

WINTER SALADS

JALAPEÑO TACO R 7.00
L 8.00
CHERRY TOMATOES, CHARRED CORN, PINK SLAW, SPRING ONION + CORIANDER, TRICOLOUR QUINOA, CHOPPED ROMAINE, BLANCO NIÑO TORTILLA SHARDS + VEGAN JALAPEÑO DRESSING
TRY WITH: OR SPICED SWEET POTATO + 2.95

THE DIRTEA BOWL R 10.00
L 11.00
MISO MUSHROOMS, EDAMAME + PEAS, SHREDDED CARROTS, PINK SLAW, RICE, BABY SPINACH, DIRTEA CHILLI CRISP + MISO PONZU DRESSING
TRY WITH: BLACKENED CHICKEN OR BLACK PEPPER TOFU + 3.95

BRING THE HEAT BUFFALO CAESAR R 12.00
L 13.00
BLACKENED CHICKEN, AVOCADO HALF, PARMESAN, CHERRY TOMATOES, BABY SPINACH, CHOPPED ROMAINE, CRISPY SHALLOTS + BUFFALO CAESAR DRESSING

HOUSE SALADS

GREEN GODDESS R 7.00
L 8.00
BROCCOLI, PINK SLAW, EDAMAME + PEAS, CUCUMBER, CHOPPED ROMAINE, BABY SPINACH, SMOKED ALMONDS + GREEN GODDESS DRESSING
TRY WITH: HERB GRILLED CHICKEN +3.95 OR SPICED SWEET POTATO + 2.95

SEIZ'A CAESAR R 7.00
L 8.00
PARMESAN, CHERRY TOMATOES, CUCUMBER, CHOPPED ROMAINE, KALE + CABBAGE, POILÂNE BREADCRUMBS + CLASSIC CAESAR DRESSING
TRY WITH: BLACKENED CHICKEN +3.95

AZTECA R 10.00
L 11.00
AVO SMASH, CRUMBLED FETA, BLACK EYED BEANS, PICKLED ONIONS, CHARRED CORN, CHOPPED ROMAINE, BABY SPINACH, BLANCO NIÑO TORTILLA SHARDS + LIME CORIANDER DRESSING
TRY WITH: BLACKENED CHICKEN +3.95

SIDE POTS

BANGIN' CAULI CRISP 5.00
BANGIN' CAULIFLOWER, SPRING ONION + CORIANDER, LIME WEDGE + DIRTEA CHILLI CRISP

SPICED SWEET POTATO 5.00
SPICED SWEET POTATO, SPRING ONION + CORIANDER, LIME WEDGE + CHIPOTLE LIME MAYO

CHICKEN POT 8.00
BLACKENED CHICKEN OR HERB GRILLED CHICKEN INCLUDED: X1 DRESSING/SAUCE + CRUNCH OF YOUR CHOICE

BUFFALO CHICKEN POT 9.00
BLACKENED CHICKEN, BUFFALO HOT SAUCE, CLASSIC CAESAR DRESSING + CRISPY SHALLOTS

*WANT TO MAKE A CHANGE TO OUR CORE BOWLS? YOU CAN SWAP OUT ONE MAIN INGREDIENT ON US

ADD A PREMIUM TO BOOST YOUR BOWL OR PLATE
SEE BELOW FOR OUR VARIOUS OPTIONS

HOUSE PLATES

BAVETTE CHIMICHURRI WEDGES 12.00
CHARRED BAVETTE STEAK, SPICED SWEET POTATO, ATIS GRAINS, ZERO-WASTE-GREENS + CHIMICHURRI DRESSING

YOU FETA BELIEVE IT 10.00
SPICED SWEET POTATO, CRUMBLED FETA, CHILLI + FETA BROCCOLI, TRICOLOUR QUINOA, SMOKED ALMONDS + HERB YOGHURT

BANGIN' TOFU CRUNCH 11.00
BLACK PEPPER TOFU, BANGIN' CAULIFLOWER, RAINBOW PONZU SLAW, SPRING ONION + CORIANDER, RICE + MISO PONZU DRESSING

STEWES

BUTTERBEAN STEW 9.00
BUTTERBEAN STEW, BABY SPINACH, POILÂNE BREADCRUMBS + HERB YOGHURT
TRY WITH: BLACKENED CHICKEN +3.95 OR CRUMBLED FETA +1.95

WINTER PLATES

THAI SALMON SATAY 13.00
LIME LEAF SALMON, RAINBOW PONZU SLAW, BROCCOLI, LIME WEDGE + CASHEW SATAY

ZA'ATAR PITTA CHICKEN 11.00
HERB GRILLED CHICKEN, CUCUMBER, CHERRY TOMATOES, PICKLED ONIONS, ATIS GRAINS, ZA'ATAR PITTA CHIPS + HERB YOGHURT

CHICKEN PARM CAESAR 11.00
BLACKENED CHICKEN, TRICOLOUR QUINOA, CHERRY TOMATOES, GREEN BEAN CAESAR + ATIS CHILLI SAUCE

SPOTLIGHT ON DIRTEA

INTRODUCING THE DIRTEA X ATIS COLLAB BOWL!

WE'VE TEAMED UP WITH DIRTEA TO BRING YOU OUR NEW LION'S MANE DIRTEA CHILLI CRISP WHICH IS DRIZZLED OVER THE DIRTEA BOWL. LION'S MANE IS KNOWN AS THE 'FOCUS MUSHROOM' AND CAN SUPPORT COGNITIVE FUNCTION, MEMORY AND MENTAL CLARITY. REAL FOOD AND GOOD VIBES ONLY!

BUILD YOUR OWN

HEAD IN-STORE, WALK THE LINE AND CREATE YOUR OWN BOWL OR PLATE. OR USE THE QR CODE TO ORDER ONLINE!



BOOST YOUR BOWL OR PLATE:

ADD COLD PREMIUMS TO YOUR ORDER

AVOCADO HALF 1.95
AVO SMASH 1.95
CRUMBLED FETA 1.95
PARMESAN 1.95
SOFT BOILED EGG 1.95

ADD PREMIUMS TO YOUR ORDER

SPICED SWEET POTATO 2.95
MISO MUSHROOMS* 2.95
BLACK PEPPER TOFU 3.95
BLACKENED CHICKEN 3.95
HERB GRILLED CHICKEN 3.95
CHARRED BAVETTE STEAK 4.95
LIME LEAF SALMON 5.95

ADD DELI SALADS TO YOUR ORDER

RAINBOW PONZU SLAW* 1.95
GREEN BEAN CAESAR* 1.95
CHILLI FETA BROCCOLI 1.95

VEGAN VEGETARIAN DAIRY FREE NO GLUTEN CONTAINING INGREDIENTS SPICY SEASONAL SPECIALS*

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

