



WE'RE FOR HEALTH AND WELLNESS. WE TAKE IT SERIOUSLY. VERY SERIOUSLY. WE'RE FOR WHOLESOME, NUTRITIOUS FOOD MADE FRESH - NOT FAST. WE'RE FOR SOURCING THE FRESHEST LOCAL INGREDIENTS. FREE OF ADDITIVES, COLOURANTS, HORMONES, GMO AND MSG WHERE POSSIBLE. WE'RE FOR FREE RANGE AND SUSTAINABLE FARMING PRACTICES. WE WOULDN'T HAVE IT ANY OTHER WAY. **NÜ IS FOR A NEW ME. A HEALTHIER ME. A BETTER ME.**

## ADVICE ON ALLERGENS

We've taken all the necessary precautions, but there is a possibility that our food may contain traces of **nuts, tree nuts, wheat, dairy, eggs, soy, fish, shellfish or other allergens.**

## BREAKFAST

**FREE RANGE EGGS ON TOAST** .....35  
2 per portion - poached or scrambled  
ADD: sautéed rosa tomatoes  
mozzarella  
avo  
smoked norwegian salmon [40g] 80g] 49|90

**AVO TOAST CLASSIC** .....46  
2 per portion - sliced avo, himalayan rock salt, black pepper, chili flakes, lime, coriander, toast (wholewheat or rye)

**BANANA BREAD, GLUTEN & SUGAR FREE** - banana-coconut bread, served with sugar free peanut butter, banana, honey, cinnamon .....49

**POACHED EGGS & SMASHED AVO ON TOAST** .....66  
smashed avo, eggs, roasted rosa tomatoes, roasted peppers, pea shoots, chipotle drizzle, lime, toast (wholewheat or rye) 49|90

**BREAKFAST SALAD OR WRAP** .....69  
poached eggs, rocket, sliced avo, mozzarella, sautéed rosa tomatoes, soy glaze (contains gluten) & olive oil

**SPICY BEAN BREAKFAST WRAP** .....69  
scrambled eggs, coriander, feta, spiced red kidney beans, baby spinach, avo, corn salsa

**SESAME SALMON ON RYE** .....76  
smoked norwegian salmon [40g], sliced avo, feta, cucumber, toasted sesame seeds, pea shoots, lemon & olive oil dressing 49

## GLUTEN FREE FLAPJACKS & WAFFLES

**GLUTEN FREE & SUGAR FREE WHEATY FLAPJACKS**

**THE ORIGINAL** .....62  
wheaty blueberry flapjack, served with banana, walnuts, honey, cinnamon

**MATCHA** .....85  
3 matcha wheaty flapjacks, served with walnuts & coconut whipped cream, banana & honey

**VEGAN & GLUTEN FREE WAFFLES** .....49  
gluten free waffle served with banana & almond butter drizzle, flaked almonds

**STRAWBERRIES & FROYO** .....59  
gluten free waffle served with strawberries & low fat plain frozen yoghurt, honey

**STRAWBERRIES & CREAM** .....64  
gluten free waffle served with strawberries & coconut cream

ADD: extra toppings - see froyo menu for toppings

## BREAKFAST BOWLS

**CINNAMON OATS** .....44  
hot rolled oats, banana, flaked almonds, cinnamon, honey, low fat milk  
ADD: hemp seed protein  
whey  
almond / macadamia butter

**CHOC-ALMOND OATS** .....64  
hot rolled oats, chocolate, coconut milk, strawberries, almond butter drizzle

**CHIA-BERRY OVERNIGHT OATS** .....68  
chia, chia seeds, raspberries, coconut milk, strawberries, blueberries, whipped coconut cream, wheat-free muesli, honey

**YOGHURT FRUIT SALAD** .....49  
seasonal fruit, low fat plain yoghurt, honey  
ADD: wheat-free goji muesli 16

**CHOC-PEANUT BUTTER SMOOTHIE BOWL** .....65  
banana, cacao powder, sugar free peanut butter, cacao nibs, coconut, almond milk, wheat-free muesli, filtered water

**THE HEALTH NUT SMOOTHIE BOWL** .....72  
banana, almond/macadamia butter, whey protein, chia seeds, hemp seeds, wheat free muesli, goji berries, filtered water, honey

**MATCHA SMOOTHIE BOWL** .....72  
banana, coconut milk, matcha 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  
linseeds, sunflower seeds, almonds, chia seeds heated in coconut milk topped with goji dust, honey, banana, cinnamon

