

Nourish Bowls



1 Choose your base

- BROWN RICE
- CAULIFLOWER RICE
- SUSHI RICE
- MIXED CABBAGE
- SOBA NOODLES +1

2 Choose your mix

SALMON POKE BOWL

14.9 / 16.9 (GF/DF)

Salmon sashimi, pickled ginger, cucumber, baby rocket, shredded cabbage, nori crunch, radish, burnt leek & sesame dressing

MISO SALMON BOWL

15.9 / 17.9 (GF/DF)

Miso glazed salmon, zucchini, shredded carrot, kale, baby rocket, wasabi peas, lemon olive oil dressing

TOFU BUDDHA BOWL

13.9 / 15.9 (V/VE/GF/DF)

Japanese silken tofu, kale, edamame, cucumber, shredded cabbage, cherry tomato, radish, nori crunch, tahini citrus dressing

CHICKEN KETO BOWL

13.9 / 15.9 (GF/DF)

Poached chicken, cucumber, kale, beetroot, shredded cabbage, zucchini noodles, parsley, hemp seeds, mint, fresh horseradish dressing

MISO EGGPLANT BOWL

13.9 / 15.9 (V/VE/GF/DF)

Miso braised eggplant, radish, beetroot, shallots, kale, shredded cabbage, nori crunch, tahini citrus dressing

ROAST PUMPKIN BOWL

12.9 / 14.9 (V/VE/GF/DF)

Roasted pumpkin, quinoa, shredded cabbage, green apple, Spanish onion, chickpeas, picked parsley, dill & mustard dressing

BRISKET SWEET POTATO BOWL

16.9 / 18.9 (GF/DF)

12 hour braised beef brisket, sweet potato, edamame, shredded cabbage, kale, beetroot, wasabi peas, lemon olive oil dressing, teriyaki glaze

CHICKEN ZUCCHINI BOWL

14.9 / 16.9 (GF/DF)

Poached lemon chicken, zucchini, chickpeas, shredded cabbage, radish, picked parsley, lemon olive oil dressing

TERIYAKI CHICKEN BOWL

14.9 / 16.9 (GF/DF)

Teriyaki glazed chicken, shredded cabbage, shallots, cherry tomato, carrot, radish, kale, edamame, sesame dressing

3 Add-ons

- AVOCADO +2
- NORI CRUNCH +1
- SEAWEED SALAD +1
- SWEET POTATO +2
- PICKLED GINGER +1
- EDAMAME +2
- EXTRA PROTEIN +5-7
- WASABI PEAS +1

Breakky Bowls

BREAKFAST BOWL 14.9 (V/VE/GF/DF)

Roast pumpkin, avocado, zucchini, sauerkraut, carrot hummus, alfalfa sprout

- ADD BOILED EGG +2
- ADD 1 SLICE TOAST +2.5

GRANOLA BOWL 12 (V/VE/GF)

House-made honey spiced granola, fresh berries, bush honey, Greek yoghurt

Acai Bowls

NUTTER

13 (V/VE/GF/DF)

Organic acai, banana, strawberries, peanut butter, buckwheat kernels

HARVEST OG

13 (V/VE/GF/DF)

Organic acai, banana, strawberries, granola

NUTELLA

13 (GF/VE)

Organic acai, banana, strawberries, Nutella



Add-ons

- EXTRA ACAI +7
- BANANA +2
- BLUEBERRIES +2
- STRAWBERRIES +2
- APPLE +1
- GRANOLA +2
- PEANUT BUTTER +2
- NUTELLA +2
- TOASTED COCONUT +1
- HEMP SEEDS +1
- BUCKWHEAT KERNELS +1
- CHIA SEEDS +1

Toasts

Choice of:

- SOURDOUGH
- WHITE GLUTEN FREE +1
- GLUTEN FREE ACTIVATED CHARCOAL +1

SIMPLY AVO 1 PCE 7 / 2 PCS 13 (V/VE/GF/DF)

Avocado, lemon

AVO EVERYTHING 1 PCE 8 / 2 PCS 15 (V/VE/GF)

Avo, tomato, basil pesto, feta, mint

AVOMITE 1 PCE 7 / 2 PCS 13 (V/VE/GF/DF)

Avocado, vegemite

NUTELLA BERRY 1 PCE 7 / 2 PCS 13 (VE/GF)

Nutella, banana, chia seeds, strawberries

PEANUT BUTTER 1 PCE 7 / 2 PCS 13 (V/VE/GF/DF)

Peanut butter, banana, chia seeds

Fresh Juices

REG 7.5 / LRG 8.5

DETOX

Spinach, cucumber, apple, chia seeds, mint, lemon

ANTI-INFLAMMATORY

Green apple, cucumber, celery, spinach, lemon, ginger

REFRESH

Orange, watermelon, pineapple, passionfruit

PEARFECT

Pear, pineapple, apple

IMMUNITY

Carrot, ginger, orange, beetroot

JUICY FRUIT

Watermelon, strawberry, mango, passionfruit

Protein Shakes

REG 11 / LRG 12

PB & J

Strawberry, raspberry, peanut butter, vanilla whey protein, milk

BANANA GAINS

Banana, oats, chia seeds, cinnamon, honey, Greek yoghurt, vanilla whey protein, milk

CHOC NUTTER

Peanut butter, banana, chia seeds, honey, chocolate whey protein, milk

BLUEBERRY BURST

Blueberry, banana, vanilla whey protein, coconut water

Super smoothies

REG 9 / LRG 10

ACAI

Acai berry, banana, strawberry, coconut water

GREEN

Spinach, passionfruit, cucumber, mango, banana, coconut water

GOLDEN BLISS

Mango, banana, almonds, Greek yoghurt, honey, chia seeds & milk

THE BREAKY SHAKE

Banana, blueberry, oats, peanut butter, honey & oat milk



Classics

REG 8 / LRG 9

BANANA

Banana, cinnamon, Greek yoghurt, honey, milk

MIXED BERRY

Mixed berries, Greek yoghurt, honey, milk

MANGO

Mango, Greek yoghurt, honey, milk