



SMOOTHIE BAR

AVAILABLE ALL DAY

THE HEALTHIEST KITCHEN SINK 9.00

RASPBERRIES · VANILLA PROTEIN · RAW CACAO · CHIA SEEDS · LSA (LINSEED, SUNFLOWER & ALMOND MIX) · SHREDDED COCONUT · ALMOND MILK ·

THE BEST BANANA SMOOTHIE 8.50

BANANA · VANILLA PROTEIN · MACA · ALMOND MILK · BEE POLLEN ·

THE HULK 8.50

MANGO · BABY SPINACH · KALE · SUPER GREENS POWDER · CHIA · RAW HONEY · ALMOND MILK ·

PEANUT BUTTER & JELLY WENT ON A DIET 8.50

ALMOND · CASHEW & BRAZIL NUT BUTTER · STRAWBERRIES · BANANA · VANILLA PROTEIN · HIGH PROTEIN NUT MIX · ALMOND MILK ·

JUST LIKE A CHOCOLATE MILKSHAKE ONLY HEALTHY 8.50

BANANA · RAW CACAO · CHOCOLATE PROTEIN · SPINACH · ALMOND MILK · HONEY ·

ALMIGHTY ACAI 10.00

FROZEN ACAI · BANANA · MIXED BERRIES · VANILLA PROTEIN · COCONUT WATER ·

I LOVE YOU SO MATCHA 9.00

MATCHA GREEN TEA · MANGO · SPINACH · BANANA · ALMOND MILK ·

THE COFFEE SMOOTHIE 10.00

ESPRESSO SHOT · VANILLA PROTEIN · RAW ALMONDS · CASHEWS · ALMOND MILK ·

"ALL OUR SMOOTHIES ARE MADE ON A BASE OF HOMEMADE ALMOND MILK. ALL OUR PROTEIN POWDERS ARE VEGAN FRIENDLY. OUR SMOOTHIES ARE ONE SIZE SIPS ALL"



BREAKFAST BAR

7 AM - 11 AM

SUPERFOOD MUESLI BOWL 10.00

COCONUT BLACK RICE PUDDING TOPPED WITH CACAO GRANOLA, GREEK YOGHURT AND FRESH SEASONAL FRUIT

ACAI BOWL 12.00

BLENDED ACAI AND VANILLA PROTEIN TOPPED WITH CARAMELISED BUCKWHEAT, SHREDDED COCONUT AND SEASONAL FRUIT

CHOCOLATE NICECREAM PROTEIN BOWL 10.00

A CHOCOLATE LOVER'S DREAM · BLEND OF FROZEN BANANAS · RAW CACAO · CHOCOLATE PROTEIN POWDER · ABC NUT BUTTER ·

BREAKFAST SANDWICHES 9.50

2 SLICES OF ANCIENT GRAIN SOURDOUGH OR 2 SLICES OF GLUTEN FREE SPROUTED BREAD (EXTRA \$2)

1. ABC NUT BUTTER WITH SEASONAL BERRIES · CHOPPED NUTS · SEEDS · RAW HONEY ·
2. WHIPPED RICOTTA · STEWED SEASONAL FRUIT · BUCKWHEATS · RAW HONEY ·
3. SMASHED AVOCADO · PERSIAN FETA · CHILLI FLAKES · TRUFFLE OIL ·
4. JALAPEÑO INFUSED CREAM CHEESE · SMOKED SALMON · SPANISH ONION · CAPERS · (ADD \$2)

PROTEIN PACKED PANCAKES (GF) 12.00

VANILLA PROTEIN · BANANA · EGG · DESICCATED COCONUT · CINNAMON · BERRY COMPOTE · DOLLOP OF NUT BUTTER CREAM ·

EGG & SPINACH SUPERFOOD WRAP 10.00

SCRAMBLED EGG · BABY SPINACH · AVOCADO · CHIA · PESTO RELISH ·

THE BACON & EGG STACK 10.00

2 SLICES OF SOURDOUGH · BACON · FRIED EGG · ARUGULA · AVOCADO · CHILLI TOMATO CHUTNEY ·

THE BRUNCH LADY BREAKFAST SALAD 12.00

BACON · EGGS · TOMATO · ROAST PUMPKIN · KALE · BABY SPINACH · CHOPPED NUTS · SLICE OF SOURDOUGH ·

THE BRUNCH LADY IS HAPPY TO CUSTOMISE OUR MENU WHEREVER POSSIBLE FOR PEOPLE WITH ALLERGIES/ DIETARY REQUIREMENTS HOWEVER, PLEASE BE ADVISED WE ARE NOT A GLUTEN OR NUT FREE STORE.



