



GREEN & GRILLED

Flexibowls

Regular \$18.50 | Large \$20.95

Flexible Protein Options



Buddha Bowl (V) R 2590KJ | L 3453KJ

Fry's plant-based schnitzel, avocado, cucumber, beetroot, red cabbage, pepitas and walnuts on a bed of roasted pumpkin and baby spinach and drizzled with a vegan sriracha and lemon spiced dressing



Nourish Bowl R 2420KJ | L 3226KJ

Grilled Chicken, roasted pumpkin, broccoli, boiled egg and haloumi on a bed of steamed brown rice and quinoa and mesclun leaf, topped with pepitas and Japanese Miso Sesame dressing



Teriyaki Bowl (V) R 1625KJ | L 2535KJ

Teriyaki marinated tofu, broccoli, edamame beans, cucumber, Red capsicum, carrot, crunchy slaw and brown rice & quinoa on a bed of baby spinach, garnished with sesame seeds, crispy shallots and a teriyaki dressing

Swap your Protein

Fry's Plant-Based Schnitzel	Grilled Chicken
Pepper Smoked Salmon	Grilled Beef
Slow Cooked Lamb	Teriyaki Marinated Tofu
Slow Cooked Pork	Falafel

Wraps

\$16.95



Chicken Caesar 1725KJ

Grilled chicken, cos lettuce, parmesan cheese, boiled egg, grilled bacon with a caesar dressing



Max Pulled Pork 2530KJ

Pulled pork, avocado, crunchy slaw, five bean mix, tomato, capsicum, corn with a lemon mayo dressing



Greek Lamb & Fetta 1985KJ

Slow cooked lamb, baby spinach, cucumber, tomato, red onion with a garlic aioli dressing



Beetroot Pumpkin (VG) 1650KJ

Roasted pumpkin, beetroot, feta, walnut with mesclun leaves and lemon mayo dressing

Green Bowls

Regular \$18.50 | Large \$20.95



Green & Grilled Special (GF) R 2590KJ | L 3453KJ

Grilled chicken, cucumber, edamame beans, snow peas, broccoli, avocado on a bed of baby spinach, topped with pepita and pesto dressing



Honey Mustard Chicken R 2127KJ | L 2765KJ

Grilled chicken, avocado, tomatoes, red onion, corn, bacon, cucumber on a bed of mesclun leaf and honey mustard dressing



Classic Chicken Caesar (GF) R 2130KJ | L 2840KJ

Grilled chicken, grilled bacon, parmesan cheese, egg on a bed of baby cos lettuce and caesar dressing



Mediterranean Style Falafel (VG GF) R 2190KJ | L 2847KJ

Falafel, roasted pumpkin, red roasted capsicum, red onion, olives, walnut, chickpeas, fetta on a bed of mesclun leaf and balsamic dressing



Grilled Beef & Haloumi (GF) R 1430KJ | L 1906KJ

Grilled beef, grilled haloumi, avocado, cucumber, red roasted capsicum on a bed of mesclun leaf with a lemon spiced dressing



Protein Supreme (GF) R 2220KJ | L 2960KJ

Grilled chicken, boiled egg, corn, tasty cheese, red onion, carrot, chickpeas on a bed of mesclun leaf with lemon mayo dressing

Grain Bowls

Regular \$18.50 | Large \$20.95



Chicken Avocado Pasta R 3565KJ | L 4280KJ

Grilled chicken, pesto pasta, corn, carrots, tasty cheese, sundries tomatoes, roasted capsicum, avocado on a bed of baby spinach, topped with almond and lemon mayo dressing



Warm Thai Beef (GF DF) R 1070KJ | L 1426KJ

Grilled beef, vermicelli noodles, red capsicum, cucumber, red onion, snow peas on a bed of mesclun leaf topped with crushed peanuts and lemon spiced dressing



Salmon Soba Seaweed R 3381KJ | L 4057KJ

Smoked salmon, carrots, fresh tomatoes, avocado, broccolis, edamame beans on a bed of soba noodle, topped with seaweed, sesame seed and Japanese sesame dressing



Spicy Mexican Pulled Pork (GF) R 3569KJ | L 4283KJ

Pulled pork, five beans, brown rice with quinoa, corn, tomatoes, tasty cheese on a bed of cos lettuce, with chilli flakes, sour cream and lime coriander dressing



Balsamic Lamb (GF DF) R 2265KJ | L 2945KJ

Roasted lamb, brown rice with quinoa, roasted pumpkin, broccoli, chickpeas, red onion, capsicum on a bed of mesclun leaf and balsamic dressing



Asian Chicken Noodle (GF DF) R 1040KJ | L 1386KJ

Grilled chicken, cucumber, red onion, coleslaw, capsicum, vermicelli on a bed of mesclun leaf and topped with peanuts, crispy shallots and Lemon spiced dressing

(GF) Gluten Free (DF) Dairy Free (VG) Vegetarian (V) Vegan

Design Your Own

BASE + INGREDIENTS + PROTEIN

Bowls

Small \$15.95

Choose up to 5 Ingredients + 1 Protein

Regular \$18.50

Choose up to 6 Ingredients + 1 Protein

Large \$20.95

Choose up to 7 Ingredients + 1 Protein

Wrap or Turkish Roll \$16.95

Choose up to 3 Ingredients + 1 Protein

Choose your Base

Baby spinach	Mesclun leaf
Cos lettuce	Brown rice and quinoa
Soba noodle	Pesto pasta

Choose your Ingredients

Beetroot	Corn	Carrot
Red onion	Roasted pumpkin	Chickpeas
Roasted capsicum	Crunchy slaw	Fresh red capsicum
Fresh fresh tomato	Cucumber	Olive
Broccoli	Snow peas	Vermicelli noodle
Edamame beans	Sundried tomato	

Extra ingredients \$1.5 each

Gourmet extra \$3 each

Avocado	Boiled egg	Fetta
Grilled bacon		

Choose your Protein

Fry's plant-based schnitzel	Grilled chicken	GF
Pepper smoked salmon	Grilled beef	GF
Slow cooked lamb	Teriyaki marinated tofu	GF
Slow cooked pork	Falafel	GF

Extra protein \$6 each

Choose your Toppings

Almond slivers	Black sesame	Crispy shallots
Peanuts	Walnut	White sesame

Choose your Dressing

Honey mustard	Balsamic	Green pesto
Teriyaki	Caesar	Lime coriander
Sriracha mayo	Lemon spiced	Light lemon mayo
Japanese miso sesame		

**Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with peanut, tree nut, soy, milk, egg or wheat allergies.*

