

# MENU

---

## GREENS

---

### BOSTON COBB \$14.90 GF

roasted chicken, shredded kale, chopped cos lettuce, raw sweet corn, cherry tomatoes, avocado, capsicum, bacon & a boiled egg + honey mustard dressing

### TOFU + HOMMUS CHIPOTLE \$13.90 GF V

soy tofu, shredded kale, baby spinach, roasted sweet potato, spicy broccoli, cheddar cheese, raw sweet corn, spicy black beans, teriyaki seeds & hommus + chipotle dressing

### KALE CAESAR \$14.40

roasted chicken, shredded kale, chopped cos lettuce, cherry tomatoes, red onion, parmesan crisps, sour dough croutons, bacon & a boiled egg + house made mayonnaise & yoghurt dressing

### FALAFEL MEZZE \$13.90 V

falafel, baby spinach, mesclun leaves, cherry tomatoes, capsicum, cucumber, red onion, chickpeas & pita chips + sumac, mint, tahini & yoghurt dressing

### MEXICAN CAESAR \$13.00 GF

roasted chicken, cos lettuce, parmesan cheese, cherry tomatoes, corn chips, guacamole & roasted jalapeño onion & lime salsa + chipotle mayonnaise dressing

### HOLA MEXICO 15.50 GF

roasted chicken, mesclun leaves, chopped cos lettuce, raw sweet corn, avocado, cherry tomatoes, cucumber, spicy black beans, cheddar cheese & corn chips + honey, jalapeño & lime dressing

## SOUPS, CURRIES + HOT SPECIALS

---

Our options for soup, curries and hot specials are ever changing. See in-store for details.

## GRAINS

---

### BURRITO BOWL \$14.90

marinated pulled pork, brown rice, chopped cos lettuce, cherry tomatoes, raw sweet corn, cheddar cheese, spicy black beans, red onion & fried tortillas + honey, jalapeño & lime dressing

### KIMCHI CHICKEN \$15.50 GF

roasted chicken, kimchi, brown rice, rocket leaves, avocado, cashews, carrot, spicy broccoli & raw seeds + chilli vinegar dressing

### WAYMOUTH SUPERBOWL \$15.90 GF

roasted chicken, quinoa, shredded kale, roasted sweet potato, apple, goats cheese & roasted almonds + balsamic & honey dressing

## SEASONAL MENU – AUTUMN

---

### MAPLE DYNAMITE \$14.20 GF V

roasted pumpkin, brown rice, shredded kale, danish feta, adzuki beans, avocado, shredded brussels sprouts, pumpkin & sunflower seeds + maple chipotle dressing

### SPICY RICE BOWL \$9.90 V

brown rice, sautéed mushrooms, spicy broccoli, kimchi & pickled carrot + soy & sweet chilli sauce

### CHILLI CON CARNE BOWL \$12.90 GF

turkey mince, fagoli beans, black beans, chipotle chilli, onion, garlic, cumin & coriander

### PUMPKIN SOUP \$9.90 V

served with toasted sour dough bread garnished with sour cream & raw seeds

### RED CHICKEN CURRY \$14.90 GF

served with brown rice and garnished with shredded kale & roasted almonds