

# menu

## drinks



### Hot Drinks

With a choice of Almond Milk, MCT Oil, Coconut Milk

HKD

QTY



**Chaga Tonic**

60



**Long Black / Americano**

32



**Latte**

38



**Cappuccino**

38



**Babyccino** (up to 8 y.o.)

Free

### Juices (350ml)



**Metallic Cleanse Juice**

Cucumber, Spinach/Kale, Parsley, Celery, Cilantro,  
Lemon, Ginger, Green Apple, Turmeric Powder

68



**Kombucha**

From Blissful Bombucha

60



### Elixirs (100ml)



**Master Cleanse Shooter**

Apple Cider Vinegar, Maple Syrup, Cayenne

58



**Jamu Kunyit**

Fresh Turmeric, Tamarind, Lemon Juice, Coconut Nectar

58



**QUOlixir (125ml)**

Fresh Probiotic Young Coconut Water Kefir

38





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*grassroots*  
PANTRY

we are what we eat.  
so you better eat well

# menu

food



## Breakfast Bowls



### Probiotics Yoghurt Pot

Raglan Coconut Yoghurt, Acai Berry Pulp, Assorted Fruits, QUOnola (Gluten Free Granola), Cacao Nibs

Large

HKD

88

QTY



Small

48



### Maca Chia Seed Pudding

Coconut Milk, Maca Powder, Toasted Shredded Coconut, Almond Butter, Sprouted Walnut Granola 🌱🌱

Large

80



Small

48



### Black Sesame Seed Porridge

Oat Milk, Teff, Quinoa, Sweet Potato, Coconut Sugar, Raw Sprouted Pumpkin Seed, Buckwheat Granola 🌱🌱

Large

80



Small

48



## All Day



### Chia Seed Pancake

Almond Condensed Milk, Sprouted Almond, Low-Glycemic Fruit, Veg Jam

108



### Heavy Weight Breakfast Bowl

Smashed Sweet Potato, Quinoa, Wilted Kale, Mixed Beans Salsa, 4-minute Eggs, Sprouted Pumpkin & Sunflower Seed, Cashew Chipotle 🌱🌱

128



### The Complete Protein Bowl

Spinach Curry, Tikka Mushroom, Cauliflower Rice Pilaf, Steamed Broccoli, Apple-Fennel Kraut 🌱🌱

128



### Kelp & Mung Bean Noodle Salad

Tahini Dressing, Thai Basil Glazed King Eryngii Mushrooms, Rice Paper Roll, Avocado, Fresh Herb Salad 🌱🌱🌱

118



### Brown Rice Nori Rolls

Mixed Mushrooms, Coconut Aminos Teriyaki, Short Grain Brown Rice, Sautéed Seasonal Greens, Flax Seed Dukkah 🌱🌱

108



### Raw Spinach Wrap

Kale, BBQ Hedgehog Mushrooms, Purple Cabbage Kimchee, Tamari Sprouted Seed, Smashed Sweet Potato, Smokey Cashew Mayo 🌱🌱🌱

118



All our food is free from Gluten, Milk / Dairy Products and Refined Sugar

# menu

food



## Baked & Grab'n'Go



### 4-Minute Egg

Flax Seed Dukkah

HKD

QTY

38



### Paleo Pizza Bomb

Raw Vegetable Pepperoni, Cashew Mozzarella Cheese,  
Garam Spiced Marinara, Spinach, Gluten Free Pizza Bread Dough

58



### Egg Frittata

58



### Teff Brownies

48



### QUOnola Bar

Gluten-Free Granola, Nuts, Seeds, Honey

48



### Energy Balls

Matcha-Pistacchio

38



Cacao Cookie Dough

38



Beetroot Pulp

38



### Kraut / Kimchee Jar

Cashew Mushroom Pate

88



Contains Nuts

Contains Eggs

Contains Soy

# 菜單

food



## 早餐碗



### 益生菌酸乳酪杯

椰子酸乳酪，巴西莓，QUONOL (無麩質脆燕麥片)，鮮雜果，可可豆



### 瑪卡奇亞子布丁

椰奶，瑪卡粉，烘椰絲，杏仁醬，合桃烘穀粒 ㄟ ㊟



### 黑芝麻粥

燕麥奶，苔麩，藜麥，蕃薯，椰糖，南瓜子，蕎麥粒 ㄟ ㊟

港元

份

大

88



細

48



大

80



細

48



大

80



細

48



## 全日餐



### 奇亞子熱香餅

杏仁，煉奶，杏仁，鮮蔬果醬

108



### 重量級早餐碗

蕃薯蓉，藜麥，羽衣甘藍，雜豆沙律，4 分鐘蛋，南瓜籽，葵花子，腰果醬 ㄟ ㊟

128



### 彩虹能量碗

菠菜咖喱，印度香料烤雜菌，椰菜花飯，西蘭花，蘋果茴香酸菜 ㄟ ㊟

128



### 撈海帶粉皮

芝麻醬，羅勒杏鮑菇，米紙卷，牛油果，鮮香草沙律 ㄟ ㊟ ㊟

118



### 糙米壽司捲

椰子生油照燒雜菌，糙米飯，炒時菜，埃及亞麻子香料鹽 ㄟ ㊟

108



### 菠菜卷

羽衣甘藍，烤猴頭菇，泡菜，香籽，蕃薯蓉，煙腰果醬 ㄟ ㊟ ㊟

118



菜單食物不含麩質，乳製品和精製糖

# 菜單

## drinks



### 熱飲

植物奶選擇：杏仁奶，MCT 油，椰奶



白樺茸茶

港元

份

60



美式咖啡

32



植物奶咖啡

38



植物奶泡沫咖啡

38



BB植物奶泡沫“咖啡” (1-8歲)

免費

### 蔬果汁 (350毫升)



金屬淨化蔬果汁

青瓜，菠菜/羽衣甘藍，茼蒿，西芹，洋香菜，檸檬，生薑，青蘋果，黃姜粉

68



紅茶菌有汽茶

發酵自 Blissful Bombucha

60



### 健康精華飲品 (100毫升)



大師級淨化特飲

蘋果醋，楓糖漿，紅椒粉

58



Jamu Kunyit (JK)

鮮黃姜，羅望子，酸豆，檸檬汁，椰花蜜

58



QUOlixir (125毫升)

有益生菌椰子水

38






# 菜單

food

## 烘焙 / 小食



### 4分鐘蛋

埃及亞麻子香料鹽   



港元

QTY

38



### 熱燒餅

純素意大利辣腸，腰果芝士，印度香料，鮮蕃茄醬，菠菜，無麩質薄餅皮  

58



### 意大利烘蛋

58



### 苔麸朱古力餅

48



### QUOnola 脆麥棒

無麩質脆麥片，杏仁，南瓜子，葵花子，蜂蜜  

48



### 能量丸

抹茶・開心果  

38



可可豆典奇  

38





紅菜頭蓉

38



### 酸菜 / 泡菜杯

腰果雜菌醬  

88



  含堅果

  含雞蛋

  含大豆



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人如其食  
食須有營