BURGREENS

WELCOME TO YOUR PLANTASTIC JOURNEY

Burgreens is here to serve you delicious, healthy plant-based meals using natural ingredients. We source half of our ingredients directly from local farmers & food artisans at fair-trade prices.

Omnivores, vegetarians & vegans - as well as gluten-free, low-carb, & high protein peeps - rest assured you will find something for you, your friends and family here!

If you have any questions or dietary restrictions, do let our friendly crew know and we would be more than happy to help you:)



GREENREBEL

Do you see our **Green Rebel** freezer by the cashier? **Give us a try!**

We have **Chick'n & Beefless products** that taste & bite like meat and **Veggie Protein** made from whole foods.

Green Rebel 100% natural products are high in clean protein & fiber, lower in fat and contain 0% cholesterol.



DISCLAIMER

We strive to meet all of our customer's needs. While we offer gluten-free and peanut-free options, we are not a gluten or peanut-free kitchen. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens. Please consider this information in light of your individual requirements and needs.

Complete macros of our menus available on myfitnesspal

FROM both sourcing most of our ingredients locally from different parts of Indonesia. FARMS TO BURGERS STORED STO





Organic Sweet Potato - Subang
Champignon Mushroom - Dieng
Coconut Oil - Riau, Sumatera

Organic Herbs - Bogor



Gluten-Free Pasta - Jogja
Organic Matcha - Bogor

Organic Tofu - Jakarta & Bandung
Organic Strawberry - Bandung & Bali
All-Natural Chili Sauce - Jakarta

REBEL Plant-Based Meat - Tangerang

BURGREENS

NUTRITIONALLY BALANCED

All of our menus are design based on the nutritional understanding of the whole-food plant-based diet by Chef Max Mandias. All menus contain natural fibers, plant-based protein, complex carbs and good fat in balance.

HONEST INGREDIENTS

We pride ourselves in being transparent to our beloved customers. What you see on our ingredient list is what you eat. Healthy food should be tasty! It's the main principle at Burgreens Kitchen.

100% PLANT-BASED

All of our menu are plant-based for your better health, animal welfare and environmental sustainability.

WHOLEFOOD CARBS

We opt for wholesome carbs such as vegetables, fruits, locally made gluten-free flour, whole-wheat flour, unbleached all purpose flour, brown rice and red rice.

PLANT PROTEIN POWER

Plant protein has been found to be the key factor in longetivity and faster recovery. In Burgreens, you can find tofu, tempe, chickpea, mushroom-based & soy-based meat alternatives that will delight both your taste buds and gut health:)

HOMEMADE FROM SCRATCH

Our carefully chosen partners along with us make all the food from scratch to ensure that all your meals are free from MSG & artificial flavoring enhancer, preservatives and toxic food chemicals.

COCONUT OIL FOR COOKING & DRESSINGS

We use sustainably sourced coconut oil for our salad dressings and cooking, as coconut oil is the safest oil to be heated (highest temperature resistance and smoke point).

YES TO SEA SALT, NO TO MSG

We do not use added MSG in our menu and proudly use local sea salt and herbs to create the umami flavours that you like!



FIGHT CLIMATE CHANGE

GO PLANT-BASED 2X/WEEK AND YOU WILL SAVE:

4163 LITERS of water

amount of water you could drink for **6** years

2 Animals

20 KG of Wheat

amount of wheat consumed by your average Indonesian for **8 months**

120 SQM of FOREST

the size of 1 and a half badminton courts

g KG of co:

amount caused by
70 kilometres of driving

ET CHANGE

GO PLANT-BASED & LIVE LONGER!

Did you know that the longest living people on the planet are those who eat predominantly whole-foods plant-based diet?

CHECK OUT THESE GOOD READS

Bluezones Diet by Dan Buether

The China Study by Dr. Campbell

How Not to Die by Dr. Michael Greger



CORPORATE WELLNESS PROGRAM

We commit to continuously educating the public about healthy & sustainable eating. Every month we always hold fun and informative events for our community. **You can check our event schedule at:**



Get in touch with us at partnership@burgreens.com for your corporate wellness events!

