

# WELCOME TO CARROTSTICKS & Cravings

Bringing an Australian-inspired healthy cafe experience to Singapore. Here at Carrotsticks and Cravings, we believe in healthy living and eating that is **colourful, flavourable** which leave you feeling amazing!

We pride ourselves on using the freshest ingredients possible to serve up delicious and nutritious food. We source a variety of wholesome ingredients from Australia, flying in **authentic Melbourne roasted coffee beans** and using **organic dairy, quinoa, nuts and seeds** in our menu.

We hope you love and enjoy the **deliciously nutritious food made with love** and don't forget to tag us **@carrotsticksandcravings** to share with us your favourites too!

## EAT WELL, LIVE WELL. XX.

### ALL TIME FAVS

#### SMASHED AVO ON SOURDOUGH 🍷

on herb sourdough, feta and dukkah  
- with pomegranate  
- with smoked salmon **OR** leg ham **OR** poached eggs  
- with smoked salmon **OR** leg ham & poached eggs

#### HAPPY VEGAN AVO V DF NF

on herb sourdough with housemade beet hummus, hummus, chia seeds, pumpkin seeds and EVOO  
- add vegan cheese

#### SHAKSHOUKA 🍷

spicy mediterranean rich tomato base sauce baked with eggs, evoo, fresh herbs, served with crunchy herb sourdough (15 mins waiting time)  
- add spinach  
- add feta  
- add goats cheese

#### BEETROOT GOATS CHEESE 🍷

roasted beetroot dip, poached eggs, organic meredith goats cheese and candied pecans served on herb sourdough

#### MEREDITH GOAT'S CHEESE WITH THYME MUSHROOM NF V

rye sourdough with spinach and fresh herbs

#### BAKED CHIA PARFAIT GF V

layered with roasted maple berries, Greek yoghurt, housemade coconut and nut cinnamon granola and fresh berries

#### MANWICH

herb sourdough with melted cheddar, roasted leg ham & truss tomato - comes with either avocado **OR** side salad

#### BREAKFAST BURRITO V

with cheddar, scrambled eggs, picco de gallo, black beans and chili jam (weekends only until sold out!)

#### PANCAKES THE RIGHT WAY GF NF V

organic gluten free and refined sugar free blueberry oat pancakes served with greek yoghurt, seasonal berries and organic canadian maple syrup

#### CREAM CHEESE SMOKED SALMON NF 🍷

on herb sourdough with herb cream cheese, dill, pickled onion and capers

#### GREEN FALAFEL BOWL 🍷

GF DF V  
mesclun, roasted beetroot drip, roasted turmeric veggies & tahini dressing  
- add feta  
- add meredith goat's cheese

### SALADS

#### BIG VEGGIE BREAKFAST 🍷 26

GF DF NF V  
quinoa, mushrooms, tomato, spinach, avocado & poached eggs  
- with feta  
- with smoked salmon **OR** leg ham

#### SPICY GADO-GADO BOWL 🍷 26

GF DF V  
spinach, jicama, tofu, pickled onion, carrots, jap cucumber, radish, tempeh, crushed peanuts and chilli flakes

#### SUPERFOOD SALAD GF DF V 22

quinoa, hummus, sunflower seeds, roasted almonds, avocado, broccoli, pomegranates, greens, cherry tomato, citrus herb dressing  
- add feta  
- add smoked salmon **OR** leg ham  
- **OR** poached eggs  
- add organic hormone free sous vide chicken

#### KETO CHICKEN AVO SALAD 🍷 26

mesclun, lemon herb dressing, tomato, housemade pickled red onion, hormone & antibiotic free sousvide chicken breast, avocado, feta cheese & roasted walnuts

#### BEETROOT GOATS CHEESE CITRUS SALAD GF V 🍷 22

mesclun, mint, walnut, balsamic dressing, orange wedges, roasted beetroot

#### VEGAN SPICED PUMPKIN SALAD GF DF V 24

mesclun, radish, roasted pumpkin seeds, quinoa, mint, parsley, tahini dressing, spiced roasted pumpkin topped with vegan nut cheese

### SMOOTHIE BOWLS

#### ACAI BERRY BOWL GF DF V 🍷 14

with pb granola topping **OR** berry coconut topping

#### BANANA PEANUT BUTTER CACAO GF DF V 20

topped with pb crunch granola and tropical fruits

#### TROPICAL MANGO PINEAPPLE COCONUT GF DF V 14

topped with housemade coconut and nut cinamon granola & passionfruit

#### SUPERFOOD ADD-ON 22

organic maca powder, raw cacao, chia seeds, vegan protein powder, super green powder

### FOOD ADD ON

Pomegranate 3  
Feta / Avocado / Hummus 4  
Poached eggs 6  
Smoked salmon / House baked ham 6  
Thyme roasted mushrooms 6  
Tofu / Roasted Tempeh 6

### SMALL BITES

#### SOURDOUGH VEGEMITE CHEDDAR MELT 10

#### SOURDOUGH WITH FRENCH BUTTER & JAM 7

#### ALMOND BUTTER TOAST 8

#### DF V

single slice topped with chia seeds, strawberry and honey  
- add additional slice

