

SEASONAL BOWLS

THE AUTUMN BOWL

R 6.70
L 7.30

V

GF

WARM BOWL

WILD RICE MIX, SHREDDED KALE, SHREDDED RED CABBAGE, PEAR, CRUMBLIED FETA, RAISINS, WALNUTS + HONEY MUSTARD VINAIGRETTE

TRY WITH: ROASTED ROOTS +1.50

SQUASH SATAY

R 5.20
L 5.90

V

GF

GF

WARM BOWL

WILD RICE MIX, BABY SPINACH, SEASONAL SLAW, PICKLED RED ONION, ROASTED ROOTS, CRISPY SHALLOTS, LIME SQUEEZE + SPICY CASHEW DRESSING

TRY WITH: STICKY AUBERGINE +2.00

OH MY COBB

R 7.90
L 8.60

V

GF

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, CHERRY TOMATOES, SMASHED AVOCADO, SOFT BOILED EGG, BLUE CHEESE + HONEY MUSTARD VINAIGRETTE

TRY WITH: BLACKENED CHICKEN +3.00

SALAD BOWLS

SEIZ'A CAESAR

R 6.10
L 6.80

V

GF

CHOPPED ROMAINE, SHREDDED KALE, SEASONAL SLAW, CHERRY TOMATOES, PARMESAN SHAVINGS, PARMESAN SOURDOUGH BREADCRUMBS + CLASSIC CAESAR DRESSING

TRY WITH: BLACKENED CHICKEN +3.00

AZTECA

R 7.60
L 8.30

V

CHOPPED ROMAINE, BABY SPINACH, CHARRED CORN, BLACK BEANS, SMASHED AVOCADO, CRUMBLIED FETA, PICKLED RED ONION, TORTILLA SHARDS + LIME CORIANDER DRESSING

TRY WITH: BLACKENED CHICKEN +3.00

KEEP IT LEAN

R 7.50
L 8.20

V

V

GF

GF

SHREDDED KALE, CHOPPED ROMAINE, BABY SPINACH, CUCUMBER, ROASTED LEMON BROCCOLI, EDAMAME, SMASHED AVOCADO, TAMARI SEEDS + LIME CORIANDER DRESSING

TRY WITH: ALL HOT TOPPING'S GO WELL!

WARM BOWLS

MISO HUNGRY

R 7.60
L 8.30

V

V

GF

GF

MIXED WILD RICE, SHREDDED KALE, SHAVED BEETROOT, EDAMAME, ROASTED LEMON BROCCOLI, PICKLED GINGER, STICKY AUBERGINE, CRISPY SHALLOTS + MISO LIME GINGER DRESSING

TRY WITH: MISO SESAME TOFU +2.90

SHROOMI

R 7.00
L 7.70

V

GF

MIXED WILD RICE, BABY SPINACH, SHREDDED CARROT, SHAVED BEETROOT, CRUMBLIED FETA, GRILLED SHROOMS, CRISPY SHALLOTS, BALSAMIC VINAIGRETTE + TAHINI YOGHURT DRESSING

TRY WITH: BLACKENED CHICKEN +3.00

MEZZE ME CRAZY

R 5.90
L 6.60

V

GF

QUINOA, CHOPPED ROMAINE, SPICED CHICKPEAS, TURMERIC ROASTED CAULIFLOWER, SEASONAL SLAW, PICKLED RED ONION, HOUSE HOUMOUS, DUKKAH + TAHINI YOGHURT DRESSING