JOIN THE MOVEMENT!
#MEATLESSMONDAY #MEATLESSTHURSDAY



ALMOND GLAZED DONUT (1)

Fluffy donut coated with melted sugar and almond slices

254 calories | 5gr protein

CHOCO SPRINKLES DONUT 16

Fluffy donut layered with dairy-free chocolate and topped with choco sprinkles

MINT SPRINKLES DONUT 16

Fluffy donut layered with dairy-free chocolate and topped with mint sprinkles

DONUT DUO

27.5

Get 2 of our plant-based donuts with the flavors of your choice

VEGAN CROISSANT

20

25

Buttery crescent shaped pastry

VEGAN PAIN AU CHOCOLAT 🚯

Buttery pastry filled with dairy-free dark chocolate

GF gluten-free

S contains soy



spicy

LG low gluten allium-free contains nut longer prep time



gluten-free available



allium-free available



BURGREENS-STYLE MARANGGI SATAY 6 S

Sweet and savoury maranggi beefless satays, perfect as a starter or a snack!

CREAMY 40 MUSHROOM SOUP GFAV

Warm bowl of creamy mushroom soup with champignon chunks, served with garlic sourdough bread

284 calories | 10gr protein

LEMPER A'YUM 15/54 1 PC / 4 PCS (6)

Veganized Indonesian traditional snack, glutinous rice filled with plant-based shredded chick'n, seasoned with aromatic herbs and spices

CHICK'N NUGGETS (S)

Small chick'n bites coated in crispy batter, a golden delight that's simply irresistible, served with bbq sauce

443 calories | 19gr protein

CHICK'N SATAY LG S LG S N

Marinated chick'n chunks on skewers served with your sauce of choice garlic chili or peanut sauce

45

20

27

STEAMED EDAMAME GES

Steamed edamame with sea salt

CRISPY 40 CHICK'N TENDERS (S)

Perfect for quick bites! tender, juicy and finger-lickin' good crispy chick'n, served with your sauce of choice (gochujang / caesar dressing)

STIR FRY VEGGIES GF AFav

Bean sprouts, green onions, garlic, carrot, shiitake mushrooms, red chilli

SWEET 35 POTATO FRIES @

Orange and purple sweet potato fries, fried in coconut oil

GREEN SALAD GFav

Refreshing salad mix consists of lettuce, red spinach, cherry tomato, corn, diced potato, red cabbage and garlic sourdough bread, with balsamic dressing

VEGAN GYOZA (S)

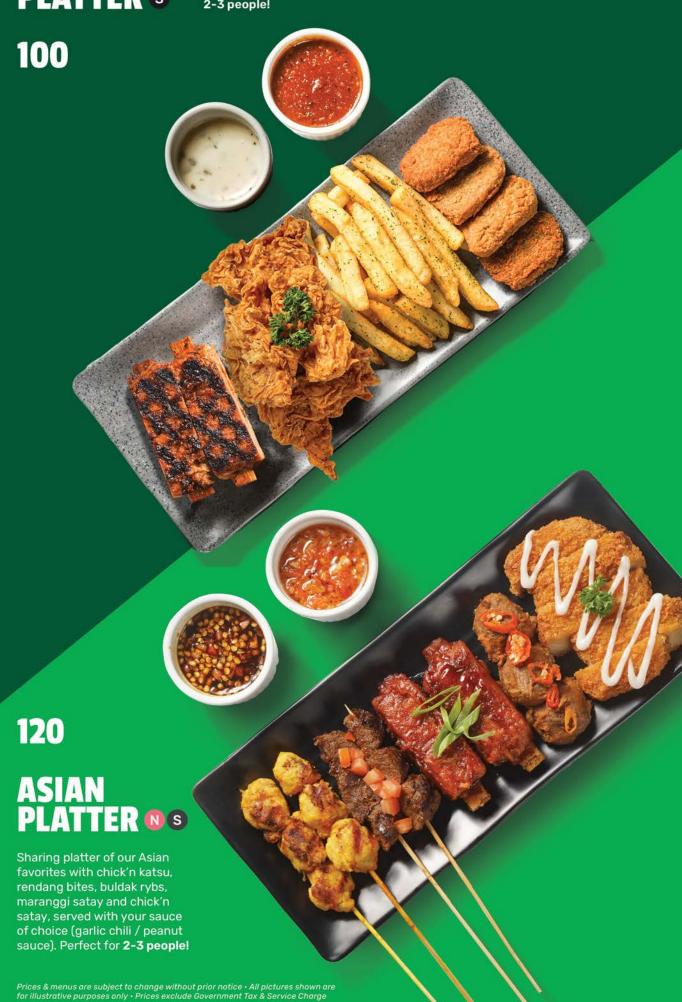
45

35

Pan-fried gyoza with shiitake mushroom, organic tofu, carrot and white cabbage filling, served with wafu sauce

