



## Where to buy healthy food ingredients in Indonesia

### JAKARTA

#### Club Sehat

Jl. Cideng Barat 62B, Telp 91300234, 91263363  
Jl. Pluit Sakti Raya No. 33, Telp 91009893, 91009695  
Mall of Indonesia LG Blok A9 No. 1, Telp 70077199. [www.clubsehat.com](http://www.clubsehat.com)  
Their largest store is in Cideng Barat  
I usually just place my order online and get the products delivered.

#### Mediterranean Products

Pasar Festival UG-40 Jl. HR. Rasuna Said, Kuningan – Jakarta  
Tel. (62-21) 5263125 Fax. (62-21) 7827622

#### Healthy Choice

Komplek Graha Mas Blok A 6-7  
Jl. Raya Perjuangan, Kebon Jeruk – Jakarta 11530  
Tel. (021) 5305665, 5305668  
(021) 5323336 (organic store and resto)  
Fax. (021) 5303950

Boulevard Raya Blok WB II No. 21 – 22, Kelapa Gading  
Tel. (021) 4531182, 453 1678

Pacific Place Mall, 5<sup>th</sup> Floor Unit 12  
One Pacific Place Mall, SCBD  
Jl. Jend. Sudirman Kav 52 – 53, Jakarta 12190  
Tel. (021) 57973119



**Cocona  
Organic Virgin Coconut Oil  
PT. Trimatari Bio Persada Recovery**

Jl. RS. Fatmawati 39, IEC (samping SUBUD), Jakarta 12430  
Tel. (62-21) 75906715, 75906505  
Fax. (62-21) 75906604  
E-mail: trimatari@dnet.net.id  
Website: [www.cocona-vco.com](http://www.cocona-vco.com)

**BALI**

**The Bamboo Chocolate Factory – Big Tree Farms Bali**

Sibang Kaja, Ubud - Bali  
Tel. (62-361) 8463327  
[tours@bigtreefarms.com](mailto:tours@bigtreefarms.com)  
[www.bigtreefarms.com](http://www.bigtreefarms.com)

I can provide you with Big Tree Farm ingredients as I am a re-seller for their products. Let me know if you want to buy cacao nibs, raw cacao, cacao butter, cashew & cacao nib clusters, coconut nectar and I can arrange a delivery or pick-up in Jakarta. Email me at [simone@thewellnesswarung.com](mailto:simone@thewellnesswarung.com).

**Ingredients I always purchase and keep in stock for classes and personal use**

**From Club Sehat**

Almonds (Almonds at Club Sehat are the most reasonably priced of all the retail outlets)  
Chia seeds (also available at Healthy Choice)  
Pumpkin and Sunflower seeds in bulk quantities  
Nutritional yeast, Braggs brand  
Goji berries  
Himalayan Crystal Salt  
Organic carob powder (as an alternative to raw cacao)



### **From Mediterranean Products in Plaza Festival (Kuningan)**

Black olives  
Green olives  
Rose water  
Pomegranate syrup  
Dates (they are the cheapest in Jakarta, and tasty too!)  
Iranian golden raisins  
Dried apricots  
Walnuts  
Dried chickpeas  
Dried lentils (all varieties)  
Spices and Herbs

### **Big Tree Farms, Bali**

Raw cacao powder  
Raw cacao nibs (sweet and plain)  
Cashew-Cacao Nib Clusters (great for snacks)  
Cocohydro coconut water  
Coconut palm sugar  
Coconut nectar (honey alternative)

### **From Ranch Market/Kemchicks/Grand Lucky**

Pumpkin Seeds  
Sunflower Seeds  
Flax Seeds  
Braggs Apple Cider Vinegar (this is raw, organic and contains the "mother")  
Braggs Amino (healthy soy sauce alternative)  
Coconut oil  
Vanilla Beans  
Bali Asli Tahini  
Maple Syrup  
Real Salt (pink coloured rock salt)  
Liquid Chlorophyll  
Vegetable Wash (for washing all my fruit and veg)  
Organic vegetables (especially hydroponic bok choy and caisim)