TRY WITH: BAKED FALAFEL +1.50

BUILD YOUR OWN

1. CHOOSE A BASE

R 7.00
L 7.50

CHOOSE ANY 2 OF OUR BASES

CHOPPED ROMAINE
SHREDDED KALE
BABY SPINACH
QUINOA
WILD RICE MIX
SPICED CHICKPEAS

*SEASONAL SPECIALS

2. ADD INGREDIENTS

CHOOSE UP TO 4 OF OUR COLD INGREDIENTS

SHAVED BEETROOT
BLACK BEANS
CHERRY TOMATOES
CHARRED CORN*
CUCUMBER
EDAMAME
PICKLED GINGER
PEAR*
PICKLED RED ONION
SHREDDED RED CABBAGE
ROASTED LEMON BROCCOLI
SEASONAL SLAW*
TURMERIC ROASTED CAULIFLOWER
LIME SQUEEZE
SHREDDED CARROT

3. ADD A CRUNCH

CHOOSE UP TO 2

CRISPY SHALLOTS
PARMESAN SOURDOUGH BREADCRUMBS
RAISINS*
TAMARI SEEDS
TORTILLA SHARDS
WALNUTS*
DUKKAH
RED CHILLI FLAKES

4. DRESS IT UP

CHOOSE UP TO 2

CLASSIC CAESAR DRESSING
SPICY CASHEW DRESSING
HONEY MUSTARD VINAIGRETTE*
LIME CORIANDER DRESSING
MISO LIME GINGER DRESSING
TAHINI YOGHURT DRESSING
BALSAMIC VINAIGRETTE

PREMIUMS

COLD PREMIUMS	
SOFT BOILED EGG	1.00
HOUSE HOUMOUS	1.00
BLUE CHEESE*	1.20
CRUMBLIED FETA	1.20
PARMESAN SHAVINGS	1.80
SMASHED AVOCADO	2.20

HOT PREMIUMS	
BAKED FALAFEL	1.50
ROASTED ROOTS*	1.50
GRILLED SHROOMS	2.00
STICKY AUBERGINE*	2.00
MISO SESAME TOFU	2.90
BLACKENED CHICKEN	3.00
ROAST CHALKSTREAM TROUT	4.95

DRINKS

COLD DRINKS	
HOUSE REFRESHERS	1.50
SEE WHAT'S CHURNING!	
COLD PRESSED JUICES	5.00
GREEN THERAPY / PRIME NUMBER / CHARGED UP	
BOOSTERS	4.00
TURMERIC + / HOT CITRUS	
KOMBUCHA	3.80
OTHER HEALTH DRINKS	
CHECK OUT OUR FRIDGE →	
COFFEE/TEA	
BATCH BREW	2.80
OAT / WHOLE / SKIMMED	
CPRESS COLD BREW	2.80
CBD-INFUSED COLD BREW	3.80
TEA	1.90
ENGLISH BREAKFAST / EARLY GREY / CHAMOMILE / HIBISCUS / PEPPERMINT / ROOIBOS / JADE TIP	
SWEET TREATS	4.00
CHECK OUT WHAT'S ON!	

SIDE POTS

HOUMOUS POT	3.00
HOUSEMADE HOUMOUS, CUCUMBER, SHAVED BEETROOT + DUKKAH	
BAKEF FALAFEL + HOUSEMADE HOUMOUS	3.50
BAKED FALAFEL, PICKLED RED ONION, PICKLED CUCUMBER, HOUSE HOUMOUS + DUKKAH	
ROASTED ROOTS	4.00
STICKY AUBERGINE	4.00
MISO SESAME TOFU	5.80
BLACKENED CHICKEN	7.00

ADD HOT INGREDIENTS TO ANY OF OUR BOWLS

BAKED FALAFEL	1.50
ROASTED ROOTS	1.50
GRILLED SHROOMS	2.00
STICKY AUBERGINE	2.00
MISO SESAME TOFU	2.90
BLACKENED CHICKEN	3.00
ROAST CHALKSTREAM TROUT	4.95

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V

 VEGAN

V

 VEGETARIAN

DF

 DAIRY FREE

GF

 GLUTEN FREE

HOUSE FAVOURITES

IF YOU HAVE SPECIAL DIETARY OR ALLERGY REQUIREMENTS, LET US KNOW. WE CAN MAKE SUGGESTIONS + SUBSTITUTIONS.