55K
Pink Guava Lime Juice And Turmeric			55K
WATER & KOMBUCHA			
Balian water bottle 330ml / 750ml			37K / 53K
Fresh young coconut 47K	Soft drinks 33K	Dr. Brew kombucha 60K	
COCKTAIL			
Karma kolada	Rum, coconut water, fesh, pineapple, chai spices		125K
Endless summer	Tequila, pineapple, chili, lime		125K
Green chili martini	Vodka, basil, lime, chilli, ginger, cordial		125K
Passion fruit martini	Rum fresh passion fruit, egg white		125K
Pineapple daiquri	Pineapple rum, lime, sugar, pineapple puree		125K
Mojito	Rum, lime, mint, brown sugar		125K
Tamarind whiskey sour	Whiskey, tamarind puree, lime, sugar		125K
Amaretto dream	Ameretto, limoncello, lime, sugar		125K
Café racer	Vodka, espresso, coconut sugar, cinnamon		125K
RED WINE		BEER	
Sababay Black Velvet 2020	335K	Small Bintang	50K
Sababay 2020 Reserve Red	425K	Big Bintang	70K
Primitivo Di Puglia	545K	Light Lager	80K
Dominio De Heredia Rioja 2018	645K	Pilsener	80K
Sababay Red Glass	85K	Summer Ale / Kolsh	85K
WHITE WINE		SPIRITS / SHOT	
Sababay 2020 White Velvet	335K	Bacardi Gold, Bombay Sapphire,	100K
Sababay 2019 Reserve White	425K	Absolute Vodka, Jack Daniels,	
McHuigan Private Bin Chardonnay	545K	Johny Walker Skyy Vodka, Tenjaku Gin	
Martini Prosecco	775K		
Sababay White Velvet Glass	85K		