

our honestly healthy menu

V = vegan FG = gluten free VEG = vegetarian

healthy snacks

- GF **free-range boiled eggs & spinach** \$6
energy 833kj, calories 199, protein 19g, fat 14g
- GF V **shelled edamame** \$6
energy 850kj, calories 203, protein 17g, fat 11g
- GF **falafel & spiced tahini dip** \$6
energy 2349kj, calories 561, protein 25g, fat 32g
- protein bars** \$6
- protein balls** \$5

warm bowls

- italian meatballs** \$20.50
beef meatballs, napoli sauce, brown rice, pine nuts, capsicum, basil pesto & spinach
energy 2500kj, calories 598, protein 23g, fat 28g
- GF **slow cooked spiced chicken** \$21
warm marinated chicken, brown rice, coconut, red cabbage, corn, tortilla crisps, coriander, currants, lime wedge & cos lettuce with chipotle mayo and jalapeno lime dressing
energy 2680kj, calories 643, protein 31g, fat 27g
- super broth** \$16
vegan chicken stock, quinoa, corn, spanish onion, dukkha, lemon wedge & spinach
Add chicken, tofu or falafel for \$4
energy 504kj, calories 120, protein 4g, fat 4g
- GF **chilli bowl** \$20.50
beef chilli, brown rice, shredded cheese, tortilla chips, sour cream, coriander & spinach
energy 2120kj, calories 507, protein 22g, fat 15g
- tofu bowl** \$20.50
marinated tofu, brown rice, carrot, spanish onion, tomato, tortilla crisps, edamame & spinach with chipotle mayo and jalapeno lime dressing
energy 2065kj, calories 494, protein 18g, fat 23g

salads

- V **vegan slaw** \$18
carrot, mint, red cabbage, coriander, edamame, fried shallots & cos lettuce with zesty asian dressing
energy 677kj, calories 162, protein 6g, fat 9g
- GF **chicken chipotle** \$20.50
shredded free-range chicken, corn, shredded cheese, tortilla crisps, black beans, coriander, jalapenos & cos lettuce with chipotle mayonnaise dressing
energy 1971kj, calories 471, protein 35g, fat 26g
- GF + VEG **middle eastern falafel** \$19
falafel, mint, currants, cucumber, tomato, spanish onion & cos lettuce with spiced tahini dressing
energy 1729kj, calories 413, protein 16g, fat 20g
- modern caesar** \$21
shredded free-range chicken, crispy bacon, free-range egg, parmesan, croutons & cos lettuce with caesar dressing
energy 2202kj, calories 526, protein 45g, fat 31g
- GF **protein powerhouse** \$19.50
flaked tuna, edamame, free-range egg, quinoa, beetroot & spinach with olive oil & lemon juice
energy 1971kj, calories 471, protein 30g, fat 33g
- V **superfood detox** \$20
marinated tofu, coriander, quinoa, beetroot, edamame, sesame seeds & mixed leaves with zesty asian dressing
energy 1497kj, calories 358, protein 14g, fat 16g
- GF **pulled pork tortilla** \$20.50
marinated pulled pork, tomato, shredded cheese, capsicum, corn, tortilla crisps & cos lettuce with jalapeno lime dressing
energy 1689kj, calories 404, protein 27g, fat 26g
- GF **quinoa chicken** \$20.50
shredded free-range chicken, feta, almonds, quinoa, olives & mixed leaf with balsamic vinaigrette
energy 2192kj, calories 524, protein 35g, fat 37g
- create your own**
4 toppings \$19.50
5 toppings \$20.50
6 toppings \$21

smoothies

- GF V **100% fruit** \$14
peaches, mixed berries, watermelon, strawberries & passionfruit
energy 791kj, calories 189, protein 3g, fat 1g
- GF V **serious greens** \$13
celery, apple, spinach, apple juice & fresh lemon squeeze
energy 302kj, calories 72, protein 2g, fat 0g
- GF V **sweet greens** \$13
peaches, banana, spinach, dates, nutmeg & almond milk
energy 710kj, calories 170, protein 4g, fat 4g
- GF V **cacao almond** \$14
almonds, banana, dates, cacao, coconut milk & almond milk
energy 1630kj, calories 390, protein 16g, fat 20g
- create your own smoothie** \$14
choose a liquid base and up to 4 smoothie ingredients

juices

- GF V **watermelon & lime** \$12
energy 465kj, calories 112, protein 1g, fat 1g
- GF V **carrot, pineapple & watermelon** \$13
energy 644kj, calories 155, protein 2g, fat 1g
- GF V **apple, cucumber & celery** \$13
energy 388kj, calories 93, protein 2g, fat 0g
- create your own juice** \$13
choose up to 3 juicing ingredients

extra topping or dressing \$2

extra protein \$4

catering

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

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