

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 🌱 **GF 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

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 🌱

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

FOOD ADD ON

Pomegranate 3
Feta / Avocado / Hummus 4
Poached eggs 6
Meredith Goat's Cheese 6
Vegan Nut Cheese 6

SALADS

SPICY GADO-GADO BOWL 🍷 🌶️

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

SUPERFOOD SALAD **GF DF V**

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 🍷

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 🍷**

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

VEGAN SPICED PUMPKIN

SALAD GF DF V
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 🍷**

with pb granola topping
OR berry coconut topping

BANANA PEANUT BUTTER CACAO **GF DF V**

topped with peanut butter crunch granola and tropical fruits

TROPICAL MANGO PINEAPPLE COCONUT **GF DF V**

topped with housemade coconut, nut cinnamon granola and passionfruit

SUPERFOOD ADD-ON

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

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 6

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 5.5
ham and cheese 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 peanutbutter and fresh berries
- avo smash

SOFT BREAD SANDWICH 8

WITH A CHOICE OF
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 yoghurt and organic canadian maple syrup on the side

🍷 chef recommendation

🌶️ spicy

🌱 vegetarian

GF gluten-free

DF dairy-free

NF nut-free

FRESH JUICES		COFFEE (HOT / ICED)		ALL DRINKS COME WITH A CHOICE OF MILK:	
GREEN DETOX	8	ESPRESSO	4.5	full cream	
<i>Kale, spinach, cucumber, ginger, apple and mint</i>		AMERICANO	4.5	skinny	
CELERY CLEANSE	8	LATTE	6.5	bonsoy	1
<i>Celery, green apple, lemon</i>		FLAT WHITE	6.5	almond	1
TUMMY TIME	8	CAPPUCCINO	6.5	oat	1
<i>Carrot, orange, ginger and turmeric</i>		BABYCCINO	2	coconut	1
EARTHY ROOTS	8	CHAI LATTE	6.5		
<i>Apple, beetroot, carrot</i>		PICOLO LATTE	5		
LEMONGRASS COOLER	8	MOCHA	7		
<i>Apple, cucumber, lemongrass, lime</i>		ESPRESSO SHOT	1		
FRESH COCONUT	6.5	ORGANIC CHOCOLATE	6.5		
FRESH ORANGE JUICE	7	ORGANIC TURMERIC LATTE	8		
JUICE ADD-ON		DIRTY TURMERIC LATTE	9		
detox shot	2	KETO COFFEE	8		
beetroot shot	2	<i>coffee, coconut oil, french butter and cinnamon</i>			
turmeric shot	1	ORGANIC RED VELVET LATTE	8		
ginger shot	1	<i>coloured with beetroot powder and the flavour of chai spices</i>			
chia seeds OR collagen	2	ORGANIC MERMAID LATTE	8		
		<i>coloured with blue pea and spirulina powder and the flavours of chai spices</i>			
SMOOTHIES		AKESI BIO FERMENTED		PLEASE ORDER INSIDE AND REMEMBER YOUR TABLE NUMBER	
BANANA AVOCADO SMOOTHIE	9.5	PROBIOTIC BERRY ELIXIR	7		
<i>Banana, avocado, honey, spinach, chia seeds and milk</i>		SPARKLING TURMERIC ELIXIR	7	DELICIOUSLY NUTRITIOUS FOOD MADE WITH LOVE	
BERRY OAT SMOOTHIE	8	PURE TURMERIC SHOT	6.5		
<i>Berries, oats, chia seeds and milk</i>					
PB CHOCOLATE SMOOTHIE	8	TEAS			
<i>Peanut butter, cacao, banana, honey and milk</i>		ORGANIC TEAS FROM GREECE	6		
TA'S EVERYTHING SMOOTHIE	12	<i>mint, lemon verbena or organic defence</i>			
<i>Banana, coffee, peanut butter, cacao, chia seeds and almond milk</i>		ICED PASSIONFRUIT GREEN TEA	9		
CHAI ALMOND SMOOTHIE	9	<i>with mint and fresh passionfruit & dehydrated orange</i>			
<i>Chai spice, almond milk, honey, banana</i>		ORANGE EARL GREY ICED TEA	7	Monday to Friday: 7am to 4pm Weekends: 7am to 6pm 7 Rodyk Street #01-34 S238216 Tag us @carrotsticksandcravings	
TAHINI DATE SMOOTHIE	8	ENGLISH BREAKFAST TEA	6		
<i>Soy milk, tahini, medjool dates</i>		EARL GREY TEA	6		
SUPERFOOD ADD-ON	2				
<i>organic maca powder, raw cacao, vegan protein powder, super green powder, chia seeds</i>				SEE COUNTER AND BOARDS FOR DAILY SPECIALS	