

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

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

## PASTA

Choice of: Linguine / Wholewheat Spaghetti	
<b>Black Pepper Crab &amp; Prawn</b> Crushed black pepper and aglio olio style	22
★ <b>Beef Meat Ball Bolognese</b> Minced beef tomato sauce, rocket leaves and grana padano cheese	19
<b>Prawn Lemongrass Turmeric</b> Broccoli, cherry tomatoes and aglio olio style	19
★ <b>Red Seafood</b> Grilled sea bass and prawns in tomato sauce	22
★ <b>Sea Bass Coriander Pesto</b> Zucchini, edamame, red pepper and garlic aglio olio style	19
<b>White Button Mushroom &amp; Poached Egg</b> Poached egg and mushroom in light cream sauce Add-on: Bacon +3	15
<b>Empress Chicken</b> Zucchini, mushroom, edamame, ginkgo nuts, cherry tomatoes and oriental aglio olio style	19
<b>Chicken Mushroom Arrabbiata</b> Grilled chicken, button mushroom, tomato sauce and rocket leaves	18
<b>Red Miso Tofu</b> <span>VG</span> Shimeji, edamame, red pepper and aglio olio style	15
<b>Shrooms &amp; Greens</b> <span>VG</span> 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	
<b>Chicken Pesto</b> Grilled chicken with basil pesto	10
<b>Shrimp Avocado Coriander</b>	12
<b>Basil Pesto Tofu</b> <span>[Veg-friendly]</span> 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	
★ <b>Chicken Walnut Salad</b> With plum sesame dressing	17
<b>Eat Well Quinoa Salad</b> <span>GF</span> <span>V</span> Avocado, grana padano, activated seeds, sprouts and orange wholegrain mustard dressing	15
<b>Loaded Caesar Salad</b> <span>GF</span> Grilled chicken, bacon, poached egg, caesar dressing and toast sticks	18
★ <b>Naked Beef “Burger Salad”</b> <span>[Bun-free Burger]</span> <span>GF</span> Grilled 100% grass-fed beef patty, grana padano cheese, quinoa, poached egg and orange wholegrain mustard dressing	20
<b>Tofu Furikake Salad</b> <span>VG</span> Seaweed sesame coated tofu, mushrooms, edamame, ginkgo nuts and plum sesame dressing	16

## GRAIN BOWLS

★ <b>Sea Bass &amp; Prawn Quinoa</b> <span>GF</span> Grilled mushroom, pumpkin, edamame, red pepper, quinoa and mild spicy tomato salsa	22
★ <b>Grilled Garlic Chicken Quinoa</b> <span>GF</span> Red pepper, chickpea salad, poached egg, rocket leaves, cherry tomatoes, quinoa and miso ginger dressing	18
<b>Grilled Sea Bass on Curried Vegetables</b> <span>GF</span> Grilled sea bass with aromatic yoghurt curry vegetables and garbanzo	20
<b>Portobello Mushroom Garlic Super Grains</b> <span>VG</span> 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	
<b>Mushroom Beef Burger</b> Grilled 100% grass-fed beef patty, sauteed mushroom, cheddar cheese, rocket leaves and onion marmalata	17
<b>Chicken Avocado</b> Grilled chicken thigh, avocado, mayo, onion chutney, mustard, tomato and rocket leaves	16
<b>Sea Bass Salsa</b> Avocado and mild spicy tomato salsa	16
<b>Teriyaki Mushroom Patty &amp; Grilled Pumpkin</b> <span>VG</span> Mushroom millet patty, shimeji, sprouts and beanie plum dressing	15
<b>Grilled Beetroot &amp; Avocado</b> <span>VG</span> 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	
<b>Ham &amp; Cheese with Spinach &amp; Mushroom</b>	13
<b>Chicken, Broccoli &amp; Red Bell Pepper</b>	13
<b>Prawn &amp; Avocado</b>	14
<b>Grilled 2-Mushroom &amp; Pumpkin</b>	13

# SHARING SIDES

Soup of the day & Bread	9
Cajun 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** 12  
*Choice of pasta: Linguine / Wholewheat Spaghetti*  
*Choice of base: Tomato / Light Cream*  
*Add-on: Poached Egg / Grilled Chicken +3*

**Minced Beef and Tomato Pasta** 12  
*Choice of pasta: Linguine / Wholewheat Spaghetti*  
*Add-on: Poached Egg / Grilled Chicken +3*

**Egg Tossed Brown Rice** 12  
*Choice of: Sauteed Mushroom / Minced Beef / Grilled Chicken*

**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

<i>We are caffeine free!</i>	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*