

NOURISH BOWLS

CHOOSE YOUR BOWL

TOFU BOWL 13.9 (GF)

firm tofu, kale, edamame, cucumber, cabbage, shallots, radish, dill and mustard dressing, nori seaweed crunch

SALMON POKE 15.9 (GF)

salmon sashimi, cabbage, cucumber, baby rocket, edamame, radish, pickled ginger, sesame dressing, nori seaweed crunch

MISO SALMON 16.9 (GF)

miso glazed salmon, zucchini, carrot, rocket, radish, edamame, lemon olive oil dressing, wasabi peas

MISO EGGPLANT 14.9 (GF)

miso glazed eggplant, radish, beetroot, shallots, kale, cabbage, lemon olive oil dressing, wasabi peas, nori seaweed crunch

MEDDITERANNEAN LAMB 17.9 (GF)

slow cooked lamb shoulder, rocket, baby spinach, olives, cucumber, chickpeas, mint, pickled onions, salsa verde, mint yoghurt, lemon olive oil dressing

CHILLI CHICKEN 14.9 (GF)

chicken, cabbage, baby spinach, shallots, carrot, onion, parsley, spicy sesame dressing, jalapeño mayo, chilli

BRISKET SWEET POTATO 16.9 (GF)

12 hour roasted brisket, sweet potato, edamame, cabbage, kale, beetroot, lemon olive oil dressing, wasabi peas

CHICKEN GREENS 15.9 (GF)

chicken, chickpeas, rocket, red onion, radish, cucumber, olives, parsley, dill & parsley dressing

TERIYAKI CHICKEN BOWL 15.9 (GF)

teriyaki glazed chicken, cabbage, kale, shallots, carrot, edamame, sesame dressing, toasted sesame seeds

SALMON SOBA NOODLE 17.9

teriyaki glazed salmon, soba noodles, carrot, edamame, spanish onion, shallots, mint, nuoc cham dressing, toasted sesame seeds

CHOOSE YOUR BASE

• BROWN RICE

• WHITE RICE

• MIXED CABBAGE

• SOBA NOODLES +1 (CONTAINS GLUTEN)

• CAULIFLOWER RICE +1

ADDONS

AVOCADO +2

SWEET POTATO +2

SEAWEED SALAD +2

PICKLED GINGER +2

WASABI PEAS +1

EDAMAME +2

NORI CRUNCH +1

CHILLI FLAKES +1

UPGRADE BOWL TO LARGE +3

TOASTIES

all served on rye sourdough & lightly toasted

HAM, CHEESE, TOMATO 12

CHICKEN, AVO, ROCKET, BASIL PESTO, CHEESE 14

BABY SPINACH, TOMATO, AVOCADO, BASIL PESTO 14

TOASTS

SIMPLY AVO (1 PC) 9 (2 PCS) 16
avocado & lemon

HARVEST TOAST (1 PC) 11 (2 PCS) 19
avocado, basil pesto, tomato, feta

AVOMITE (1 PC) 9 (2 PCS) 16
avocado & vegemite

NUTELLA BERRY (1 PC) 9 (2 PCS) 14
nutella, banana, strawberries, chia seeds

PEANUT BUTTER (1 PC) 9 (2 PCS) 14
peanut butter, banana, strawberries, chia seeds

PLAIN TOAST (1 PC) 5 (2 PCS) 8
with peanut butter, nutella, vegemite

ACAI BOWLS

NUTTER 17

peanut butter, strawberry, banana, hemp seeds, buckwheat kernels

PB&J 17

peanut butter, strawberry puree, strawberry, banana, roasted almonds

NUTELLA 17

strawberry, banana, nutella, roasted hazelnuts

HARVEST OG 16

granola, strawberry, banana

SUPERFRUIT 17

banana, strawberry, kiwi, blueberries, coconut

ADDONS

CRUNCH

CACAO NIBS 1.5

BUCKWHEAT KERNELS 1.5

COCONUT FLAKES 1

HEMP SEEDS 1.5

CHIA SEEDS 1

TOASTED ALMONDS 1.5

GRANOLA 2.5

GLUTEN FREE GRANOLA 3

FRUIT

STRAWBERRY 2

BANANA 2

APPLE 1

KIWI 2

BLUEBERRIES 3

PASSIONFRUIT PULP 2

SPREADS

PEANUT BUTTER 3

NUTELLA 3

BISCOFF 3

PISTACHIO 4

HONEY 1.5

ALMOND BUTTER 3.5

FRUIT BOWLS

GRANOLA BOWL (R) 12.9 (L) 15.9

greek yoghurt, strawberry, banana, kiwi, granola, honey

FRUIT BOWL (R) 11.90 (L) 14.9

seasonal fruits, passionfruit pulp, coconut yoghurt

SUPER SMOOTHIES

(R) 10 (L) 13

ACAI SMOOTHIE

acai berry, banana, strawberry, coconut water

GREEN SMOOTHIE

spirulina, kale, spinach, mango, passionfruit, honey, coconut water

GOLDEN BLISS

mango, banana, activated almonds, greek yoghurt, honey, milk

PEANUT BUTTER CUP

peanut butter, cacao powder, banana, dates, milk

MATCHA SMOOTHIE

matcha, banana, honey, strawberry puree, milk

CLASSIC BERRY BANANA

banana, strawberry, greek yoghurt, honey, milk

ADD
strawberry,
mango or
blueberry
puree +2

ICED DRINKS

ICED MATCHA	7	ICED LATTE	6
ICED STRAWBERRY MATCHA	8.5	OAT COLD BREW	8
ICED BLUEBERRY MATCHA	8.5	COLD BREW	7
ICED MANGO MATCHA	8.5	ICED LONG BLACK	5

JUICES

(R) 9 (L) 11

REFRESH

orange, watermelon, pineapple, mint

IMMUNITY

orange, beetroot, carrot, ginger

ANTI-INFLAMMATORY

apple, celery, ginger, cucumber, lemon

DETOX

apple, orange, pineapple, carrot

PEARFECT

pear, apple, pineapple, mint

ORANGE

PROTEIN SHAKES

(R) 11 (L) 14

CHOC NUTTER

peanut butter, banana, honey, chocolate whey protein, milk

BANANA GAINS

banana, oats, chia seeds, honey, vanilla whey protein, milk

BREAKY

espresso, oats, banana, greek yoghurt, vanilla whey protein, milk

BLUEBERRY BURST

blueberry, banana, vanilla whey protein, coconut water

COFFEE

	(R)	(L)		(R)	(L)
MOCHA	5	6	LATTE	4.5	5.5
ESPRESSO	4	-	MATCHA	5	6
MACCHIATO	4	-	CHAI	4.5	5.5
PICCOLO	4	-	LONG BLACK	4.5	5.5
FLAT WHITE	4.5	5.5	HOT CHOCOLATE	4.5	5.5
CAPPUCCINO	4.5	5.5			

TEA 4

- ENGLISH BREAKFAST
- GREEN
- EARL GREY
- MASALA CHAI
- PEPPERMINT
- CHAMOMILE
- LEMONGRASS & GINGER

almond / soy / oat / lactose free +1