SALAD BAR

11.30 AM – 3.30 PM

CHINA CHOOK 12.50

CHINESE CHICKEN SALAD · COS & MIXED LETTUCE · ASIAN SLAW · BEAN SPROUTS · CRUNCHY NOODLES · CASHEWS WITH A JAPANESE SESAME DRESSING ·

KALE CAESAR 12.50

CHICKEN CAESAR SALAD · KALE & COS LETTUCE · CRISPY BACON · A BOILED EGG · SOURDOUGH CROUTONS · SHAVED PARMESAN WITH A GREEK YOGHURT RANCH DRESSING ·

CINCO DE CHICKA 12.50

MEXICAN CHICKEN SALAD · MIXED & COS LETTUCE · BLACK BEANS · CAPSICUM · CHARGRILLED CORN · AVOCADO · BAKED TORTILLA CHIPS · LIME PESTO VINAIGRETTE ·

MOODLE 13.00

GRILLED BEEF · SOBA NOODLE SALAD · MIXED LETTUCE · STEAMED EDAMAME · AVOCADO · CUCUMBER · BLACK SESAME SEEDS · SESAME SEED DRESSING ·

MR BRUNCH MAN 13.00

SIRLOIN STEAK MARINATED IN ROASTED GARLIC & OLIVE OIL · BABY SPINACH · BROWN RICE · BOILED EGG · BROCCOLI · SPANISH ONION WITH AN APPLE CIDER VINEGAR & OLIVE OIL DRESSING ·

MARY HAD A LOTTA LAMB 14.00

SLOW COOK PULLED LAMB SALAD · BABY SPINACH · PEAS · MINT · SPANISH ONION · GOATS CHEESE TOSSED IN A DIJON MUSTARD VINAIGRETTE ·

CHEESE PLEASE (VEGETARIAN) 12.50

MEDITERRANEAN HALLOUMI SALAD · QUINOA · MIXED LETTUCE · CHARGRILLED EGGPLANT · OLIVES · TOMATOES · TOASTED PINE NUTS · TURMERIC TAHINI DRESSING ·

GREEN GODDESS (VEGETARIAN) 12.50

VEGETARIAN SUPERFOOD SALAD · KALE & BABY SPINACH · ZUCCHINI NOODLES · 2 BOILED EGGS · AVOCADO · BROCCOLI · SUPERFOOD NUT MIX · LIME PESTO VINAIGRETTE ·

BUDDHA BOWL (VEGAN) 12.50

KALE · QUINOA · ROASTED PUMPKIN · SWEET POTATO · BROCCOLI · SPANISH ONION · BLACK BEAN · HUMMUS · TURMERIC TAHINI DRESSING ·

EXTRA 1/2 PROTEIN ADD \$4
EXTRA FULL PROTEIN ADD \$8



DESIGN-A-SALAD

THE SYSTEM EXPLAINED IN DETAIL

THE EASIEST WAY TO EAT EXACTLY WHAT YOU WANT.
NO EXTRA CHARGES, NO SILLY FORMS, JUST US HELPING
YOU CREATE SOMETHING BEAUTIFUL.

STEP 1 - PICK & PAY FOR YOUR PROTEIN

GRILLED LEMON & HERB CHICKEN	12.50
GRILLED SIRLOIN STEAK	13.50
GRILLED SESAME CRUSTED HALLOUMI (VEGETARIAN)	12.50
3 OVEN BAKED FALAFELS (VEGAN)	12.50
SLOW COOKED PULLED LAMB	14.00

STEP 2 - WAIT FOR NAME TO BE CALLED

STEP 3 - PICK UP TO 2 BASES

KALE · BABY SPINACH · MIXED LEAF · COS LETTUCE · BROWN RICE · QUINOA ·

STEP 4 - PICK UP TO 6 INGREDIENTS

ALL OF OUR INGREDIENTS ARE SELECTED BASED ON THE SEASONS, SO MAY VARY DAILY. THIS ENSURES YOU ARE ALWAYS EATING THE FRESHEST AND MOST FLAVOURSOME INGREDIENTS.

STARCH & GRAINS · RAW VEGETABLES · COOKED VEGETABLES · CHEESE · NUTS & SEEDS ·

STEP 5 - PICK YOUR SALAD DRESSING

ALL OF OUR DRESSINGS ARE MADE IN STORE USING ALL NATURAL INGREDIENTS

- DIJON MUSTARD VINAIGRETTE
- JAPANESE SESAME DRESSING
- LIME PESTO VINAIGRETTE
- TURMERIC TAHINI DRESSING
- GREEK YOGHURT RANCH
- APPLE CIDER VINEGAR & OLIVE OIL