

### **ALL DAY BRUNCH**

| Protein Overnight Oat Pots<br>(N,SO,G) 403kcal  | 30 | Scrambled Tofu & Avo on Sourdough (SO,SU,MU,G) 367kcal  | 48 |
|---|----|---|----|
| Topped with almond butter,<br>blueberries & coconut yoghurt   |    | Organic tofu flavoured with turmeric & kala<br>namak, avocado, alfalfa sprouts & fermented<br>hot sauce |    |
|   |    | Add on:   |    |
|   |    | Carrot salmon (SO, SU) 25kcal   | 12 |
| Buckwheat Pancakes & Date syrup (N,SO,G) 661kcal  | 45 | Smoked salmon (FSH) 45kcal  | 22 |
| Topped with almond butter,  |    |   |    |
| blueberries & coconut yoghurt   |    | King Oyster Mushroom on Sourdough (G) 345kcal   | 35 |
| Bagel Lox   | 40 | King Oyster mushrooms pan seared in garlic  |    |
| (N, SO, SE, G, SU) 489kcal  |    | butter, topped with kale & sunflower seeds  |    |
| Toasted bagel, cashew cream cheese, carrot salmon, crispy capers, pickled cucumber, furikake, red onion, dill |    |   |    |
| Add on:   |    |   |    |
| Smoked salmon (FSH) 45kcal  | 22 |   |    |



# **MAINS**

| <b>Katsu</b> (P, SO, SU, CE) 563  | 3kcal   | 50   | Asian Noodles (G, SO, SE, SU, M   | U) 536kcal      | 40    |
|---|---|--|---|-----------------|-------|
| Sticky rice, katsu sauce, tender stem broccoli, miso peanuts, kimchi, coriander, chilli, spring onion |   | Shaved cabbage, buckwheat noodles, sesame dressing, chilli oil, pickled cucumber, nori |   |                 |       |
| <b>Buddha Bowl</b> (so,   | SE, SU) 524kcal   | 45   | Mexican Bowl (so, su, mu) 4678  | kcal            | 45    |
| potato, quinoa, courg   | ssaged kale, roasted sweet<br>etti, pickled beets, steamed<br>ds, mango & ginger dressing |  | Spicy black beans, avocado, pic<br>tortillas, quinoa, roasted corn, sh<br>pickled red onion, chipotle mayo      | redded lettuce, |       |
| Caesar Salad (so,   | G, SU, MU) 312kcal  | 35   | Loaded Burrito (so, su, mu, g)  | 681kcal         | 35    |
|   | ce, Caesar dressing, cherry<br>tons, apple matchsticks,                                   |  | Chipotle mayo, black beans, qui<br>jalapeños, shredded lettuce, cru<br>plant-based cheddar                      |                 |       |
|   | Add o   | ı protei   | n to your dish  |                 |       |
| Organic grilled chicke  | en 106kcal  | 25   | Plant-based crispy Chick'n (G, SO   | , SU) 316kcal   | 25    |
| Locally sourced brear   | n fillet (FSH) 177kcal  | 25   | Smoky tempeh (SO, SU) 94kcal  |                 | 25    |
| Organic beef strips 141   | lkcal   | 25   | Alfalfa sprouts (8kcal)   |                 | 12    |
| Smoked salmon (FSH) 4   | 5kcal   | 22   |   |                 |       |
| The Chick'n Burg  | jer   | 82/70  | Clean Cheeseburger  |                 | 82/70 |
| Choose between:   |   |  | Choose between:   |                 |       |
| Organic grilled chicken (G, SU, SE, MU) 777kcal   |   | Organic beef (G, SE, SO, SU, MU) 863kcal   |   |                 |       |
| Organic plant-based breaded chick'n (G, SU, SE, MU) 980kcal   |   | Impossible™ Plant-based (G, SE, SO, SU, MU) 952kcal                                    |   |                 |       |
| Pretzel bun, shredded lettuce, tomato, gherkins, pickled red onion                                    |   |  | Pretzel bun, shredded lettuce, tomato,<br>plant-based cheddar, gherkins, pickled<br>red onion, PXB burger sauce |                 |       |
| Choice of:<br>Caesar sauce (SO, SU, MU<br>Chipotle mayo (SO,SU, MI                                    |   |  |   |                 |       |
|   |   | Sic  | des   |                 |       |
|   | Cajun sweet potato fries<br><sup>379kcal</sup>  | 25   | Rosemary salt skin on fries<br>343kcal  | 20              |       |
|   | V:  |  |   |                 |       |

Kimchi (SU, CE) 45kcal



### **DESSERTS**

All served with vanilla ice cream (N)

Raw Carrot Cake (N) 636kcal 38

A mix of walnuts, carrot, dates & almonds, with a cashew cream cheese topping

### Raspberry & Matcha Cheesecake (SO, G) 474kcal 38

Whipped tofu & matcha filling with a biscuit base & raspberry gel

#### Chocolate Protein Bar (SO, G) 369kcal 38

Chocolate brownie packed with plant-based protein

### Date & Almond Sundae (N, SO) 667kcal 38

Soft serve ice cream, almond butter, flaked almonds & date syrup



Chocolate chunk (SO, G) 388kcal 18

Celebration cookie (SO, G) 375kcal 18

Pecan pie (N, SO, G) 388kcal 18

Cinnamon crunch (SO, G) 350kcal 18

Mylk & Cookie Combo 32

Chocolate Mylk 20

3 Cookie Combo 45

6 Cookie Combo 90



## **DRINKS**

| Soft Drinks                           |    | Smoothies   |                  |
|---------------------------------------|----|---|------------------|
| Kombucha                              | 28 | Choose from our selection of milk   |                  |
| (date, hibiscus & strawberry, ginger) |    | Brain Power 277kcal   | 39               |
| Fresh Juice (ask for selection)       | 25 | Lions mane, acai, cacao, date, banana   |                  |
| Green Cola (ask for selection)        | 24 | Green Goddess 216kcal   |                  |
| Local Still or Sparkling (refillable) | 15 | Spirulina, spinach, apple, pineapple, avocado   | 39               |
| Aqua Panna 750ml                      | 25 | Performance 226kcal   | 39               |
| San Pellegrino 750ml                  | 25 | Cordyceps, maca, beetroot,<br>blueberries, banana   | 39               |
| Coffee                                |    | Recovery 315kcal<br>Baobab, chocolate protein powder, coconut<br>water, chia seeds, blueberries | 39               |
| Americano                             | 18 |   |                  |
| Flat white                            | 22 | Speciality Hot drinks   |                  |
| Cappuccino                            | 24 | Choose from our selection of milk   |                  |
| Latte / Iced latte                    | 24 |   |                  |
|                                       |    | Mushroom coffee elixir Lions mane, cordyceps, tremella, espresso                                | 32               |
| Tea                                   |    | <b>Turmeric latte</b><br>Turmeric, black pepper   | 32               |
| Organic Chamomile Cooler              | 18 |   |                  |
| Moroccan Mint                         | 18 | Rose latte Beetroot powder, rose syrup  | 32               |
| Jasmine Mao Jian                      | 18 | Raw cacao   | 32               |
| Rooibos Vanilla Earl Grey             | 18 | Sustainable raw cacao hot chocolate   | <del>- 3</del> 2 |
| Organic Ginger Breeze                 | 18 | Matcha Latte  | 32               |