

CELERY

SUMMER MENU 2022

BOWLS

NA

BYO INGREDIENTS

NA



GLUTEN

SUMMER MENU 2022

BOWLS

THE CHIMICHURRI GARDEN BOWL
SEIZ'A CAESAR
AZTECA
THE HEALER

BYO INGREDIENTS

HOUSE GRAINS
TOASTED SOURDOUGH CRUMBS
TORTILLA SHARDS
SOURDOUGH

MILK

SUMMER MENU 2022

BOWLS

MEDITERRANEAN SUMMER
SEIZ'A CAESAR
AZTECA
SHROOMI
THE HEALER

BYO INGREDIENTS

TAHINI CHICKPEAS
FETA
PARMESAN
BASIL PESTO DRESSING
CLASSIC CAESAR DRESSING
TAHINI YOGHURT DRESSING
BUFFALO SAUCE
BOCCONCINI

POWER POTS

THE PESTO POT
ATIS CAPRESE POT
BUFFALO CHICKEN POT
WHEN COURGETTE MET FETA

FISH

SUMMER MENU 2022

BOWLS

SIEZ'A CAESAR

BYO INGREDIENTS

CLASSIC CAESAR DRESSING

BUFFALO CHICKEN POT

SALMON



MUSTARD

SUMMER MENU 2022

BOWLS

CHIMICHURRI GARDEN BOWL

KEEP IT LEAN

SHROOMI

THE HEALER

BYO INGREDIENTS

HOUSE GRAINS

TAHINI CHICKPEAS

GRILLED PORTOBELLO + CHESTNUT

MUSHROOMS

APPLE CIDER VINAIGRETTE

TAHINI YOGHURT DRESSING



CRUSTACEANS

SUMMER MENU 2022

BOWLS

NA

BYO INGREDIENTS

NA



LUPIN

SUMMER MENU 2022

BOWLS

NA

BYO INGREDIENTS

NA



MOLLUSCS

SUMMER MENU 2022

BOWLS

NA

BYO INGREDIENTS

NA



NUTS

SUMMER MENU 2022

BOWLS

SATAY POWER BOWL
MEDITERRANEAN SUMMER
THE HEALER

BYO INGREDIENTS

ROASTED CASHEW + GINGER
DRESSING
BASIL PESTO DRESSING
DUKKAH
SMOKED ALMONDS

POWER POTS

ATIS CAPRESE POT
THE PESTO POT



PEANUTS

SUMMER MENU 2022

BOWLS

NA

BYO INGREDIENTS

NA



SESAME

SUMMER MENU 2022

BOWLS

KEEP IT LEAN
MISO HUNGRY
THE HEALER

BYO INGREDIENTS

TAHINI CHICKPEAS
HOUSE HUMMUS
MISO LIME LEAF TEMPEH
MISO RED CABBAGE
MISO LIME GINGER DRESSING
ROASTED CASHEW + GINGER DRESSING
TAHINI YOGHURT DRESSING
DUKKAH
TAMARI SEEDS

POWER POTS

MISO RAW SLAW
MISO LIME LEAF TEMPEH POT

SOYBEAN

SUMMER MENU 2022

BOWLS

SATAY POWER BOWL

AZTECA

KEEP IT LEAN

SHROOMI

MISO HUNGRY

BYO INGREDIENTS

EDAMAME + PEA MEDLEY

SUSTAIN YO'SELF AVO SMASH

MISO LIME LEAF TEMPEH

MISO RED CABBAGE

MISO LIME GINGER DRESSING

ROASTED CASHEW + GINGER

DRESSING

TAMARI SEEDS

BUFFALO DRESSING

POWER POTS

MISO RAW SLAW

ATIS CAPRESE POT

SULPHITES

SUMMER MENU 2022

BOWLS

CHIMICHURRI GARDEN BOWL

AZTECA

SHROOMI

THE HEALER

BYO INGREDIENTS

PICKLED RED ONION

BLACKENED CHICKEN THIGH

GRILLED PORTOBELLO + CHESTNUT

MUSHROOMS

ROASTED SQUASH + SWEET POTATO

BALSAMIC VINAIGRETTE

BALSAMIC VINEGAR

LIME CORIANDER DRESSING

BUFFALO SAUCE

SIRACHA

POWER POTS

PESTO POT

BUFFALO CHICKEN POT

WHEN COURGETTE MET FETA

EGG

SUMMER MENU 2022

BOWLS

SEIZ'A CAESAR
THE HEALER

BYO INGREDIENTS

TAHINI CHICKPEAS
SOFT BOILED EGG
CLASSIC CAESAR DRESSING
TAHINI YOGHURT DRESSING