

MENU

GREENS

BOSTON COBB \$14.80 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 \$15.50 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 – SUMMER

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

LENTIL + HOMMUS BOWL \$15.20 GF V

lentils, quinoa, shredded kale, hommus, danish feta, raw carrot, grated beetroot, cranberries & freekah seeds + pomegranate dressing

MALIBU BOWL \$15.50 GF

baked haloumi, chopped cos lettuce, watermelon, cucumber, mint, red onion + honey mustard dressing

TIGER BOWL \$14.40 GF

roasted chicken, shredded kale, red cabbage, pineapple, cucumber, spring onion, red onion, basil, mint & peanuts + chilli lime dressing