

## SOUP - \$8.80

**Roasted Pumpkin Carrot** or **Creamy Mushroom Soup**

Try our hearty homemade soup.

## MAINS - \$12.80

**Fragrant Quinoa Lemak**

Healthier version of local favourite, Nasi Lemak with Serundeng and Begedil

**Cool Summer Rolls with Ginger and Calamansi Dipping Sauce**

Fresh veggies, herbs and Korean Zingy Grains wrapped with thin rice paper. Refreshes your spirit when dipped with our calamansi dipping sauce.

**Mexican grains bowl with roasted vegetables**

Power packed meal with quinoa, long-grain rice, sweet potatoes, carrots, herbs and adzuki beans with smoked paprika and spicy jalapeño peppers.

**Truffle-Infused oil Puglia Lentil Ragu Lasagne**

Herb baked, nutty rich flavoured and meaty texture from lentils. Contains sundried tomatoes, mushrooms and topped with a generous serving of cheese.

**GOSH Balls**

4 Lentils inspired 'meatballs' topped with homemade tomato sauce.

## HEALTHY SNACKS - \$8.80

**Crispy Tempe with Chilli Dip**

Soy bean chips served with appetizing chili sauce.

**Power Bar**

Red and white Quinoa mixed with chia seed, banana, oats, honey, cocoa powder, almond nuts and sunflower seeds.

**MERCHANT**  
GOURMET



### Add-on Options:

Grains \$3 Goshball \$3 Fresh Veg \$2 Roasted Veg \$3

## SWEET EATS - \$8.80

**Dark Chocolate lentil cake**

**Olive oil Almond cake**

*\*Gluten free*

## BEVERAGES

**Coffee**

Long Black - \$4.50

Ice Black - \$7.00

Latte - \$5.50 Ice Latte - \$8.00

**Non Alcoholic Beverages**

Yuzu Cooler - \$8.80

## HERBAL TEA SPECIALS

\$6.80 (Cup or Bottle) / \$9.80 (Pot)

**CLEAR**

Helps ease congestion caused by hay fever, colds, flu, allergies and other pollutants. It is also ideal for a scratchy throat, as well as dry irritated throat and lungs.

**PEACE**

Therapeutic herbal formulation that eases stress, helps you relax and slip naturally into quality sleep mode.

**DETOX**

A wonderful east-west cleansing detox tea of Bermuda grass, Nettle, Lavender, Astragalus (Huang Qi) and others.

**CONFIDENCE**

A cranberry based herbal tea formulated to boost women's health.



Vitamins C packed  
carrots & pumpkin soup  
\$8.80 add protein \$3



Hearty homemade  
mushrooms soup  
\$8.80 add protein \$3