## OPEN OMELETTES

**SERVED WITH WHOLE WHEAT OR 100% RYE TOAST**

**ROCKET & FETA** .....64  
rocket, broccoli, peas, feta, pea shoots, lemon & olive oil dressing

**SPICY BEAN OMELETTE - CLOSED** .....69  
spiced red kidney beans, coriander, feta, baby spinach, avo & corn salsa

**SMOKED SALMON** .....98  
smoked norwegian salmon [40g], avo, chili, toasted sesame seeds, pea shoots, lemon & olive oil dressing  
ADD: extra smoked norwegian salmon [40g] 49

## SALADS OR\* WRAPS

\*AVAILABLE AS A SALAD OR WRAP UNLESS OTHERWISE STATED

**VEGGIE HEAVEN | WRAP ONLY** .....60  
roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo & yoghurt salsa

**NÜ-RED | SALAD ONLY** .....68  
quinoa, raw beetroot, carrot, radish, pickled ginger, coriander, toasted sesame seeds, sprouts, honey-sesame dressing

**IRON KICK** .....69  
chickpeas, lentils, curry spice, feta, avo, cucumber, coriander, low fat mini yoghurt

**HEARTY** .....69  
greens, roasted butternut, feta, red onion relish, basil, cucumber, sprouts, toasted sesame seeds, 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 & sriracha dressing

**ALPHA** .....80  
greens, feta, avo, walnuts, green beans, cranberries, pea shoots, soy glaze [contains gluten] & olive oil

**PRO-B** .....82  
rocket, roasted balsamic beetroot, avo, goats' cheese, soy roasted seed mix, radish, sprouts, honey-sesame dressing

**THE DYNAMO** .....82  
lentils, avo, goats' cheese, cos lettuce, kale, carrot, balsamic roasted beetroot, rosa tomatoes, cucumber, coriander, sriracha dressing

**POWERHOUSE** .....85  
greens, roasted balsamic beetroot, feta, avo, raw corn, celery, rosa tomatoes, toasted sesame seeds, sprouts, lemon & olive oil dressing

## PROTEIN WRAPS

**MEXI CHICKEN** .....76  
bbq free range chicken, cos lettuce, avo, spiced red kidney beans, white cheddar, corn salsa, coriander, yoghurt dressing. [salad served with baked tortilla chips]

**CHICKEN & ROAST VEGGIE WRAP** .....74  
bbq free range chicken, roasted butternut, beetroot, feta, green beans, baby spinach, lemon & olive oil dressing

**BBQ CHICKEN WRAP** .....74  
bbq free range chicken, cos lettuce, avo, rosa tomatoes, chipotle mayo

## MEALS

**LENTIL & BLACK BEAN BURGERS** .....79  
lentils, black beans & egg patty on a gluten free bun with avo & corn salsa + chipotle mayo OR with red onion relish + avo & yoghurt salsa + sriracha mayo

**MEXI-TACO BOWL** .....76  
black beans, red kidney beans, green pepper, carrot, tomato, raw corn, chili spices. served with a crispy taco, avo & white cheddar

**BAKED TUNA FISH CAKES** .....ONE 65 | TWO 98  
GLUTEN FREE fish cake(s) made with tuna, feta, lentils, corn, broccoli, sesame seeds, soy glaze [contains gluten] & olive oil. served with a side salad

**LENTIL & MUSHROOM CHILI** .....69  
lentil, mushrooms, tomato, chili spice, avo, coconut bacon, coriander

**TURMERIC CHICKEN CHILI** .....69  
free range chicken, butternut, sweet potato, carrot, turmeric, chili spice, avo, coriander

**PROTEIN PLUS PLATE** .....84  
lemon grilled free range chicken breast, roasted butternut, zucchini, raw corn, rosa tomatoes, red pepper, onion, cumin, avo 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** .....48  
lentils, carrots, home-made BBQ sauce, avo & yoghurt salsa, pickled cabbage on toasted rye

**SRIRACHA CHICKEN MAYO** .....48  
free range chicken, avo, sriracha mayo, coconut bacon 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** .....64  
home made free range chicken in a coconut, cannellini bean, jalapeño and coriander soup. Served with rye bread

### SOUP & OPEN SANDWICH

Choose any soup (served as a half portion) and any open sandwich

## ADD A PROTEIN TO YOUR SALAD/WRAP/MEAL

FREE RANGE EGG | 1 per portion 8

TUNA CHUNKS | served in brine 24

FREE RANGE CHICKEN BREAST | oven baked 28

FREE RANGE BBQ CHICKEN BREAST | oven baked 28

SMOKED NORWEGIAN SALMON | 40g | 80g 49|90