

SALADS

PERFECT AVO - KETO - \$13.99

Grilled Chicken, Avocado, Tomato, Pickled Onion, Fetta, Carrots, Cucumber, Pine Nuts, Leafy Mixed Green, Balsamic Vinaigrette. (G.F)

PROTEIN VEGAN - \$13.99

Falafel, Chickpea, Quinoa Tabouleh, Pumpkin Seed, Carrot, Beetroot, Avocado, Three Cabbage Slow, Lime And Sumac Tahini. (G.F, D.F, VEGAN)

MODERN GREEK STYLE - \$13.99

Grilled chicken, Creamy Fetta, tomato, cucumber, onion, leafy mixed greens, greek vinaigrette (G.F)

ALL TIME CLASSIC - CAESAR - \$14.99

Grilled Chicken, Egg, Crispy Bacon, Cos, Crunchy Croutons, Parmesan Crisp, Creamy Caesar Dressing.

SPICY MEDITERRANEAN - \$14.99

Spiced Lamb, Fetta, Toasted Almond, Carrots, Capsicum, Onion, Quinoa Leafy Mixed Greens, Lemon Oil Topped With Dukkah And Yoghurt Tzatziki. (G.F)

NOURISH - \$13.99

Avocado, Onion, Cucumber, Beetroot, Green Apple, Sunflower Seed, leafy mixed green, Pesto Vinaigrette. (G.F, D.F, VEGAN)

JUST FRESH MADE - \$13.99

Oven Baked Potato, Roasted Chorizo, Quinoa, Roasted Brussels Sprouts, Kale, Cucumber, Shallots, Paprika Mayo. (G.F, D.F)

LIGHT AND HEALTHY TACO SALAD - \$13.99

Spicy Chicken, Black Beans, Avocado, Corn, Cucumber, Tomato, Pickled Onion, Cabbage Slaw, Corn Chips, Jalapeno And Cilantro Dressing. (G.F)

SPUDS

CLASSIC VEG - (G.F) - \$13.99

Choice Of Protein, Oven Baked Potato, Tasty Cheese, Smash Avocado, Tomato Salsa, Kale Mix, Sour Cream, Shallots, Carrots, Herb Butter, Aioli

FRESH FIESTA - (G.F) - \$14.99

Choice Of Protein, Oven Baked Potato, Tasty Cheese, Smash Avocado, Spinach, Tomato Salsa, Corn, Jalapenos, Fetta, Corn Chips, Herb Butter, Chipotle Mayo

MEDITERRANEAN - (G.F) - \$13.99

Choice Of Protein, Oven Baked Potato, Tasty Cheese, Chickpea, Capsicum, Spinach, Quinoa Tabouleh, Sour Cream, Herb Butter, Lime And Sumac Tahini

MEAT LOVERS - (G.F) - \$14.99

Choice Of Protein, Oven Baked Potato, Crispy Bacon, Roasted Chorizo, Tasty Cheese, Cabbage Menu, Sour Cream, Pea, Herb Butter, Shallot, Bbq

Choice of protein

RAGU SAUCE | MEXICAN BEANS | GRILLED CHICKEN

JUST FRESH MADE

THE HEALTHY OPTION



WRAPS

LAMB AND QUINOA - \$14.99

Lamb, Quinoa Tabouleh, Tomato, Cos, Tasty Cheese, Roast Carrot, Capsicum Hummus, Sumac Tahini

MEXICAN STYLE CHICKEN CAESAR - \$13.99

Spicy Chicken, Bacon, Cos, Avocado, Parmesan, Chipotle Caesar, Tomato

CHICKEN, BACON, AVO - \$13.99

Chicken, Bacon, Avocado, Tomato, Mixed Lettuce, Brie, Herb Mayo

HOT VEG. (VEGAN) - \$13.99

Falafel, Cos, Tomato, Capsicum, Carrots, Hummus, Vegan Spicy Aioli

FRESH PASTAS

GNOCCHI BEEF AND PORK RAGU - \$17.99

slow cooked beef and pork ragu, Parmesan

GNOCCHI CHICKEN PESTO - \$17.99

Chicken, Spinach, Pine Nuts, Basil Pesto, Light Cream

VEG RAVIOLI. - \$17.99

Spinach And Ricotta Ravioli, Spinach, Parmesan, Tomato And Basil Sauce

RAVIOLI WITH CHICKEN - \$17.99

Chicken, Pine Nuts, Tomato, Parmesan Spinach, Cream Sauce



SIDES

PESTO AND CHEESE ARANCINI - \$8.99

CHEESY GARLIC AND HERB BREAD - \$8.99

AVO & FETTA ON SOURDOUGH TOAST - \$8.99

SWEET POTATO CHIPS - \$8.99

REGULAR CHIPS - \$8.99

(AIOLI OR TOMATO SAUCE OR BBQ)





JUST FRESH MADE



FRESH JUICES

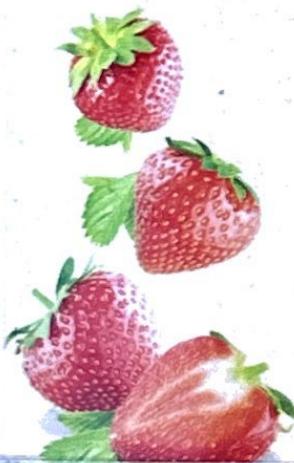
*Lean Green - cucumber, green apple, orange, celery, pineapple
Cleanser and detox. sprightly leafy and sweet green . - 8.90*

*Red Rush - beet , apple , carrot , lime
stamina and restorative. sweet and earthier. - 8.90*

*Fruity freshener – watermelon , mint , strawberry , apple
refreshing . fruity version of watermelon agua fresca - 8.90*

*Super protector – Orange, carrot , ginger
energizing and immunity, slightly sweet and tart -- 9.90*

*Tropical Twist - Pineapple, cucumber, orange
Hydrator and antioxidant, refreshing and tart - - 9.90*



CREATE YOUR OWN - \$10.90

Choose up to 3 fruits and 2 vegetables .

- Green apple I Pineapple I watermelon I Orange

- Kale I Celery I Cucumber I Carrot I Beet

