

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

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

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  



黑芝麻粥

燕麥奶, 苔麩, 藜麥, 蕃薯, 椰糖, 南瓜子, 蕎麥粒  

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  

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  

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   

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  

108



菠菜卷

羽衣甘藍, 烤猴頭菇, 泡菜, 香籽, 蕃薯蓉, 煙腰果醬   

118



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

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





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人如其食
食須有營