DELI & GREENS BOWL

MADE FROM SCRATCH DAILY & PACKED WITH NATURAL, HEALTHY INGREDIENTS!





Slow-Boiled . Gluten-free

comes with fresh bread from our bakery

8.8



GOURMET THINS

Toasted flat wheat bread with mozzarella cheese, mayo, rocket & tomato

Basil Pesto Chicken	8.5
Hammy Cheese	8.5
Tuna Salad	8.5
Veggie Shroom with Peperonata, Mushroom & Bavarian Wholegrain Mustard	8.5

DAILY SETS -

Sandwich Set A \$8.50 Sandwich and Small Soup	11.5
Sandwich Set B \$9.50 Sandwich and Small Soup	12.5
Thins Set Gourmet Thins and Small Soup	11.5
Add-on Coffee / Tea +2.5	

PLANT-BASED SANDWICHES

Served with wholesome Fresh Breads from our Bakery. Comes with Low Fat Vegan Mayo & Sprouts

Quinoa Tofu Pumpkin Burger with White Tahini Sauce, Purple Slaw, Tomato	8.5
Grilled Beetroot Patty & Avocado with Chilli Jam, Lettuce, Tomato	8.5
Teriyaki Mushroom Millet Burger with Pumpkin, Plum Sesame Sauce, Lettuce, Tomato	8.5
Spinach Lentil Patty & Mushroom with Plum Chutney Sauce, Purple Slaw, Tomato	8.5
Avocado & Veggies with Zucchini, Carrot, Beetroot, Hummus, Chilli Jam	8.5



GOURMET SANDWICHES

Served with Wholesome Fresh Breads from our Bakery

Peppercorn Beef Pastrami with Horseradish & Dijon Mustard, Mayo, Lettuce, Tomato	8.5
Slow-cooked Tender Pulled Pork with Avocado, Peperonata, Mayo, Lettuce, Tomato	8.5
Premium Smoked Ham with Melted Cheese, Mayo, Lettuce, Tomato	8.5
BLT with Crispy Bacon, Mustard, Mayo, Lettuce, Tomato	8.5
Rosemary Chicken with Cranberry Sauce, Mayo, Lettuce, Tomato	8.5
Smoked Salmon with Dill Yogurt Dressing, Lettuce, Tomato	8.5
Tuna Salad with Red Pepper, Onion, Celery, Mayo, Lettuce, Tomato	8.5
Smoked Turkey Ham & Brie with Cranberry Sauce, Mustard, Mayo, Lettuce, Tomato	9.5
Pulled Beef Avocado with Mayo, Lettuce, Tomato	9.5
Roasted Chicken & Avocado with Mayo, Lettuce, Tomato	9.5
Threesome (Turkey, Ham, Bacon) with Mozzarella, Mustard, Mayo, Lettuce, Tomato	9.5

WELLNESS TEA

Caffeine Free • High in Antioxidant

Caffeine Free • High in Antioxidant		
	Hot	Iced
Organic Red / Green Rooibos	4.0	
Organic Lemongrass / Ginger / Roselle	4.0	
Chamomile Flower / Peppermint Leaves	4.0	
Iced Rooibos Lemon Tea		4.5
WHOLE LEAF TE	Δ	
WIIOLL LLAI ILI	n	
Organic Green Tea	4.0	
Timeless Earl Grey / English Breakfast	4.0	
CDEQUIV COLLECTED	Ш	UE
FRESHLY SQUEEZED.	JUI	UL
Apple, Beetroot & Carrot		5.5
Apple, Beetroot & Ginger		5.5
Carrot & Orange		5.5
Carrot & Green Apple		5.5
Carrot & Ginger		5.5

5.0

Orange / Green Apple / Carrot

ORGANIC ESPRESSO

Freshly Roasted Locally • Custom Blend

	Small	Regular	Iced
Espresso	3.8		
Long Black	4.0	4.5	4.5
Latte / Flat White / Cappuccino	4.5	5.5	5.5
Mocha	5.0	6.0	6.0
Macchiato	4.0		

Additional Espresso Shot +1.0 Organic Soya Milk / Oat Milk +1.0 Add Halzenut / Vanilla Syrup +1.0

VARIETY LATTE

	Hot	lced
Chai	5.0	
Red Chai - Beetroot & Spices -	5.5	
Turmeric Honey	5.5	
Matcha	5.5	
Chocolate	5.0	5.5

Pelectable TREATS SET

Chilled Cake 10
Non Chilled Cake 7
Muffin / Scone 6

