



ALL DAY LUNCH



CHIPS

Served w/ aioli | 8

CALAMARI

Lemon pepper calamari w/ chips & aioli | 18

CLEANSE BOWL

Zucchini noodles, sweet potato, corn, beetroot, spinach & black rice w/ lemon vinaigrette | 17 | #GF | add smoked salmon or chicken | 20

NOURISH BOWL

Spiced chickpeas, broccoli, avo, carrot, lemon kale, edamame, halloumi and hummus | #GF | 18 | add smoked salmon or chicken | 20

CHICKEN & ZUCCHINI NOODLES

Zucchini noodles w/ grilled chicken, cherry tomatoes, roast pumpkin, spinach & a citrus pesto dressing | #GF | 16

RISOTTO

Pumpkin risotto w/ feta & almonds | #GF | 17 | add chicken | 20

FALEFFAL POCKET

Falafel, carrot, cucumber, olives, rocket, onion jam & tzatziki on flat bread | 16

HALLOUMI BURGER

Grilled halloumi on a brioche bun w/ roast capsicum chutney, spinach, avocado, served with chips & aioli | #GFO | 18

CHICKEN BURGER

Grilled chicken w/ maple bacon, spinach, avocado & aioli on a brioche bun served with chips & aioli | #GFO | 19

BEEF BURGER

Beef patty w/ cheese, bacon, pickles, rocket, onion jam & aioli on a brioche bun served with chips & aioli | #GFO | 18

EXTRAS

Hollandaise, tomato relish, sauce, spreads, aioli, ice cream | 2

Halloumi, mushrooms, spinach, rocket, tomatoes, hash browns, feta, horseradish sour cream, beetroot puree, chipolatas, beans | 4

Two eggs your way, fritter, avocado | 4.5

Bacon, braised beef, smoked salmon | 5.5

SIDE SALAD | 5

SIDE CHIPS | 5