BREAKFAST
FREE RANGE EGGS ON TOAST 35
2 per portion - poached or scrambled
ADD: sautéed rose tomatoes 9
mozzarella 12
avo 18
smoked norwegian salmon (6g) (6g) 49/49
AVO TOAST CLASSIC 46
2 per portion - sliced avo, himalayan rock salt, black pepper, chilli flakes, lime, toast (white/whole wheat or rye)
BANANA BREAD 49
GLUTEN & SUGAR FREE - banana-coconut bread, served with sugar free peanut butter, banana, banana, cinnamon
POACHED EGGS & SMASHED AVO ON TOAST 46
smashed avo, eggs, roasted rose tomatoes, roasted peppers, pea shoots, chilli dressing, lime, toast (white/whole wheat or rye)
ADD: smoked norwegian salmon (6g) (6g) 49/49
BREAKFAST SALAD OR WRAP 69
poached avo, rocket, sliced avo, mozzarella, sautéed rose tomatoes, soy gomasio (contains gluten) & olive oil
SPICY BEAN BREAKFAST WRAP 69
sliced avo, eggs, corn, tomato, roasted red kidney beans, spinach, onion, avo, corn salsa
SESAME SALMON ON RYE 49
smoked norwegian salmon (6g), sliced avo, feta, cucumber, toasted sesame seeds, poached eggs, lemon, olive oil dressing
ADD: extra smoked norwegian salmon (6g) 49
GLUTEN FREE FLAPJACKS & WAFFLES
GLUTEN FREE & SUGAR FREE WHEAT FLAPJACKS
THE ORIGINAL 62
whisky blueberry flapjack, served with banana, walnuts, honey, cinnamon
MATCHA 85
3 matcha whey flapjacks, served with walnuts & coconut whipped cream, banana & honey
VEGAN & GLUTEN FREE WAFFLES
* BANANA NUT 69
gluten free waffle served with banana & almond butter & drizzles, flaked almonds
* STRAWBERRIES & FROYO 59
* gluten free waffle served with strawberries & low fat frozen yogurt, honey
* STRAWBERRIES & CREAM 66
* gluten free waffle served with strawberries & coconut cream
ADD: extra toppings - see tray menu for toppings
BREAKFAST BOWLS
CINNAMON OATS 44
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk
ADD: hemp seed protein 20
avo 25
almond / macadamia butter 18
* CHOC-ALMOND OATS 44
hot rolled oats, chocolate, coconut milk, strawberries, almond butter dressing
CHIA-Berry OVERNIGHT OATS 60
oats, chia seeds, raspberries, coconut milk, strawberries, blueberries, whipped coconut cream, wheat-free museli, honey
YOGHURT FRUIT SALAD 49
seasonal fruit, low fat plain yoghurt, honey
ADD: wheat-free goji museli 16
CHOC-PEANUT BUTTER SMOOTHIE BOWL 65
banna, banana, almond & macadamia butter, wheat free peanut butter, cocoa nibs, coconut, almond milk, wheat-free museli, filtered water
THE HEALTH NUT SMOOTHIE BOWL 72
banna, almond & macadamia butter, wheat free peanut butter, chia seeds, hemp seeds, wheat free museli, goji berries, filtered water, honey
MATCHA SMOOTHIE BOWL 72
banna, coconut milk, manuka green tea powder, kale, blueberries, raspberries, toasted flaked almonds, hemp seeds
TIGA BOWL 72
chia seeds, coconut milk, filtered water, berry coulis, blueberries, sugar free peanut butter, honey
LSA BOWL 78
unsweet, sunflower seeds, almonds, chia seeds soaked in coconut milk topped with goj juice, honey, banana, cinnamon
OPEN OMELETTES SERVED WITH WHOLE WHEAT OR 100% RYE TOAST
ROCKET & FETA 64
rocket, broccoli, peas, feta, poached eggs, lemon & olive oil dressing
SPICY BEAN OMELETTE - CLOSED 69
spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa
SMOKED SALMON 99
smoked norwegian salmon (6g), avo, chilli, toasted sesame seeds, poached eggs, lemon & olive oil dressing
ADD: extra smoked norwegian salmon (6g) 49
SALADS OR WRAPS
* AVAILABLE AS A SALAD OR WRAP UNLESS OTHERWISE STATED
VEGGIE HEAVEN | WRAP ONLY 60
roasted butternut, zucchini, red onion, tomato, rosemary, red pepper, onion, cumin, avocado & yoghurt salsa
NÚ-RED | SALAD ONLY 68
quinoa, raw beetroot, carrot, radish, pickled ginger, coriander, toasted sesame seeds, sprouts, honey-sesame dressing
IRON KICK 69
chickpeas, lentil, curry spice, feta, avo, cumin, celery, coriander, tomatoes, low fat mint yoghurt