#### VEGAN MIDNIGHT CLASSIQUE CUPCAKE 8.5

GF DF V NF  
sponge cupcake filled with a molten dark chocolate centre, covered with dark chocolate ganache

#### CROISSANT

plain 4  
jam & butter **OR** almond **OR** chocolate ham and cheese 5.5 9

#### GLUTEN, DAIRY, SUGAR-FREE SWEETS

See counter for energy balls and raw slices

### KIDS FAVS

#### SOURDOUGH WITH A CHOICE OF 10

- ham and cheese toastie  
- cheese and tomato toastie  
- organic pb and fresh berries  
- avo smash

#### SOFT BREAD SANDWICH WITH A CHOICE OF 8

peanut butter, jam, vegemite, honey **OR** cheese

#### HUMMUS PICK AND MIX PLATE 13

crudites, soft bread, cheese, hummus, fresh fruit & popcorns

#### PANCAKES THE KID'S WAY GF 14

organic gluten free and refined sugar free blueberry oat pancakes with berries, greek yogurt and organic canadian maple syrup on the side

FRESH JUICES		COFFEE (HOT / ICED)		ALL DRINKS COME WITH A CHOICE OF MILK:	
<b>GREEN DETOX</b>	8	<b>ESPRESSO</b>	4.5	full cream	
<i>Kale, spinach, cucumber, ginger, apple and mint</i>		<b>AMERICANO</b>	4.5	skinny	1
<b>CELERY CLEANSE</b>	8	<b>LATTE</b>	6.5	bonsoy	1
<i>Celery, green apple, lemon</i>		<b>FLAT WHITE</b>	6.5	almond	1
<b>TUMMY TIME</b>	8	<b>CAPPUCCINO</b>	6.5	oat	1
<i>Carrot, orange, ginger and turmeric</i>		<b>BABYCCINO</b>	2	coconut	1
<b>EARTHY ROOTS</b>	8	<b>CHAI LATTE</b>	6.5		
<i>Apple, beetroot, carrot</i>		<b>PICOLO LATTE</b>	5		
<b>LEMONGRASS COOLER</b>	8	<b>MOCHA</b>	7		
<i>Apple, cucumber, lemongrass, lime</i>		<b>ESPRESSO SHOT</b>	1		
<b>FRESH COCONUT</b>	6.5	<b>ORGANIC CHOCOLATE</b>	6.5		
<b>FRESH ORANGE JUICE</b>	7	<b>ORGANIC TURMERIC LATTE</b>	8		
<b>JUICE ADD-ON</b>		<b>DIRTY TURMERIC LATTE</b>	9		
detox shot	2	<b>KETO COFFEE</b>	8		
beetroot shot	2	<i>coffee, coconut oil, french butter and cinnamon</i>			
turmeric shot	1	<b>ORGANIC RED VELVET LATTE</b>	8		
ginger shot	1	<i>coloured with beetroot powder and the flavour of chai spices</i>			
chia seeds <b>OR</b> collagen	2	<b>ORGANIC MERMAID LATTE</b>	8		
		<i>coloured with blue pea and spirulina powder and the flavours of chai spices</i>			
SMOOTHIES		AKESI BIO FERMENTED		<b>PLEASE ORDER INSIDE AND REMEMBER YOUR TABLE NUMBER</b>	
<b>BANANA AVOCADO SMOOTHIE</b>	9.5	<b>PROBIOTIC BERRY ELIXIR</b>	7		
<i>Banana, avocado, honey, spinach, chia seeds and milk</i>		<b>SPARKLING TURMERIC ELIXIR</b>	7	<b>DELICIOUSLY NUTRITIOUS FOOD MADE WITH LOVE</b>	
<b>BERRY OAT SMOOTHIE</b>	8	<b>PURE TURMERIC SHOT</b>	6.5		
<i>Berries, oats, chia seeds and milk</i>					
<b>PB CHOCOLATE SMOOTHIE</b>	8	<b>TEAS</b>			
<i>Peanut butter, cacao, banana, honey and milk</i>		<b>ORGANIC TEAS FROM GREECE</b>	6		
<b>TA'S EVERYTHING SMOOTHIE</b>	12	<i>mint, lemon verbena or organic defence</i>			
<i>Banana, coffee, peanut butter, cacao, chia seeds and almond milk</i>		<b>ICED PASSIONFRUIT GREEN TEA</b>	9		
<b>CHAI ALMOND SMOOTHIE</b>	9	<i>with mint and fresh passionfruit &amp; dehydrated orange</i>			
<i>Chai spice, almond milk, honey, banana</i>		<b>ORANGE EARL GREY ICED TEA</b>	7	Monday to Friday: 8am to 3pm Weekends: 8am to 4pm 75E Loewen Road S248845	
<b>TAHINI DATE SMOOTHIE</b>	8	<b>ENGLISH BREAKFAST TEA</b>	6		
<i>Soy milk, tahini, medjool dates</i>		<b>EARL GREY TEA</b>	6		
<b>SUPERFOOD ADD-ON</b>	2				
<i>organic maca powder, raw cacao, vegan protein powder, super green powder, chia seeds</i>				Tag us @carrotsticksandcravings	
SEE COUNTER AND BOARDS FOR DAILY SPECIALS					