

Green Pesto Pasta



Prawny Siew Mai Burger



Lemon Salmon Dukkah



PASTA

Choice of Linguine / Wholewheat Penne

Baked Salmon Miso Mirin

with Edamame, Cherry Tomato, Garlic Aglio Olio Style

Grilled Herbed Chicken

with Mushroom, Cherry Tomato, Garlic Aglio Olio Style

Minced Beef Bolognese

with Mushroom, Edamame, Cherry Tomato, Herbed Tomato Sauce

White Bacon Mushroom

with Cherry Tomato, Light Cream Sauce

Green Pesto

with Zucchini, Poached Egg, Padana Grana Cheese, Cherry Tomato, Garlic Olio Style

BURGER & FRIES

Cheddar Cheese Beef Burger

100% Grass-fed Beef Patty with Onion Chutney, Mayo, Mustard, Tomato, Lettuce

Prawny Siew Mai Burger

with Sracha Mayo, Cucumber, Dijon Mustard, Mayo, Tomato, Lettuce

Chicken Sesame Burger

with Melted Cheese, Hoisin Mayo, Mustard, Cucumber, Rocket Leaves

GRAINS & GREENS

Lemon Salmon Dukkah

with Quinoa Lentil, Onion Omelette, Garlic Broccoli Mushroom, Tahini Dressing

Garlic Chicken

with Organic Brown Rice, Onion Omelette, Pumpkin Broccoli Onion, Plum Sesame Dressing

Miso Soy Minced Beef

with Organic Brown Rice, Onion Omelette, Garlic Broccoli Mushroom, Miso Ginger Dressing

Oriental Mushroom

Tofu Steak

with Organic Brown Rice, Onion Omelette, Pumpkin Broccoli Onion, Plum Sesame Dressing

Zen Mushroom

with Garlic Quinoa Brown Rice, Onion Omelette, Zucchini, Broccoli, Pumpkin, Plum Sesame Dressing

13.8

12.8

13.8

12.8

11.8

12.8

12.8

11.8

14.8

12.8

13.8

11.8

11.8



GOURMET SANDWICHES

Served with Wholesome Fresh Breads from our Bakery

Peppercorn Beef Pastrami

with 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

Three-some

Chicken, Ham & Bacon with Mozzarella, Mustard, Mayo, Lettuce, Tomato

9.5

Smoked Turkey Ham & Brie

with Cranberry Sauce, Mustard, Mayo, Lettuce, Tomato

9.5

Rosemary Chicken

with Cranberry Sauce, Mayo, Lettuce, Tomato

8.5

Roasted Chicken & Avocado

with Mayo, Lettuce, Tomato

9.5

Tuna Salad

with Red Pepper, Onion, Celery, Mayo, Lettuce, Tomato

8.5

Smoked Salmon

with White Tahini Dressing, Lettuce, Tomato

8.5

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 Grilled Mixed Mushroom, Plum Chutney, Lettuce, Tomato

8.5

Avocado & Veggies

with Zucchini, Carrot, Beetroot, Hummus & Chilli Jam

8.5

Grilled Trio Colour Veggies

with Pumpkin, Peperonata, Mixed Mushrooms, Hummus

8.5

ADD-ON: Small Soup +3
Organic Coffee / Tea +2.5

GOURMET THINS

Toasted Flat Wheat Bread with Mozzarella Cheese,
Mayo, Rooket & Tomato

Basil Pesto Chicken 8.5

Hammy Cheese 8.5
with Cheddar

Tuna Salad 8.5

Veggie Shroom 8.5
with Pepperonata, Mushroom
& Bavarian Wholegrain Mustard

ADD-ON: Small Soup +3
Organic Coffee / Tea +2.5



HEARTY SOUP

Slow-Boiled • Gluten-free

comes with fresh bread from our bakery

8.8



ALL-DAY BREAKFAST

Served with Organic Coffee or Wellness Tea

All-In Breakfast 13.8

Bacon, Sausage, Mushroom, Egg & Toast

Bacon & Egg Toast 9.8

Sausage & Egg Toast 9.8

Mushroom & Egg Toast 9.8



ORGANIC ESPRESSO

Freshly Roasted Locally • Custom Blend

	Small	Regular	Iced
Espresso	4.3		
Macchiato	4.5		
Long Black	4.5	5	5
Latte	4.5	5.5	6
Flat White	5	5.5	6
Cappuccino	5	5.5	6
Mocha	5.5	6.5	7

Alternatives:

Organic Soy Milk / Oat Milk +1.5

Add Hazelnut / Vanilla Syrup +1.0

Additional Espresso Shot +1.0

SPECIAL SIGNATURE

Chocolate Addiction	5.5
+ Cinnamon / Ginger	+0.5
Iced Chocolate Addiction	5.5
Chai Latte	5

WELLNESS TEA

Caffeine Free • High in Antioxidants

	Hot	Iced
Organic Red/Green Rooibos	4.5	5
Organic Lemongrass	4.5	
Organic Ginger	4.5	
Chamomile Flower	4.5	
Peppermint Leaves	4.5	
Organic Green Tea	4.5	
Iced Rooibos Lemon Tea		5
Iced Rooibos Mint Tea		5

WHOLE LEAF TEA

Timeless Earl Grey	4.5
English Breakfast	4.5

Delectable TREATS SET

Chilled Cake	10
Non Chilled Cake	7
Muffin / Scone	6

