

CEDELE’S RECIPES ARE DESIGNED TO BE NUTRITIONALLY GOOD FOR YOU! WE SCOUT OUT THE BEST AND FRESHEST INGREDIENTS POSSIBLE TO ENSURE OUR MENU IS AS WHOLESOME AS CAN BE AND FREE FROM TRANS-FAT.

ALL DAY BRUNCH	
★ Hearty Breakfast	18
Choice of Eggs: Scrambled / Poached / Sunny-side Up Sausage (nitrate-free), bacon, mushroom, tomato, toasts, jam and butter	
Eggs Benny on Brioche Toast	18
Choice of: Smoked Salmon / Bacon / Mushroom with hollandaise sauce and poached eggs	
★ Garden Omelette	16
Choice of: Avocado / Bacon / Sausage (nitrate-free) Mushroom, pumpkin, grilled tomato, red pepper, onion, toasts, jam and butter	
Pancake with Fruits	15
Choice of: Wild Blueberries / Caramelised Banana Choice of: Bacon / Mushroom / Scrambled Eggs / Sausage (nitrate-free)	
Avocado & Eggs on Toast	15
Poached eggs, sprouts, lemon, chilli flakes and mixed seeds Add-ons: Bacon +3 / Smoked Salmon +4	

PASTA	
Choice of: Linguine / Wholewheat Spaghetti	
Prawn Chili Lime	19
Zucchini, cherry tomatoes, edamame and lemongrass chilli lime dressing	
Empress Chicken	19
Zucchini, mushroom, edamame, ginkgo nuts, cherry tomatoes and oriental aglio olio style	
Chicken Mushroom Arrabbiata	18
Grilled chicken, button mushroom, tomato sauce and rocket leaves	
★ Beef Meat Ball Bolognese	19
Minced beef tomato sauce, rocket leaves and grana padano cheese	
★ Red Seafood	22
Grilled sea bass and prawns in tomato sauce	
★ Sea Bass Coriander Pesto	19
Zucchini, edamame, red pepper and garlic aglio olio style	
White Bacon Mushroom	18
Bacon bits, poached egg and mushroom in light cream sauce	
Miso Tofu VG	16
Edamame, pumpkin, cherry tomatoes, ginkgo nuts and miso aglio olio style	
Portobello Shroom VG	17
Portobello and button mushrooms, zucchini, edamame, cherry tomatoes and garlic aglio olio style	

GRILLS & GREENS	
served with mixed greens, red radish, cherry tomatoes, japanese cucumber, mixed seeds and sprouts	
★ Chicken Walnut Salad	17
With plum sesame dressing	
Loaded Caesar Salad GF	18
Grilled chicken, bacon, poached egg, caesar dressing and toast sticks	
★ Naked Beef “Burger Salad” [Bun-free Burger] GF	20
Grilled 100% grass-fed beef patty, grana padano cheese, quinoa, poached egg and orange wholegrain mustard dressing	
Prawn & Avocado Salad GF	20
Quinoa sprinkles and orange whole grain mustard dressing	
Tofu Furikake Salad VG	16
Seaweed sesame coated tofu, mushrooms, edamame, ginkgo nuts and plum sesame dressing	

GRAIN BOWLS	
★ Sea Bass & Prawn Quinoa GF	22
Grilled mushroom, pumpkin, edamame, red pepper, quinoa, mild spicy tomato salsa	
★ Grilled Garlic Chicken Quinoa GF	18
Red pepper, chickpea salad, poached egg, rocket leaves, cherry tomatoes, quinoa, miso ginger dressing	
Portobello Mushroom Garlic Super Grains	16
Ginkgo nuts, pumpkin, broccoli, organic brown and red rice, quinoa, miso ginger dressing	

GOURMET SANDWICHES	
Served with choice of: Sweet Potato Fries / Garden Salad	
Mushroom Beef Burger	17
Grilled 100% grass-fed beef patty, sauteed mushroom, cheddar cheese, rocket leaves and onion marmalata	
Chicken Avocado	16
Grilled chicken thigh, avocado, mayo, onion chutney, mustard, tomato and rocket leaves	
BLT	14
Overeasy egg, crispy bacon rashers, lettuce, tomato, mayo and mustard	
Grilled Beetroot & Avocado VG	15
Homemade beetroot patty, pumpkin, zucchini, chilli jam and vegan mayo	



