

Salad Bowls



- **Manuka's Bowl : \$ 16.90**

Spinach and Rocket leaves, Roasted chicken, Roasted broccoli and cauliflower, Creamy mushroom, Corn salsa, Avocado, Dukkah, Cranberries, Honey mustard.

- **Clover's bowl : \$ 18.90**

Spinach and rocket leaves, Striploin beef, Roasted peppers, Balsamic cherry tomato, Scrambled eggs, Almond flakes, Fresh basil, Asparagus, Lemon vinaigrette.

- **Sylvia's bowl : \$ 13.90 (Vegan)**

Spinach and Rocket leaves, Margherita tofu, Roasted broccoli and cauliflower, Creamy mushroom, Chunky salsa, Asparagus, Dukkah, Alfalfa, Raisins, Rosemary Oil.

Grain Bowls



- **Oliver's Grain bowl : \$ 16.90**

Cous Cous, Roasted chicken, Asparagus, Roasted broccoli and cauliflower, Corn salsa, English slaw, Raisins, Almond flakes, Lemon vinaigrette.

- **Roselin's Grain bowl : \$ 16.90**

Pilaf rice, Marinara meatballs, Creamy mushroom, Avocado , Hummus, Roasted peppers, Dukkah, Cranberries, Lemon grass chilli Aioli.

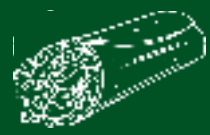
- **Verde's Grain bowl : \$ 16.90 (Vegan)**

Quinoa rice, Plant-based meatballs, Creamy mushroom, Balsamic cherry tomato, Avocado, Asparagus, Alfalfa, Raisins, Maple chipotle.

- **Chimichurri's Bowl : \$ 16.90**

Pilaf Rice, Chimichurri, Norwegian Salmon, Roasted Peppers, English Slaw, Scrambled Eggs, Asparagus, Raisins and Chia Seeds

Wraps



- **Mexicana : \$ 15.90**

Mexican Prawns, Avocado, Roasted Peppers, Spinach, Rocket Leaves and Chunky Salsa

- **Tandoori tahini : \$ 14.90**

Tandoori Chicken, Tahini, Maple chipotle, Creamy Mushroom, Spinach, Dukkha

- **Thoughtful Mediterranean : \$ 14.90 (Vegan)**

Plant Based meatballs, Rainbow Capsicum, Hummus, Spinach, Rocket Leaves, chimichurri

- **Italiano beef : \$ 16.90**

Marinara Meatballs, Balsamic Cherry Tomato, Cheese, Rocket Leaves, Maple Chipotle

Quesadillas



- **Classic Chicken : \$ 13.90**

Jerk chicken, Onion, Capsicum, Cheese, Jalapenos

- **Beef me Up : \$ 15.90**

Beef, Chimichurri and Onion, Cheese, Jalapenos

- **Tandoori Trail : \$ 13.90**

Tandoori Chicken, Onion, Capsicum, Cheese, Jalapenos

- **Urban Farmer : \$ 12.90 (Veg)**

Creamy Mushroom. Onion, Capsicum, Cheese, Jalapenos

- **Moroccan Prawn : \$ 14.90**

Moroccan Prawns, Onion, Capsicum, Cheese, Jalapenos

Pita Pocket



- **Jamaican : \$ 13.90**

Jerk Chicken, Spinach and Rocket Leaves, Onion and Capsicum, Honey Mustard, Cheese and Cilantro and Cranberry

- **Vegan : \$ 14.90**

Plant Based meatballs, Spinach and Rocket Leaves, Hummus, Chimichurri, Raisins and Pea Tendrils and Cranberry

- **Moroccan : \$ 13.90**

Moroccan Prawns, Spinach, Rocket Leaves, Balsamic Cherry Tomato, Maple Chipotle, Cheese, Mint and Cilantro and Cranberry

- **Egg and Cheese : \$ 11.90**



Scrambled Eggs, Spinach and Rocket Leaves, Roasted Peppers, Lime Sour Cream, Cheese and Alfalfa and Cranberry

- **Norwegian : \$ 15.90**

Grilled Salmon, Spinach, Rocket Leaves, English Slaw, Lemongrass Chilli Aioli, Cheese and Dill and Cranberry

- **Mushroom Medley : \$ 12.90 (Veg)**

Mushroom Medley, Spinach, Rocket Leaves, Hummus, Chimichurri, Cheese and Pea Tendrils, Cranberry

- **Tandoori : \$ 13.90**

Tandoori Chicken, Spinach, Rocket Leaves, Corn Salsa, Lemongrass Chilli Aioli, Cheese, Mint and Cilantro, Cranberry

- **ChimiBeef : \$ 15.90**

Beef, Spinach, Rocket leaves, Roasted Peppers, Chimichurri, Cheese, Italian Basil, Cranberry

Sides



- **Sweet Potato Fries: \$ 7.90 (Veg)**

Served with Chilli Sauce, Sour Cream and Rocket Leaves.

- **Loaded Fries: \$ 12.90 (Veg)**

Sweet Potato Fries, Roasted peppers, Corn salsa, Cheese, Rocket leaves, Jalapenos, Served with lime sour cream and Nacho cheese.

- **Grilled Halloumi : \$ 12.90 (Veg)**

Grilled Halloumi served with caramelized plums

- **Marinara Meatballs : \$ 10.90**

Marinara Meatballs served with Rocket Leaves and Balsamic Cherry Tomato.

- **Pita and Holy Dips: \$ 7.90**

Pita Bread served with Hummus, Nacho Cheese Sauce and Chunky Salsa

Hot Beverages



- Americano : \$ 3.90
- Cappuccino : \$ 3.90
- Himalayan Chai : \$ 3.90
- Flavoured Latte: \$ 3.90

Cold Beverages



- Evian Mineral Water : \$ 1.90
- 100 plus : \$ 1.90
- Perrier Carbonated Water: \$ 3.90
- San Pellegrino Aranciato : \$ 3.90
- San Pellegrino Limonata : \$ 3.90

Cakes & Pastries



- Cinnamon Danish : \$ 4.90
- Key Lime Tart : \$ 6.90
- Chocolate Attack Cake : \$ 6.90
- Banana Walnut Muffin : \$ 4.20
- Double Choco Muffin : \$ 4.20
- Blueberry Muffin : \$ 4.20