WESTERN PLATTER ®

The ultimate sharing platter with rybs, chick'n tenders, straight-cut fries and chick'n nuggets, served with tar tar and bbq sauce. Perfect for **2-3 people!**



FARM TO TABL

MAX CHICK'N CAESAR WRAP

Chick'n caesar salad wrapped in our flaxseed tortilla, served with sweet potato fries

558 cals 17gr protein

69

CRISPY THAI SALAD WRAP

Flaxseed wrap stuffed with crispy chick'n tenders, mixed salad and sweet & sour Thai sauce, served with sweet potato fries

693 cals | 16gr protein

69



Tender beefless chunks with brown rice, caesar dressing and umami truffle sauce wrapped in flaxseed tortilla, served with sweet potato fries

761 cals | 14gr protein

69

ALL WRAPS INCLUDE SWEET POTATO FRIES!

*Pictured here is half portion of a wrap. you will be served a full portion:)



G gluten-free



low gluten allium-free



S contains soy



contains nut longer prep time



spicy



gluten-free available



MAX CHICK'N CAESAR SALAD (6)



Grilled chick'n on top of mixed lettuce, diced potatoes, steamed corn, onion, sprinkled with almond, cashew, mixed seeds, comes with vegan caesar dressing

602 calories | 28gr protein





BEEFLESS





Rolling in the deep with our salad roll ~ enjoy the perfect combinations of shredded beefless meat and fresh veggies paired with sweet & sour

305 calories | 7gr protein

sauce. Yum!







BLACKPEPPER SALAD BOWL S @ AFav



Meaty beefless cubes served with lettuce, steamed corn, onion, mixed seeds, green beans, with a side of black pepper sauce

480 calories | 21gr protein

switch plant-based beef to tofu and mushroom

65

THE CLASSIC REMASTERED





ADD YOUR FAVORITE SIDE DISH TO COMPLETE YOUR BURGER!

THE MORE THE MERRIER!



Straight-Cut Fries +20

414 cals | 5gr protein



Sweet Potato Fries +20

193 cals | 2gr protein



Green Salad

151 cals | 3gr protein



Sunny Side Up +12

173 cals | 3gr protein



Cheeze +12

150 cals | 1gr protein



BEEFLESS CHEEZE BURGER S AF GFav

Plant-based beefless minced patty topped with melted vegan cheeze, coleslaw salad, sliced tomatoes and homemade cucumber pickles in whole-wheat brioche bun

545 calories | 21ar protein



REBEL BURGREENS

55

MIGHTY MUSHROOM 55 BURGER S GFav

Juicy pan-grilled mushroom patty topped with lettuce, sliced tomatoes, homemade cucumber pickles, sauteed onions, caesar dressing in whole-wheat brioche bun

470 calories | 11ar protein

switch to gluten-free bread! +15



PASTA

BEEFLESS LASAGNA S

60

Layers of pasta, beefless mince, zucchini, topped with rich and creamy vegan béchamel sauce. Oh-so-tasty!

513 calories | 12gr protein

TRUFFLE MUSHROOM PASTA AFav GFav

60

Decadent combination of pasta, truffle oil, vegan cheddar, sauteed champignon mushroom, spinach and served alongside garlic sourdough bread. Delizioso!

555 calories | 10gr protein



WITH
1 SERVING OF
BURGREENS
BEEFLESS
STEAK YOU
COULD SAVE:

BOOD LITERS OF WATER

THE AMOUNT OF WATER YOU COULD DRINK FOR 4 YEARS

KG OF CO₂

DRIVING WITH A CAR FOR 44 KM

SQM OF LAND

1 1 1 1

LESS GLOBAL
WARMING POTENTIAL
COMPARED TO LOCAL BEEF

Desak Putu Ariska Pradnya Dewi, S. Tp, M. Sc. et al Life Cycle Assesment (Indonesia International Institute for Life Sciences)

SOMEONE ASKED ME,
HOW COULD YOU GET AS STRONG
AS AN OX WITHOUT EATING ANY
MEAT? AND MY ANSWER WAS:
HAVE YOU EVER SEEN

HAVE YOU EVER SEEN AN OX EATING MEAT?

