

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, butoon 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** 16 V
Edamame, pumpkin, cherry tomatoes,
ginkgo nuts and miso aglio olio style
- Shrooms & Veggies** 17 V
Mixed mushrooms, zucchini, edamame,
cherry tomatoes and garlic aglio olio style

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** 17
With plum sesame dressing
- Loaded Caesar Salad** 18 GF
Grilled chicken, bacon, poached egg,
caesar dressing and toast sticks
- ★ **Naked Beef "Burger Salad"** 20 GF [Bun-free Burger]
Grilled 100% grass-fed beef patty, grana padano cheese,
quinoa, poached egg and orange wholegrain mustard dressing
- Prawn & Avocado Salad** 20 GF
Quinoa sprinkles and orange whole grain mustard dressing
- Tofu Furikake Salad** 16 V
Seaweed sesame coated tofu, mushrooms, edamame,
ginkgo nuts and plum sesame dressing

GRAIN BOWLS

- ★ **Sea Bass & Prawn Quinoa** 22 GF
Grilled mushroom, pumpkin, edamame, red pepper,
quinoa, mild spicy tomato salsa
- ★ **Grilled Garlic Chicken Quinoa** 18 GF
Red pepper, chickpea salad, poached egg, rocket leaves,
cherry tomatoes, quinoa, miso ginger dressing
- 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** 15 V
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

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 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

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

HOMEMADE FIZZ

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

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