EGG WRAPS	
Egg omelette on crispy wheat wrap with quinoa, spring onion and melted cheese Served with choice of: Sweet Potato Fries / Garden Salad	
Ham & Cheese with Spinach & Mushroom	13
Chicken, Broccoli & Red Bell Pepper	13
Prawn & Avocado	14
Grilled 2-Mushroom & Pumpkin	13

Add on:

SOUP OF THE DAY +4

COFFEE / TEA +3

SHARING SIDES

Soup of the day & Bread	9
Truffle Sweet Potato Fries 	10
Warm Tofu Salad  <i>Oriental glaze and furikake</i>	9
Seaweed Sesame Chicken Bites <i>Served with plum sesame sauce</i>	10

KID’S MENU

Served with cookie and choice of: Hot Chocolate / Milk

Button Mushroom Tossed Pasta <i>Choice of pasta: Linguine / Wholewheat Spaghetti</i> <i>Choice of base: Tomato / Light Cream</i> <i>Add-on: Poached Egg / Grilled Chicken +3</i>	12
Egg Tossed Brown Rice <i>Choice of: Sauteed Mushroom / Minced Beef / Grilled Chicken</i>	12

WHOLE LEAF TEA

	Hot	Iced
Earl Grey	5.0	6.0
English Breakfast	5.0	6.0
Lychee Green Tea	5.0	6.0

WELLNESS TEA

We are caffeine free!

	Hot	Iced
Organic Lemongrass	4.5	5.5
Organic Ginger	4.5	5.5
Organic Pandan	4.5	5.5
Peppermint	4.5	5.5
Chamomile	4.5	5.5
Healing Garden <i>Ginger, lemongrass, lemon peel, ginseng root, spearmint, liquorice</i>	4.5	5.5
Blissful Berries <i>Hibiscus petals, apple, elderberries, rosehips, raspberry, blackberry, strawberry</i>	4.5	5.5
Organic Green Rooibos	4.5	5.5
Organic Red Rooibos	4.5	5.5
Iced Rooibos Lemon Tea	-	6.0

LASSI

Freshly-made greek yoghurt based drink

Mango Chia	6.5
Blueberry	6.5
Golden Honey <i>Infused with turmeric</i>	6.5

HOMEMADE FIZZ

Raspberry Vanilla	6.0
Blueberry Booster	6.0
Lemonade <i>With basil seeds</i>	6.0

MILKSHAKES

Strawberry Chocolate	7.5
Double Chocolate	7.5
Caramel Sea Salt	7.5
Cookies & Cream	7.5

ORGANIC ESPRESSO

Freshly roasted, custom-blend, always organic

	Hot	Iced
Espresso	4.0	-
Macchiato	4.0	-
Long Black / Americano	5.0	6.0
Cappuccino	5.5	6.5
Latte	5.5	6.5
Flat White	5.5	6.5
Mocha	6.0	7.0

Add-Ons: Almond Milk / Organic Soy (+1)
Oat Milk (+1.5)
Espresso Shot (+1)
Hazelnut / Vanilla Syrup (+1)

VARIETY LATTE

	Hot	Iced
Red Chai - Beetroot & Spices	5.5	6.5
Turmeric Honey	5.5	6.5
Japanese Matcha	5.5	6.5
French Chocolate	5.5	6.5

FRESHLY SQUEEZED JUICES

Apple, Beetroot & Carrot	6.0
Apple, Beetroot & Ginger	6.0
Carrot & Orange	6.0
Carrot & Ginger	6.0
Carrot & Green Apple	6.0
100% Orange	6.0

ICE CREAM DESSERTS

Single Scoop	4.0
Double Scoop	7.5
Affogato <i>Double espresso and single scoop of vanilla ice cream</i>	8.0
Pancakes & Ice Cream <i>Freshly made pancakes</i> <i>Served with double scoop ice cream of your choice</i>	14.0

*Flavours: Salted Caramel / Strawberry / Belgium Chocolate / Vanilla Bean

DELECTABLE TREATS SETS

Highly recommended homemade goodness!
Available on Monday - Friday, 12pm - 5pm

Chilled Cake Set <i>Choice of: *Chilled Cake slice + ^Coffee / Tea</i>	10.0
Non Chilled Cake Set <i>Choice of: *Non-Chilled Cake slice + ^Coffee / Tea</i>	7.0
Muffin / Scone Set <i>Choice of: Muffin / Scone + ^Coffee / Tea</i>	6.0

*Check with our staff for cake flavours!
^Choice of Organic Black Coffee / Wellness Tea