Patrick Baboumian

Germany's Strongest Man (Cast of 'The Game Changers')





BURGREENS CRISPY 75 CHICK'N STEAK S

Crispy chick'n steak made from soy protein, comes with your choice of BBQ or blackpepper sauce and served with mixed salad, straight-cut fries and creamy truffle mushroom sauce

724 calories | 20gr protein



allium-free







spicy



gluten-free available allium-free available





Straight Cut Fries +20 414 cals | 5gr protein



Sweet Potato Fries +20 193 cals | 2gr protein



Green Salad +20 151 cals | 3gr protein



+10 32 cals | 1gr protein



+12 150 cals | 1gr protein



+10 102 cals | 1gr protein



Fried Vegan Gyoza 163 cals | 3gr protein



Gluten-Free Bread +20 300 cals | 3gr protein



Sourdough Bread 84 cals | 3gr protein



Shirataki Rice +25 4 cals



Brown Rice 185 cals | 4gr protein



PROTEIN EXTRAS



Grilled Chick'n +20 165 cals | 17gr protein



+20 297 cals | 17gr protein



Steamed Edamame +15 67 cals | 5gr protein



Sunny Side Up +12 173 cals | 3gr protein



Steamed Tofu +15 83 cals | 9gr protein



Vegan Protein Powder 104 cals | 9gr protein



Tempe Skewers 257 cals | 21gr protein



Vegan Rendang +35 169 cals | 8gr protein

PROTE

DRESSING EXTRAS



Caesar Dressing 110 cals



Balsamic Dressing 77 cals



Sesame Ginger



Sambal Matah 90 cals



Chili Garlic Sambal



Gochujang 57 cals



Barbeque Sauce 42 cals



Truffle Sauce 67 cals



Blackpepper Sauce 73 cals

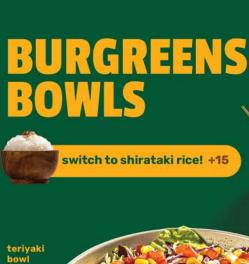


Peanut Sauce 83 cals



ASIAN





vegan rendang bowl

blackpepper







sweet & sour chick'n bowl

VEGAN RENDANG BOWL GF S AFav 65





A flavorful bowl of beefless rendang topped with garlic chili, tempe skewer and organic brown rice

BURGREENS FRIED CHICK'N S 50

Warm crispy chick'n breast complemented with brown rice and a delicious sauce of your choice (BBQ/Korean gochujang)

BFC PAHA (PAKET HANGAT) 82

Enjoy the ultimate combo of Fried Chick'n and Happy Soda without the added carbon emission or refined sugar! (cola/lemonade)

SWEET AND SOUR CHICK'N BOWL \$ 55

A flavor-packed bowl of crispy chick'n cooked in chinese-inspired sweet and sour sauce, served with organic brown rice and fresh greens

TERIYAKI BOWL S LG AFav



55

Chick'n teriyaki, served with brown rice and greens

switch plant-based chicken to tempe!

45

BLACKPEPPER BOWL S GF AFav



59

Meaty beefless cubes topped with savory blackpepper sauce served with brown rice, steamed bean sprouts, corns and green beans

switch plant-based beef to tofu & mushroom!

49

NOODLE TIME!





INTRODUCING **Whymee**

The new Hi-Protein, Hi-Fiber instant noodles by Burgreens. The future of instant noodle is now healthier, packed with superfoods, fibre and very tastyl Find out more through our QR!