HEART 49
greens, roasted butternut, feta, red onion, basil, cucumber, sprouts, toasted sesame seeds, lemon & olive oil dressing
TROUBLE MAKER 75
kale, edamame beans, broccoli, raw corn, designer salad dressing, lemon & olive oil dressing
THE RESTORER 75
kale, edamame beans, broccoli, raw corn, avo, cabbage, bean sprouts, coriander, mint, sesame seeds, lime, honey-sesame dressing
RAINBOW PAD THAI 76
kale, edamame beans, carrot, spring onion, red cabbage, spiced cashews, sesame seeds, hemp seeds, coriander, lime, bean sprouts, peanut dressing
IMMUNITY 76
kale, rocket, quinoa, avo, carrot, cucumber, red pepper, toasted coconut bacon, cashews, roasted sesame seeds, lime & sringcha dressing
ALPHA 80
greens, feta, avo, walnuts, green beans, carrot, onion, goji berries, [contains gluten] & olive oil dressing
PRO-B 82
rocket, roasted balsamic beetroot, avo, goat cheese, soy toasted seeds mix, radish, sprouts, honey-sesame dressing
THE DYNAMO 82
lemon, lime, wholemeal cheese, lettuce, kale, carrot, balsamic roasted beetroot, tomato, cucumber, coriander, spinach dressing
POWERHOUSE 85
greens, roasted balsamic beetroot, feta, avo, raw corn, celery, tomato, toasted sesame seeds, sprouts, lemon & olive oil dressing
PROTEIN WRAPS
MEXI CHICKEN 76
free range chicken, coriander, lettuce, avocado, pickled red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing. (served with baked tortilla chips)
* CHICKEN & ROAST VEGGIE WRAP 74
free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing
* BBQ CHICKEN WRAP 74
free range chicken, coriander, lettuce, avocado, tomato, chipotle mayo
MEALS
LENTIL & BLACK BEAN BURGERS 79
lemon, black beans, egg, avocado, mango, on a gluten free bun with avocado & corn salsa + chipotle mayo OR with red onion relish + avocado & yoghurt salsa + salsa ranch
MEXI-TACO BOWL 76
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chilli spices, served with a crispy taco, avo & white cheddar
BAKED TUNA FISH CAKES ONE KG | TWO KG 69
GLUTEN FREE fish cakes made with tuna, feta, lettuce, corn, broccoli, sesame seeds, soy gomasio (contains gluten) & olive oil served with a side salad
LENTIL & MUSHROOM CHICKEN 69
lemon, mushrooms, tomato, chilli spice, avo, coconut bacon, coriander
TURMERIC CHICKEN CHILLI 69
free range chicken, butternut, sweet potato, carrot, turmeric, chilli spice, avo, coriander
PROTEIN PLUS PLATE 84
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, tomato, red onion, cumin, avocado, salsa
PROTEIN BALANCE PLATE 84
grilled free range chicken breast, quinoa, roasted balsamic beetroot, roasted butternut, served with a side salad
SOUPS & SANDWICHES
SANDWICHES
SMOKY BBQ LENTILS ON RYE 68
lemon, lettuce, tomato, home made BBQ sauce, avo & yoghurt salsa, pickled cabbage, served toasted rye
SRIRACHA CHICKEN MAYO 68
free range chicken, avo, sriracha mayo, cucumber and coriander on toasted rye
SOUPS
CHIPOTLE VEGGIE SOUP 59
home made tomato, corn & baby marrow chipotle spiced soup with coriander and lime drizzle. Served with rye bread
JALAPENO CHICKEN SOUP 66
home made free range chicken in a coconut, jalapeno broth. Served with rye bread
ADD A PROTEIN TO YOUR SALAD/WRAP/MEAL
FREE RANGE EGG 9 | per portion
TUNA CHUNKS 9 | served in bran
FREE RANGE CHICKEN BREAST 9 | oven baked
FREE RANGE BBQ CHICKEN 9 | oven baked
SMOKED NORWEGIAN SALMON 69 | 89g 69/69
ADVICE ON ALLERGENS
We've taken all the necessary precautions, but there is a possibility that traces of nuts, coconuts, gluten, eggs, soy, fish, shellfish, or other allergens may be present.
ADD A PROTEIN TO YOUR SALAD/WRAP/MEAL
FREE RANGE EGG 9 | per portion
TUNA CHUNKS 9 | served in bran
FREE RANGE CHICKEN BREAST 9 | oven baked
FREE RANGE BBQ CHICKEN 9 | oven baked
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