

DESIGN YOUR OWN BOWLS

• 1 BASE* • 1 PROTEIN
• 4 TOPPINGS • 1 DRESSING **9.80**

• 1 BASE* • 2 PROTEIN
• 4 TOPPINGS • 1 DRESSING **10.80**

*MIX UP TO 2

ADD ONS

Small Soup 3

Organic Coffee / Wellness Tea 3

Extra Base 2 • Extra Protein 2 • Extra Topping 0.6



HIGH PROTEIN

Quinoa Lentil, Romaine Lettuce,
Baked Herbed Chicken,
Falafel, Cherry Tomato,
Toasted Almond Flakes, Broccoli,
Sous Vide Egg, Sriracha Ranch Dressing

11.80



NOURISH TREAT

Baby Spinach, Romaine Lettuce,
Moroccan Chicken Fillet, Chickpea,
Broccoli, Raw Carrot, Purple Cabbage,
Roasted Carrot Ginger Dressing

10.30



OMEGA BOOST

Soba, Romaine Lettuce,
Miso Mirin Salmon, Japanese Cucumber,
Grilled Pumpkin, Tofu, Edamame,
Miso Ginger Dressing

11.80



GOOD HARVEST [V]

Kale, Romaine Lettuce, Grilled Portobello,
Wakame Seaweed Salad, Grilled Pumpkin,
Cherry Tomato, Toasted Almond Flakes,
Balsamic Honey Vinaigrette

11.30

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HEALTHY-ISH INDULGENCE

Quinoa, Lentil, Romaine Lettuce, Flank Steak, Avocado, Cherry Tomato, Sweet Corn, Toasted Almond Flakes, Balsamic Honey Vinaigrette

12.80



PROTEIN BUSTERS

Soba, Romaine Lettuce, Miso Mirin Salmon, Roasted Chicken Breast, Grilled Eggplant, Cherry Tomato, Broccoli, Alfalfa Sprouts, Plum Sesame Dressing

12.80



VEGAN BUDDHA

Baby Spinach, Romaine Lettuce, Avocado, Purple Cabbage, Grilled Pumpkin, Raw Carrot, Sweet Corn, Plum Sesame Dressing

11.30



OMEGA BOOST

Soba, Romaine Lettuce, Miso Mirin Salmon, Japanese Cucumber, Grilled Pumpkin, Tofu, Edamame, Miso Ginger Dressing

11.80

PLANT-BASED SANDWICHES

Served with Wholesome Fresh Breads from our Bakery
Comes with Low Fat Vegan Mayo & Sprouts

Grilled Beetroot Patty & Avocado 8.5
with Chilli Jam, Lettuce, Tomato

Avocado & Veggies 8.5
with Zucchini, Carrot, Beetroot, Hummus & Chilli Jam

Spinach Lentil Patty & Mushroom 8.5
with Grilled Mixed Mushroom, Plum Chutney, Lettuce, Tomato

Quinoa Tofu Pumpkin Burger 8.5
with White Tahini Sauce, Purple Slaw, Tomato

HEARTY SOUP

SLOW-BOILED • GLUTEN-FREE
with Fresh Breads from our Bakery

Small 6.0

Regular 8.8

GOURMET SANDWICHES

Served with Wholesome Fresh Breads from our Bakery

Pulled Beef Avocado 9.5
with Mayo, Lettuce, Tomato

Roasted Chicken & Avocado 9.5
with Mayo, Lettuce, Tomato

Three-some 9.5
Chicken, Ham & Bacon with Mozzarella, Mustard,
Mayo, Lettuce, Tomato

Premium Smoked Ham 8.5
with Melted Cheese, Mayo, Lettuce, Tomato

BLT 8.5
with Crispy Bacon, Mustard, Mayo, Lettuce, Tomato

Rosemary Chicken 8.5
with Cranberry Sauce, Mayo, Lettuce, Tomato

Smoked Salmon 8.5
with White Tahini Dressing, Lettuce, Tomato

Tuna Salad 8.5
with Red Pepper, Onion, Celery, Mayo, Lettuce, Tomato

GOURMET THINS

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

Basil Pesto Chicken

with Brie Cheese

8.5

Moroccan Spiced Chermoula Chicken

8.5

Hammy Cheese

with Cheddar

8.5

Tuna Salad

8.5

Smoked Salmon & Avocado

with White Tahini Dressing

9.5

Veggie Shroom

with Peperonata, Mushroom & Bavarian Wholegrain Mustard

8.5

SANDWICH / THIN SETS

Set A \$8.50 Sandwich/Thin + Small Soup

11.5

Set B \$9.50 Sandwich/Thin + Small Soup

12.5

add on for Organic Coffee / Wellness Tea +2.5

ALL DAY BREAKFAST

SERVED WITH ORGANIC COFFEE/ WELLNESS TEA

OUR
SAUSAGES
ARE
NITRATE FREE

All In

Scrambled / Sous Vide Eggs, Bacon, Sundried Tomato Sausage,
Sautéed Mushroom & Toast

13.8

Eggs Benny

Poached Egg, Hollandaise on Brioche Toast
with choice of Smoked Ham / Sautéed Mushroom / Bacon

13.8

Egg & Toast

Add Mushroom +2 / Add Smoked Salmon +3 /
Add Avocado +2 / Add Sausage +2

6.8

Breakfast Sandwich with Scrambled Egg

with Bacon

6.8

with Cheese

6.8

with Smoked Salmon

7.8

Toast & Jam

5.8

TEAS SELECTION

	HOT	ICED
Organic Red Rooibos	4.5	5.5
Organic Green Rooibos	4.5	5.5
Iced Rooibos Lemon Tea		5.5
Organic Lemongrass	4.5	
Organic Ginger	4.5	
Organic Roselle	4.5	
Chamomile Flower	4.5	
Peppermint Leaves	4.5	
Organic Green Tea	4.5	
Timeless Earl Grey	4.5	
English Breakfast	4.5	

ORGANIC ESPRESSO

FRESHLY ROASTED LOCALLY • CUSTOM BLEND	HOT	ICED
Americano	4.5	5.5
Latte / Cappuccino / Flat White	5	6
Mocha	6	7
Espresso / Macchiato	4	

VARIETY LATTE

	HOT	ICED
Red Chai - Beetroot & Spices	5.5	6.5
Matcha	5.5	6.5
Chocolate	5.5	6.5
Turmeric Honey	5.5	6.5
Chai	5.5	6.5

ADD ONS:

Almond Milk +1
Extra Shot +1

Organic Soy Milk +1
Hazelnut/Vanilla +1

Oat Milk +1.5