

MENU

GREENS

BOSTON COBB \$14.80 GF

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

DOWNTOWN WALDORF \$11.90 GF

roasted chicken, baby spinach, chopped cos lettuce, cabbage, carrot, red onion, red grapes, apple, celery & candied walnuts + dijon mayonnaise 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, red & green capsicum, cucumber, red onion, chickpeas & pita chips + sumac, mint, tahini & yoghurt dressing.

MEXICAN CAESAR \$14.90 GF

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

HOLA MEXICO \$15.20 GF

roasted chicken, mesclun leaves, chopped cos lettuce, raw sweet corn, avocado, red capsicum, 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

PESTO QUINOA BOWL \$15.50 GF

roasted chicken, quinoa, rocket leaves, cherry tomatoes, spicy broccoli, raw sweet corn, roasted almonds & cheddar cheese + basil & parmesan pesto dressing.

KIMCHI CHICKEN \$15.50 GF

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

WAYMOUTH SUPERBOWL \$15.90 GF

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

SEASONAL MENU – WINTER

MEXICAN BEEF BOWL \$15.90

mexican chipotle beef mince, kidney beans, brown rice, avocado, raw sweet corn, cherry tomatoes, red onion & fried tortillas

TOFU + HOMMUS CHIPOTLE \$12.90 GF V

soy tofu, shredded kale, baby spinach, roasted sweet potato, spicy broccoli, cheddar cheese, raw sweet corn, spicy black beans & terriyaki seed nut mix + hommus & chipotle dressing

MARRAKESH MEATBALLS \$11.90

turkey meatballs, brown rice, baby spinach, cherry tomatoes, red onion, parsley, mint & dukkah + sumac, yoghurt & paprika dressing

NOTORIOUS BRC \$14.50 GF

roasted chicken, black rice, snow pea tendrils, steamed beetroot, goats cheese & crunchy chickpeas + balsamic honey dressing

MENU

BEVERAGES

COLD DRINKS

coconut water (650ml cup)	\$3.90
house made ice tea (650ml cup)	\$3.50

made in house using fresh, local ingredients

COFFEE

seasonal house blend: brazilian + ethiopian
light & dark roast available

	S	M	L
white	\$3.80	\$4.50	\$5.20
black	\$3.50	\$4.20	\$4.90
decaf	\$4.10	\$4.80	\$5.50

alternative milks available:
(soy, lactose free, almond, coconut) + .60

hot chocolate, chai latte	\$3.80	\$4.50	\$5.20
mocha, dirty chai	\$4.10	\$4.80	\$5.50
iced latte	\$3.80		\$4.50
cold drip	\$4.30		\$5.00

TEA

Exclusive teas hand blended by Wildfire tea (Mount Compass)

	M	L
australian breakfast	\$4.00	\$4.70
organic matcha green tea	\$4.00	\$4.70
organic rooibos + rose	\$4.00	\$4.70
detox white tea + hibiscus	\$4.00	\$4.70
sencha + jasmine	\$4.00	\$4.70
calming chamomile + spearmint	\$4.00	\$4.70
candied chai	\$4.00	\$4.70
loose leaf candied chai latte	\$4.30	\$5.50