

WARM BOWLS

BLACKENED CHICKEN BURGER BOWL **GF** \$18.90
warm blackened chicken, avocado, cheddar cheese, tortilla chips, house pickles, raw slaw, chopped cos, warm brown rice
+ gs burger dressing

THE TACO BOWL **GF** \$18.90
slow cooked plant-based chilli, avo, corn, tomato + onion, tortilla chips, cheddar cheese, sour cream, cos lettuce, warm brown rice
+ jalapeno lime vinaigrette

SANTA FE **GF** \$18.50
slow cooked pulled pork, corn, tomato + onion, sour cream, coriander, black beans, tortilla chips, chopped cos, warm brown rice
+ chipotle ranch dressing

GREEK STREAT BOWL \$18.90
blackened chicken, feta, tomato + onion, cucumber, pita chips, raw slaw, mixed leaf, seasoned basmati
+ zesty dill yoghurt dressing

SPICY HARVEST BOWL **DF V PB GF** \$18.90
warm roasted tofu, warm shrooms, roasted sweet potato, spicy broccoli, avocado, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach, warm brown rice
+ warm peanut satay sauce

BURRITOS

SOUTHWEST CAESAR BURRITO \$18.50
warm roasted chicken, jalapeños, spicy ranch pepitas, tomato + red onion, parmesan crisps, parsley, rocket, chopped cos
+ chipotle ranch

BLACKENED CHICKEN BURGER BURRITO \$18.90
warm blackened chicken, avocado, cheddar cheese, tortilla chips, house pickles, raw slaw, chopped cos, warm brown rice
+ gs burger dressing

PROTEIN PLATES

NEW
GOCHUBANG BEEF PLATE **GF DF** \$16.00
sesame + ginger ground beef, cucumber, spring onion, edamame, wombok, brown rice, toasted sesame seeds + crispy shallots + crushed peanuts
+ gochubang bbq sauce + mayo.
+ boiled egg \$4

CHICKEN SATAY POWER PLATE **GF** \$15.00
warm roast chicken, brown rice, broccoli, edamame, rainbow slaw, crushed peanuts, toasted sesame seeds + crispy shallots
+warm peanut satay sauce

SATAY PLANT POWER PLATE **V GF** \$15.00
roasted tofu, brown rice, broccoli, edamame, rainbow slaw, crushed peanuts +toasted sesame seeds + crispy shallots
+ warm peanut satay sauce

TEXAN PLATE **GF** \$15.50
warm blackened chicken, seasoned basmati, tex - veggies, raw slaw, black beans, corn, crispy shallots
+ chipotle ranch
+ jalapeños \$2

PESTO PLATE **GF** \$15.00
warm roasted chicken, brown rice, tex - veggies, sweet potato, tomato+onion mix, feta, toasted pepitas and sunflower seeds
+ pesto vinaigrette

MUSCLE PLATE **GF** \$15.50
warm roast chicken, brown rice, baby spinach, broccoli, boiled egg, nigella seeds
+ zesty dill yogurt dressing

CHICKEN CAESAR BURRITO \$18.90
warm roasted chicken, free range boiled egg, parmesan crisps, cherry tomatoes, parmesan, rocket, chopped cos, cracked pepper
+ caesar's ranch dressing

SHAKE N BAKE BURRITO \$18.90
warm blackened chicken, tortilla chips, cheddar cheese, crispy bacon, tomato + onion, corn, parsley, rocket, mixed leaf, chopped cos
+ gs burger dressing

SALADS

NEW

SOUTHWEST CAESAR **GF** \$18.50

warm roasted chicken, spicy ranch pepitas, jalapenos, tomato + onion, parsley, parmesan crisps, chopped cos, rocket + chipotle ranch

SHAKE N BAKE **GF** \$18.90

warm blackened chicken, tortilla chips, cheddar cheese, crispy bacon, cherry tomatoes, corn, red onion, parsley, rocket, mixed leaf, chopped cos + gs burger dressing

KALE CAESAR **GF** \$18.90

warm roasted chicken, free range boiled egg, kale mix, parmesan crisps, cherry tomatoes, parmesan, rocket, chopped cos, lime wedge, cracked pepper + caesar's ranch dressing + crispy bacon \$3.00

THAI HARD **GF DF** \$18.50

warm roasted chicken or roasted tofu, edamame, vermicelli noodles, broccoli, bean shoots, coriander, spring onions, toasted almonds, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach + thai streat vinaigrette

THE O.G. **GF** \$17.90

warm roasted chicken, crispy bacon, cheddar cheese, corn, cherry tomatoes, red onion, rocket, mixed leaf, chopped cos + sweet curry mango dressing

FARMERS HARVEST **GF V** \$16.90

roasted sweet potato, broccoli, cucumber, red onion, crumbled feta, spicy ranch pepitas, rocket, baby spinach , rainbow slaw + pesto vinaigrette

MEXICADO GREENS **GF V** \$16.50

avocado, black beans, corn, tortilla chips, cheddar cheese, jalapenos, cherry tomatoes, tex-veg, coriander, rocket, chopped cos + jalapeno lime vinaigrette + slow cooked pulled pork \$5.00

CATERING

SCAN TO ENQUIRE NOW



Fresh salads, burritos, bowls & platters — perfect for meetings, events & office lunches.

GF = Gluten Free DF = Dairy Free

STREAT PARTY SALADS

SERVES 4 MEALS OR 12 SIDES

FARMERS HARVEST **GF V** \$50.00

roasted sweet potato, broccoli, cucumber, red onion, crumbled feta, spicy ranch pepitas, rainbow slaw, rocket, baby spinach +pesto vinaigrette

CAESAR SALAD **GF** \$50.00

free range boiled egg, parmesan crisps, cherry tomatoes, parmesan, rocket, chopped cos, lime wedge, cracked pepper + caesar's ranch dressing

MEXICADO GREENS **GF V** \$50.00

avocado, tex-veggies, black beans, corn, tortilla chips, cheddar cheese, jalapenos, cherry tomatoes, coriander, rocket, chopped cos + jalapeno lime vinaigrette

THAI HARD **DF** \$50.00

edamame, vermicelli noodles, broccoli, bean shoots, coriander, spring onions, toasted almonds, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach + thai streat vinaigrette

POPPY GARDEN SALAD \$50.00

mixed leaf, cherry tomatoes, cucumber, red onion, broccoli, parsley, feta + poppyseed dressing

+ ADD PROTEIN \$15.00

warm roasted chicken
warm blackend chicken
roasted tofu
warm shrooms
slow cooked pulled pork

SMOOTHIES

AL GREEN **GF DF V PB** \$12.00

spinach, banana, medjool dates, mint, mango, fresh orange juice, coconut water + vanilla protein \$2

ROCKET FUEL **DF V PB** \$12.00

natural peanut butter, medjool dates, chia seeds, rolled oats, cinnamon, chocolate protein, almond mylk, coconut water, ice + coffee shot \$2

TROPICAL RAVE **GF DF V PB** \$12.00

raspberries, mango, passionfruit, strawberry, apple juice, coconut water, ice

DAY SLAYER **GF DF V PB** \$12.00

coffee concentrate, almond mylk, coconut water, vanilla protein powder, date paste, chia seeds, banana

V = Vegetarian PB = Plant Based