

# SALAD

All salads are low-cal, made with 100% natural ingredients & extra virgin olive oil

## Asian Slaw

Beetroot, shredded red cabbage, bell peppers, carrots, salad leaves, zucchini, cucumber, spring onion, cilantro, mint, toasted sesame & Thai peanut dressing GF V 215

## Lebanese

Marinated char grilled vegetables, salad leaves, tomatoes, onions, green beans, pumpkin seeds & lemon herb dressing GF V 285

## Moroccan Couscous

Couscous, tomatoes, parsley, mint, onions, olives, salad greens, sesame seeds, cucumber, tomatoes, pomegranate seeds, lemon juice & extra virgin olive oil GF V 285

## Power House

Broccoli, red, yellow peppers, whole wheat pasta, olives, green beans, salad greens, corn, cucumber, tomato, onion, green capsicum & our secret fat-free dressing GF 285

## Thai Green Papaya

Raw papaya, tomato wedges, green onions, green beans, salad greens, basil, cilantro, roasted peanuts, pomegranate, chilli flakes, sesame seeds, sriracha lime dressing V 285

## Me Skinny

Olives, cucumber, tomatoes, salad greens, onions, cilantro, green beans, sunflower seeds, parsley & fresh orange dressing GF V 215

## Goodness Bowl

Organic quinoa, beetroot, pomegranate seeds, carrot, broccoli, parsley, fresh lemon & extra virgin olive oil dressing GF V 345

## Greek Salad

Red, yellow, green capsicum, broccoli, cucumber, onion, tomato, olives, greek feta & vinaigrette dressing GF V 275

## Zoodles

Water melon, carrot, . basil, zucchini, cucumber, sliced tomato, chopped leaves & parsley orange dressing GF V 285

## The Good Life Salad

Bell peppers, carrot, beetroot, zucchini, broccoli, raw papaya, pineapple, apple, onions, mint, basil, spring onions, toasted garlic & vinaigrette dressing GF V 345

## + Add Protein

Tofu 65

Paneer 85

Greek Feta 65

Grilled Chicken 95

Prawn 115

Norwegian Salmon 195

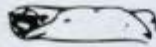
# SANDWICHES & WRAPS

Protein price includes a bread of your choice & a marination

\*All sandwiches & wraps are filled with slow roasted bell peppers, onion, zucchini, aubergine & lettuce

1

CHOOSE YOUR  
BREAD



Whole Wheat Wrap  
(organic) V



Whole Wheat Bread  
(organic) V



Gluten Free

2

CHOOSE YOUR  
PROTEINS

Baked Falafel V 245

Grilled Chicken 295

Paneer GF 265

Prawns 435

Tofu V GF 265

Scottish Salmon 455

Grilled Veggies V GF 255

3

CHOOSE YOUR  
SAUCE

Chipotle BBQ

Smoky & spicy homemade  
BBQ sauce. V

Punjabi

Smoky tomato sauce  
with Indian spices. GF V

Orange Honey Ginger

Our own creation using local  
oranges, honey & ginger. GF

Harissa \*

North African Roasted red  
pepper sauce mildly spicy. GF V

Japanese Tiryaki

Chinatown inspired tangy  
sweet & utterly tasty sauce. V

Hummus

Chipotle & Roasted Red  
Pepper Hummus. GF V

Jamaican Jerk

A vibrant & spiced pepper  
sauce from the land of

Italian Marinara

Rich & robust tomato & basil  
sauce. GF V