LG low gluten





longer prep time

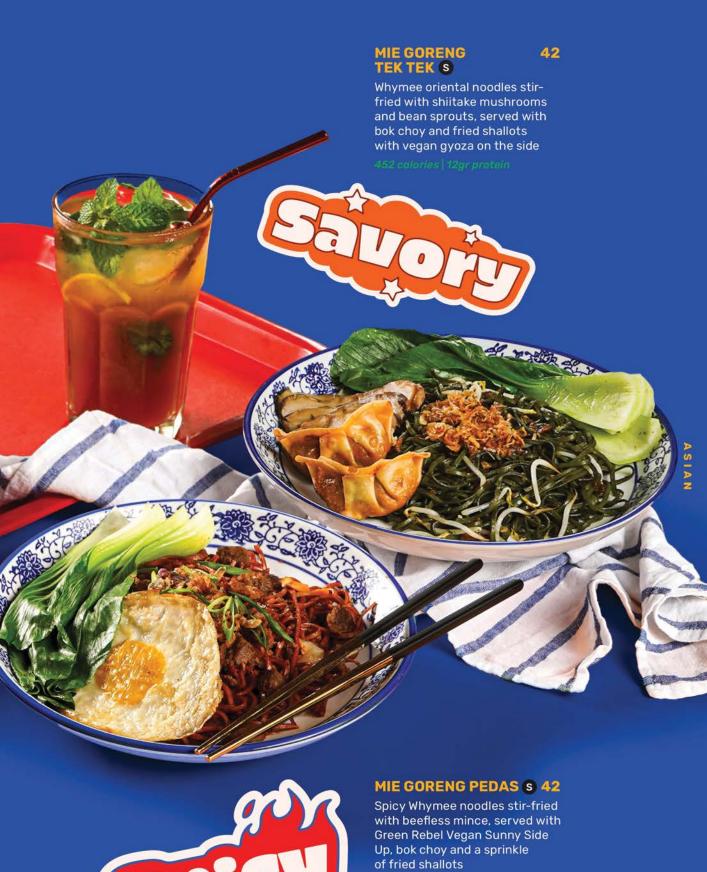


spic

GFav gluten-free available

av allium-free available





BURGREENS-STYLE MARANGGI SATAY PLATTER S GF

65

Sweet and savory maranggi beefless satays comes with a serving of brown rice, teriyaki tempe and salad with sambal matah dressing 659 calories | 19gr protein

IGA BAKAR: INDONESIAN-STYLE BEEFLESS RYBS (N S

75

A spin on Indonesian classic featuring juicy beefless rybs served with brown rice and a side of sweet soy sauce sambal and peanut sauce 575 calories | 26gr protein



60

A clean and healthy recreation of a local favorite for when you need something hearty and comforting. mushroom balls, rice noodle, steamed tofu, shiitake mushroom, veggies in a clear broth soup

make it extra special with 2 FRIED GYOZAS! +10





KUNG PAO TOFU GF S AFav

Chinese-style organic tofu, onion, served with organic brown rice and organic greens

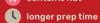
597 calories | 21gr protein





LG low gluten AF allium-free

S contains soy N contains nut

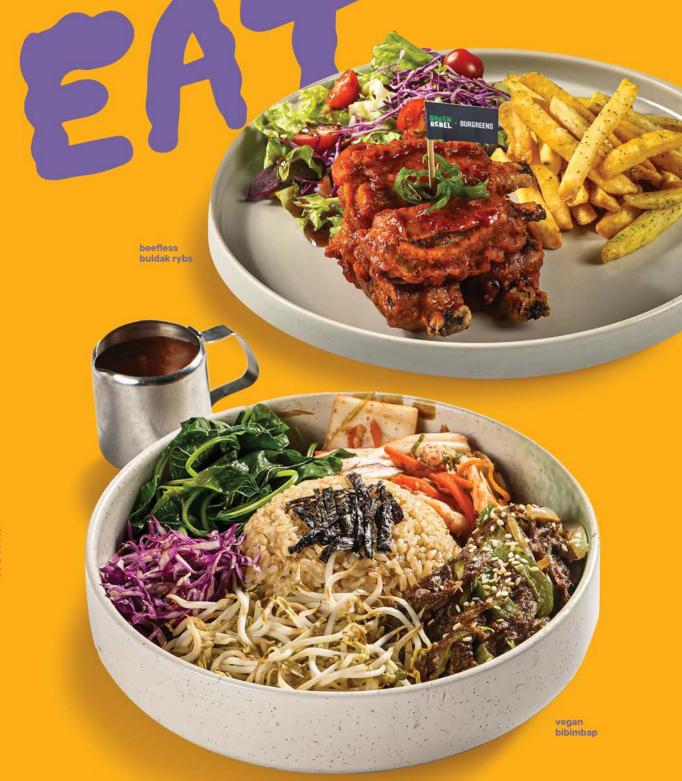




spicy



allium-free available



VEGAN BIBIMBAP @ 6



Burgreens' take on a classic Korean dish; comes with brown rice, beefless bulgogi, steamed veggies, vegan kimchi and a special gochujang sauce

458 calories | 13gr protein

69

BEEFLESS BULDAK RYBS (S) (AFav)





75

Tender beefless rybs grilled with fiery korean buldak sauce, served with straight-cut fries and mixed salad

569 calories | 21gr protein

switch plant-based beef to tofu!

