

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

PASTA

Choice of: Linguine / Wholewheat Spaghetti	
Black Pepper Crab & Prawn Crushed black pepper and aglio olio style	22
★ Beef Meat Ball Bolognese Minced beef tomato sauce, rocket leaves and grana padano cheese	19
Prawn Lemongrass Turmeric Broccoli, cherry tomatoes and aglio olio style	19
★ Red Seafood Grilled sea bass and prawns in tomato sauce	22
★ Sea Bass Coriander Pesto Zucchini, edamame, red pepper and garlic aglio olio style	19
White Button Mushroom & Poached Egg Poached egg and mushroom in light cream sauce Add-on: Bacon +3	15
Empress Chicken Zucchini, mushroom, edamame, ginkgo nuts, cherry tomatoes and oriental aglio olio style	19
Chicken Mushroom Arrabbiata Grilled chicken, button mushroom, tomato sauce and rocket leaves	18
Red Miso Tofu VG Shimeji, edamame, red pepper and aglio olio style	15
Shrooms & Greens VG Sweet peas, broccoli, chinese spinach, mushrooms, tempeh chips and aglio olio style	15

GOURMET THINS

Flat bread with melted cheese, mayo, tomato and garden leaves	
Chicken Pesto Grilled chicken with basil pesto	10
Shrimp Avocado Coriander	12
Basil Pesto Tofu [Veg-friendly] Mayo omitted upon request	10

Add on:

SOUP OF THE DAY +4
COFFEE / TEA +3

GRILLS & GREENS

served with mixed greens, red radish, cherry tomatoes, japanese cucumber, mixed seeds and sprouts	
★ Chicken Walnut Salad With plum sesame dressing	17
Eat Well Quinoa Salad GF V Avocado, grana padano, activated seeds, sprouts and orange wholegrain mustard dressing	15
Loaded Caesar Salad GF Grilled chicken, bacon, poached egg, caesar dressing and toast sticks	18
★ Naked Beef “Burger Salad” [Bun-free Burger] GF Grilled 100% grass-fed beef patty, grana padano cheese, quinoa, poached egg and orange wholegrain mustard dressing	20
Tofu Furikake Salad VG Seaweed sesame coated tofu, mushrooms, edamame, ginkgo nuts and plum sesame dressing	16

GRAIN BOWLS

★ Sea Bass & Prawn Quinoa GF Grilled mushroom, pumpkin, edamame, red pepper, quinoa and mild spicy tomato salsa	22
★ Grilled Garlic Chicken Quinoa GF Red pepper, chickpea salad, poached egg, rocket leaves, cherry tomatoes, quinoa and miso ginger dressing	18
Grilled Sea Bass on Curried Vegetables GF Grilled sea bass with aromatic yoghurt curry vegetables and garbanzo	20
Portobello Mushroom Garlic Super Grains VG Ginkgo nuts, pumpkin, broccoli, organic brown and red rice, quinoa and miso ginger dressing	16

GOURMET SANDWICHES

Served with choice of: Sweet Potato Fries / Garden Salad	
Mushroom Beef Burger Grilled 100% grass-fed beef patty, sauteed mushroom, cheddar cheese, rocket leaves and onion marmalata	17
Chicken Avocado Grilled chicken thigh, avocado, mayo, onion chutney, mustard, tomato and rocket leaves	16
Sea Bass Salsa Avocado and mild spicy tomato salsa	16
Teriyaki Mushroom Patty & Grilled Pumpkin VG Mushroom millet patty, shimeji, sprouts and beanie plum dressing	15
Grilled Beetroot & Avocado VG Homemade beetroot patty, pumpkin, zucchini, chilli jam and vegan mayo	15

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

SHARING SIDES

Soup of the day & Bread	9
Cajun Sweet Potato Fries vg	10
Warm Tofu Salad vg <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
Minced Beef and Tomato Pasta <i>Choice of pasta: Linguine / Wholewheat Spaghetti</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
Cheeseburger	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

ORGANIC ESPRESSO

Freshly roasted, custom-blend, always organic

	Hot		Iced
	Small	Reg	
Espresso	-	4.0	-
Long Black / Americano	4.0	5.0	6.0
Cappuccino	4.5	5.5	6.5
Latte	4.5	5.5	6.5
Flat White	4.5	5.5	6.5
Mocha	5.5	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
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

MILKSHAKES

Strawberry Chocolate	8.0
Double Chocolate	8.0
Caramel Sea Salt	8.0
Cookies & Cream	8.0
Vanilla Hazelnut	8.0
Mango Coconut	8.0

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>	12.0

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

DELECTABLE TREATS SETS

Highly recommended homemade goodness!

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