

our honestly healthy menu

V = vegan FG = gluten free

healthy snacks

GF	free-range boiled eggs & spinach	\$6
	<i>energy 833kj, calories 199, protein 19g, fat 14g</i>	
GF V	shelled edamame	\$6
	<i>energy 850kj, calories 203, protein 17g, fat 11g</i>	
GF	falafel & spiced tahini dip	\$6
	<i>energy 2349kj, calories 561, protein 25g, fat 32g</i>	

warm bowls

	italian meatballs	\$19.50
	napoli meatballs, brown rice, pinenuts, capsicum, pesto & spinach	
	<i>energy 2500kj, calories 598, protein 23g, fat 28g</i>	
	slow cooked spiced chicken	\$20
	warm marinated chicken, brown rice, coconut, red cabbage, corn, tortilla crisps, coriander, currants, lime wedge & cos lettuce with chipotle mayo and jalapeño lime dressing	
	<i>energy 2680kj, calories 643, protein 31g, fat 27g</i>	
	super broth	\$15
	vegan chicken stock, quinoa, corn, spanish onion, dukkha, lemon wedge & spinach	
	Add chicken, tofu or falafel for \$4	
	<i>energy 504kj, calories 120, protein 4g, fat 4g</i>	
GF	chilli-bowl	\$19.50
	beef chilli, brown rice, shredded cheese, tortilla chips, sour cream, coriander & spinach	
	<i>energy 2120kj, calories 507, protein 22g, fat 15g</i>	
	tofu-bowl	\$19.50
	marinated tofu, brown rice, carrot, spanish onion, tomato, tortilla crisps, edamame & spinach with chipotle mayo and jalapeño lime dressing	
	<i>energy 2065kj, calories 494, protein 18g, fat 23g</i>	

salads

V	vegan slaw	\$17
	carrot, mint, red cabbage, coriander, edamame, fried shallots & cos lettuce with zesty asian dressing	
	<i>energy 677kj, calories 162, protein 6g, fat 9g</i>	
GF	chicken chipotle	\$19.50
	shredded free-range chicken, corn, shredded cheese, tortilla crisps, black beans, coriander, jalapenos & cos lettuce with chipotle mayonnaise dressing	
	<i>energy 1971kj, calories 471, protein 35g, fat 26g</i>	
GF	middle eastern falafel	\$18
	falafel, mint, currants, cucumber, tomato, spanish onion & cos lettuce with tahini dressing	
	<i>energy 1729kj, calories 413, protein 16g, fat 20g</i>	
	modern caesar	\$20
	shredded free-range chicken, crispy bacon, free-range egg, parmesan, croutons & cos lettuce with caesar dressing	
	<i>energy 2202kj, calories 526, protein 45g, fat 31g</i>	
GF	protein powerhouse	\$18.50
	flaked tuna, edamame, free-range egg, quinoa, beetroot & spinach with olive oil & lemon juice	
	<i>energy 1971kj, calories 471, protein 30g, fat 33g</i>	
V	superfood detox	\$19
	marinated tofu, coriander, quinoa, beetroot, edamame, sesame seeds & mixed leaves with zesty asian dressing	
	<i>energy 1497kj, calories 358, protein 14g, fat 16g</i>	
	pulled pork tortilla	\$19.50
	marinated pulled pork, tomato, shredded cheese, capsicum, corn, tortilla crisps & cos lettuce with jalapeño lime dressing	
	<i>energy 1689kj, calories 404, protein 27g, fat 26g</i>	
GF	quinoa chicken	\$19.50
	shredded free-range chicken, feta, almonds, quinoa, black olives & mixed leaf with balsamic vinaigrette	
	<i>energy 2192kj, calories 524, protein 35g, fat 37g</i>	
	create your own	
	4 toppings \$18.50	
	5 toppings \$19.50	
	6 toppings \$20	

smoothies

GF V	100% fruit	\$13
	mango, mixed berries, watermelon, strawberries & passionfruit	
	<i>energy 791kj, calories 189, protein 3g, fat 1g</i>	
GF V	serious greens	\$12
	celery, apple, spinach, apple juice & fresh lemon squeeze	
	<i>energy 302kj, calories 72, protein 2g, fat 0g</i>	
GF V	sweet greens	\$12
	peaches, banana, spinach, dates, nutmeg & almond milk	
	<i>energy 710kj, calories 170, protein 4g, fat 4g</i>	
GF	cacao almond	\$13
	almonds, banana, dates, cacao, coconut milk & almond milk	
	<i>energy 1630kj, calories 390, protein 16g, fat 20g</i>	
	create your own smoothie	\$13
	choose a liquid base and up to 4 smoothie ingredients	

juices

GF V	watermelon & lime	\$11
	<i>energy 465kj, calories 112, protein 1g, fat 1g</i>	
GF V	straight oj	\$11
	<i>energy 574kj, calories 138, protein 4g, fat 0g</i>	
GF V	carrot, pineapple & watermelon	\$12
	<i>energy 644kj, calories 155, protein 2g, fat 1g</i>	
GF V	apple, cucumber & celery	\$12
	<i>energy 388kj, calories 93, protein 2g, fat 0g</i>	
	create your own juice	\$12
	choose up to 3 juicing ingredients	

extra toppings \$2

extra protein \$4

catering

ask us about our catering options including our range of salad platters for sharing

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crisp