59









| | longer prep time





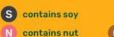
gluten-free available



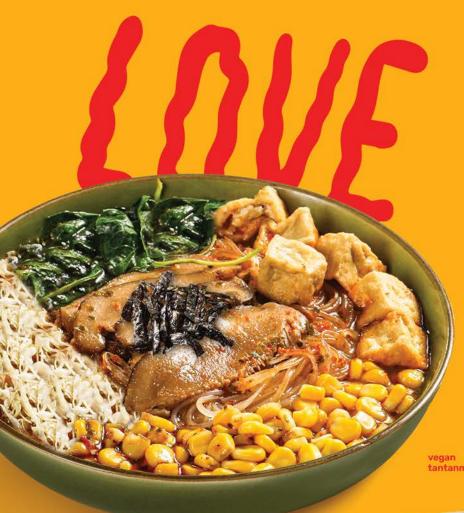
allium-free available











VEGAN TANTANMEN

65

S GF AFav U

Burgreens-style gluten-free noodle in sesame miso soup, served with tofu, greens and shiitake mushroom

551 calories | 19gr protein

JAPANESE KATSU CURRY (S)

69

Chick'n katsu and Japanese brown curry with carrots, potato and spinach over brown rice option: grilled chick'n LG

637 calories | 28gr protein

vegan tantanmen









SUPERFOOD SMOOTHIES

GREEN PUNK

Pineapple, banana, orange, spinach, bokchoy and lemon 130 calories | 3gr protein

DETOX RED VELVET @ 45

Beet, watermelon, red spinach and coconut water

78 calories | 2gr protein

TURMERIC TWISTED 69 45

Pineapple, turmeric, orange and lemon

121 calories | 2gr protein

PITAYA BLISS @

45

Dragonfruit, banana, papaya and lemon

174 calories | 3gr protein



PROTEIN SHAKES

BANANA CHOCO CARAMEL GF S

Vegan protein, banana, cacao, soymylk, rolled-oats, flaxseed and coconut

284 calories | 16gr protein

MOONLIGHT BERRY GF S

Blueberry, sweet potato, banana, pineapple and soymilk

203 calories | 7gr protein

SHAKE GE S

Vegan protein, pineapple, banana, spinach, soymylk, Bali spirulina, bokchoy, flaxseed and coconut

282 calories | 16gr protein







REFRESH-MENTS



HAPPY COLA 6

Refreshing fizzy cola with a splash of lime 76 calories

35

HAPPY LEMONADE

When life gives you a lemon, add a little stevia and soda water. Et voila! The only lemonade you'll ever need

85 calories

35

HAPPY JAMU 6

The classic mpon jamu (ginger, Java turmeric, turmeric, cinnamon, lemongrass) mixed with refreshing soda. Immune boosting and thirst quenching! 20 calories

35

GF gluten-free

LG low gluten

AF allium-free

S contains soy

oontains nut
Ionger prep time



spicy

GFav gluten-free available
AFav allium-free available



STILL WATER (FREE REFILL) 0 calories	15

COCONUT WATER 65 25
57 calories | 2gr protein

JASMINE CHIA TEA © 25
35 calories

35 calories

Enjoy the warming flavor of our sweet and delicately spiced ginger latte

154 calories | 1gr protein

MATCHA LATTE © S
Unwind with our soothing vegan matcha latte, full of health benefits!

198 calories | 2gr protein

SUSU JAHE @ 8

KOMBUCHA © (Please request our friendly staff

(Please request our friendly staffor available flavours)

21 calories

LEMON TEA © 30

45

A zesty blend of tea and freshly squeezed lemon juice. Available in hot or iced

30 calories

35

35

HOT TEA 🙃 25

Choose from our array of freshly brewed fine tea selections: Twinings English Breakfast, Twinings Pure Peppermint and Haveltea Pandanussa



ES KOPI SUSU ABANG MAX 250ML/1L @ 3

Double espresso, soymylk and a splash of aren sugar 135 calories | 4gr protein /1 L

substitute to oatmylk 250 ml/1 L

+10/+40

LONG BLACK 👵

25

25/87

10 calories

FLU FIGHTER 250ML/1L ©

Red ginger, pandan leaves, cardamom, lemongrass, cinnamon, brown sugar, filtered water

79 calories / 250ml

SUPER IMMUNE BOOSTER 26/87 250ML/1L 03

26/87

Ginger, Java turmeric, turmeric, cutcherry, clove, lemongrass, star anise, pandan leaves, brown sugar, filtered water

92 calories / 250ml



ee





longer prep time



spicy

GFav gluten-free available



allium-free available

FEELGODD DESSERT

SALTED CARAMEL OAT COOKIE & N

20

The best combo of sweet and savory, there's no stopping after one bite of our gluten-free cookie! It's super oat-some!

