



LUNCH

V GF = Vegan & Gluten Free Options (please advise waitstaff)

- V GF Buddha Board** A selection of salads including raw beetroot, kimchi, green salad & avocado topped with an earth burger and a tahini maple dressing. 18.9
- GF Grilled Barramundi** served with mango salsa, potato mash, brocollini & dutch carrots. . . . 19.9
- GF Middle Eastern Lamb** Slow roasted pulled lamb served on flatbread with beetroot coleslaw and pumpkin hummus. 18.9
- GF Chimichurri Chicken** South American inspired marinated breast on a bed of quinoa salad topped with mango & a mild chilli dressing. 18.9
- V GF Vegetable Stack** Char-grilled portobello mushroom, kumera, haloumi, eggplant, zucchini & avocado with salsa verde sauce served with olives & cherry tomatoes. 17.9
- GF Beef Burger** 100% grass fed beef , cheddar, avocado, in house chilli relish and salad on a brioche style bun, served with sweet potato fries and in house aioli. . . 15.9
- V GF Veggie Burger** Beetroot and bean patty served with pumpkin hummus, avocado salad on a brioche style bun served with sweet potato fries. 15.9
- V GF Vegetable Lasagne** Layers of Kale, cauliflower, spinach and creamy sweet potato mash with herbs and spices. Served with a side salad. 16.9
- V GF Roasted Beetroot & Pumpkin Salad** Served with baby spinach, asparagus, lentils, candied walnuts & pepitas with a mustard maple vinaigrette. 14.9
* with herbed grilled chicken or goats cheese. 18.90
- V GF Acai Bowl (As-sigh-ee)** Frozen Acai berries blended with frozen banana & mixed berries with apple juice & crunchy toppings including Chia seed, granola & fresh fruit. Coconut water instead of apple juice \$1 extra. 13.9
- V GF Sweet potato wedges with in house aioli** 6.9

KIDS MENU

- V GF Kids Pancakes** Fluffy pancakes with maple syrup, berries & frozen yoghurt 9.9
- GF Kids Bacon & Eggs** 9.0
- V GF Kids sandwich** ham, ham & cheese, vegemite, strawberry jam. 6.0
* avocado .50 extra gluten free bread \$1
- GF Kids Cheeseburger** 100% beef, cheese, tomato sauce & salad on a bun served with sweet potato fries 10.0
- Kids size milkshake** 5.0
- V GF Kids size fresh juice** 5.0

Please advise wait-staff if you require the Vegan, Vegetarian or Gluten free version of any of our menu items. Or if you have any food allergies.

