



MENU

BEEF RENDANG

8 hour slow cooked beef cooked in curry paste, coconut flakes, chilli, coconut milk served with quinoa and green beans (gf, df)

BEEF MASSAMAN

8 hour slow cooked beef cooked in curry paste, coconut cream, potato, carrot, served with brown rice (gf,df)

TERIYAKI

Chicken thigh OR tofu cooked in house made teriyaki sauce, broccoli, edamame (non org), carrot, shredded cabbage and pickled ginger and sesame seeds (df ,df) NEW

PROTEIN WAFFLES

3x cottage cheese and oat waffles, made with eggs and milk, gf flour served with chia jam, maple syrup and coyo yoghurt





MENU

SESAME NOODLE SALAD

*Chicken OR tofu, rice noodles, mixed leaf, cabbage, cucumber, avocado, edamame, spring onions, sesame seeds, cashews and a side of sesame dressing
(low carb opt no noodles, gf, df)*

BURRITO BOWL

*Chicken breast or tofu cooked with Mexican spices, onions, capsicum, rice, black beans, corn, avocado, served with chipotle yoghurt sauce
(gf, df- no yoghurt sauce)*

BLACK DAHL

*Black lentils cooked in indian spices, garlic, ginger, chilli, coconut milk and broth topped with yummy beans, served with brown rice, flat bread and coconut kefir yoghurt
(gf, df, vegan)*

CHICKEN CHILLI

*Slow cooked chicken breast, black beans, Mexican spices, onion, garlic, house made broth, tomato and chilli, served with house pickled jalapeño, cheddar, sour cream and 2x corn tortillas
(gf, opt no cheese and sour cream for df)*

