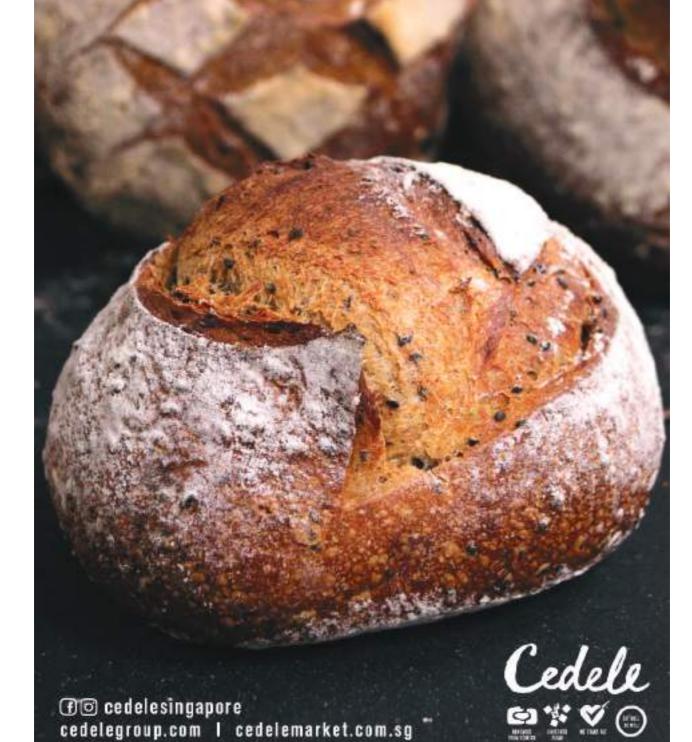
## ARTISANAL BREAD

Our handcrafted breads are naturally leavened slowly with two decades old sourdough starter and made with the finest ingredients.



# DESIGN YOUR OWN BOWL

9.80

1 BASE\*
1 PROTEIN
4 TOPPINGS
1 DRESSING



1 BASE\*
2 PROTEINS
4 TOPPINGS
1 DRESSING

MIX UP TO 2

#### ADD ONS

Small Soup +3
Organic Coffee / Wellness Tea +3
Extra Base +2 · Extra Protein +2
Extra Topping +0.6

## SIGNATURE BOWLS



#### GOOD HARVEST [VG]

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

\$11.30



#### **VEGAN BUDDHA**

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

\$11.30



#### HIGH PROTEIN

Quinoa Lentil, Baked Herb Chicken, Falafel, Sous Vide Egg, Toasted Almond, Cherry Tomato, Broccoli, Sriracha Ranch Dressing

\$11.80



#### OMEGA BOOST

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

\$11.80



#### PROTEIN BUSTERS

Soba, Romaine Lettuce, Miso Mirin Salmon, Roasted Chicken, Sweet Potato, Cherry Tomato, Broccoli, Alfalfa Sprouts, Plum Sesame Dressing

\$12.80

### GOURMET SANDWICHES

Served with Wholesome Fresh Breads from our Bakery

Pulled Beef Avocado with Mayo, Lettuce, Tomato	9.5
Roasted Chicken & Avocado with Mayo, Lettuce, Tomato	9.5
Threesome Chicken, Ham & Bacon with Mozzarella, Mustard, Mayo, Lettuce, Tomato	9.5
Premium Smoked Ham with Melted Cheese, Mayo, Lettuce, Tomato	8.5
BLT with Crispy Bacon, Mustard, Mayo, Lettuce, Tomato	8.5
Rosemary Chicken with Cranberry Sauce, Mayo, Lettuce, Tomato	8.5
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 Patty & Pumpkin with Purple Slaw, Tomato, White Tahnini Sauce	8.5
Avocado & Veggies with Zucchini, Carrot, Beetroot, Hummus & Chilli Jam	8.5
Grilled Beetroot Patty & Avocado with Chilli Jam, Lettuce & Tomato	8.5
Spinach Lentil Patty & Mushroom with Grilled Mixed Mushroom, Plum Chutney, Lettuce & Tomato	8.5



## GOURMET THINS

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

Basil Pesto Chicken with Brie Cheese	8.5
Hammy Cheese with Cheddar Cheese	8.5
Tuna Salad	8.5
Veggie Shroom with Pepperonata, Mushroom & Bavarian Wholegrain Mustard	8.5
Smoked Salmon & Avocado with White Tahini Dressing	9.5