323 calories | 5gr protein

CHEWY CHOCO CHIPS COOKIE @ 20

A gluten-free version of a choco chip cookie! it's the perfect combination of melt-in-your-mouth decadent chocolate and oat goodness! 320 calories | 4gr protein

COOKIES DUO

35

Two of our gluten-free soft cookies with a more affordable package price! (mix the flavors or get double of your favorite!)

VEGAN FUDGE BROWNIE BAR & S

25

Gooey brownie handcrafted with cacao powder and cassava flour, topped with chocolate chunks and almonds 304 calories | 4gr protein

RAW STRAWBERRY CHEESECAKE GEN

55

Activated cashew, coconut, dates, agar, strawberry, served with dragon fruit sauce 349 calories | 5gr protein

WHOLE RAW STRAWBERRY 400 CHEESECAKE (22 CM) @ N



BRING HEALTHY MEALS TO YOUR EVENTS!



















CO



13 CLIMATE ACTION





Invest in your organization-wide wellness while performing Corporate Social Responsibilities in achieving **United Nations'**Sustainable Development Goals!

+62 878 8678 2082

partnership@burgreens.com



HEALTHY CATERING

JUST CLEAN EATING

5 DAYS WITH 1 PLANT-BASED MEAL /DAY

For you who are about to start clean eating habits, shft your lifestyle to more plant-based diet, increase fiber & antioxidant intake and improve overall health

IDR 300.000

HEALING

5 DAYS WITH 2 HEALTHY MEALS + 1 NOURISHING SMOOTHIE / DAY

A whole-food, plant-based diet designed for those trying to improve their acute/chronic health conditions

IDR 800.000

WEIGHT LOSS

5 DAYS WITH 2 HEALTHY MEALS + 1 NOURISHING SMOOTHIE /DAY

Promotes sustainable weight loss, detoxes your body, improve gut health, increase your immune system and increase your energy level & focus!

IDR 800.000

ACTIVE WEIGHT LOSS

5 DAYS WITH 2 HEALTHY MEALS + 1 NOURISHING SMOOTHIE /DAY + 1 SNACK /DAY

If you do moderate exercise daily, we recommend you to choose our plan that includes one daily healthy snack to keep your energy levels high throughout the day!

IDR 975.000

Your personal catering that helps achieve your health goals!

+62 878 8678 2082

catering@burgreens.com





IKE THERE STOMORROW

LET'S STAY CONNECTED

(i) (a) burgreens

burgreens.com



2012

2013 - 2014

2015 - 2016



Young Indonesian vegan couple living in the Netherlands, **Max & Helga**, came up with an idea to open a plant-based restaurant. They wanted to make healthy & sustainable meals, fun & accessible!



- Max came up with Burgreens 1st menu ever, Mighty **Mushroom & Mini Trio** Burger. They are still our best sellers, give it a try!
- Expanding Burgreens menu to 50+ options!



- Voted as best vegetarian restaurant in Jakarta (Trip Advisor) & best healthy food in Jakarta (Zomato).
- Helga was awarded Forbes 30Under 30 Asia.
- Opened Burgreens Darmawangsa.

2020



2017



- Survived the COVID-19 pandemic and was awarded the 2020 Top CSR award.
- Our sister company
 Green Rebel was born.



- Opened Burgreens Eatery in Wahid Hasyim, Menteng (our flagship store).
- Opened Burgreens Kelapa Gading (MOI) and The Breeze BSD.



 Our first year entering malls! **Burgreens PP & Burgreens** PIM were opened in this transformational year.

MORE PLANTASTIC JOURNEY AWAITS...

2021







- Opened Burgreens Canggu.
- Opened our retail concept:

GREEN Kind





 Launched Vegan Superfood Instant Noodles brand: Whymee.

whymee



- Max is awarded by Tatler as one of Indonesia's Tastemakers.
- Opened our new concept: Max's Pizza.





