

THE BOWLS

STARTS AT 10:30AM
100% GLUTEN FREE

COLD BOWLS



Good Morning, Vietnam
V DF NF GF 15.95

Baked Sesame Tofu, Raw Corn, Cucumber, Shaved Cabbage, Mint, Coriander, Toasted Sunflower Seeds, Wild Rocket, Lime Squeeze, Lime Coriander Vinaigrette



Nice Salad DF GF 16.95

Organic Hard Cooked Egg, House Mesclun Greens, Green Beans, Roasted Almonds, Kalamata Olives, Cherry Tomatoes, Roasted Sweet Potato, Balsamic Vinaigrette



Avo & Lentils V DF GF 16.95

Lentil du Puy, Avocado, Cucumber, Shredded Carrots, Basil, Roasted Almonds, Wild Rocket, Balsamic Vinaigrette



Capre NF GF 18.95

House Mesclun Greens, Wild Rocket, Fresh Mozzarella, Cherry Tomato, Fresh Basil, Roasted Capsicum, Crispy Prosciutto, Pesto Vinaigrette, Aged Balsamic



Kale Chicken Caesar NF GF 16.95

Roasted Chicken Breast, Shredded Kale, Shaved Parmesan, Lime Squeeze, House Caesar Dressing



Greek Goddess GF 17.95

House Mesclun Greens, Roasted Chicken Breast, Roasted Almonds, Green Apple, Feta, Cherry Tomatoes, Spanish Red Onion, Cucumber, Green Goddess Dressing

WARM BOWLS



Fun Guy, Funghi V DF GF 17.95

Roasted Field Mushrooms, Shaved Cabbage, Coriander, Corn Chips, Warm Quinoa, Kale Slaw, Cherry Tomatoes, Spring Onion, Roasted Almonds, Lime Coriander Vinaigrette



Pumpkin Harvest V DF NF GF 17.95

Warm Organic Black and Brown Rice, Wild Rocket, Roasted Sage Pumpkin, Roasted Broccoli, Charred Cauliflower, Green Apple, Shaved Beets, Spiced Crispy Chickpeas, Miso Caramel Dressing, Balsamic Vinaigrette



Chicken San Salad DF NF GF 17.95

*spicy
House Mesclun Greens, Roasted Chicken Breast, Cherry Tomato, Orange Segments, Edamame, Avocado, Sesame Chili Oil, Honey, Ginger Tamari Dressing



Moroccan Chicken DF NF GF 17.95

Roasted Chicken Breast, Roasted Carrots, Dates, Spiced Crispy Chickpeas, Mint, Warm Quinoa, Shredded Kale, House Beet Hummus, Balsamic Vinaigrette



Roasted Carrot & Avo V DF GF 16.95

Roasted Carrots, Avocado, Warm Organic Black & Brown Rice, Shredded Kale, Roasted Broccoli, Toasted Sunflower Seeds, Lime Coriander Vinaigrette



Miso Salmon DF NF GF 19.95

Sustainable Baked Salmon, Warm Organic Black & Brown Rice, Wild Rocket, Sesame Seeds, Green Beans, Spanish Red Onion, Cucumber, Shaved Cabbage, Miso Caramel Dressing



Roasted Cauliflower V DF GF 16.95

Warm Quinoa, Charred Cauliflower, Roasted Almonds, Mint, Wild Rocket, Orange Segments, Raisins, Balsamic Vinaigrette

SANDWICHES



Mushroom Goddess NF 15.95

Sonoma Sourdough, Roasted Field Mushroom, Spinach, Roasted Sweet Potato, Spring Onion, Feta, Green Goddess Dressing



Chicken Ranch NF 16.95

Sonoma Sourdough, Roasted Chicken Breast, Spanish Red Onion, Wild Rocket, Cucumber, Shaved Parmesan, Avocado Ranch Dressing



Salad Sandwich V DF NF 15.95

Cabbage - Carrot - Beet Slaw, Cucumber, Avocado, Beetroot Hummus, Lime Coriander Dressing, Sonoma Sourdough



Egg Salad Sando X Two Yolks Burleigh NF 14.95

Organic Egg Salad, Japanese Dijon Mayo, Fresh Cucumber, Sonoma Sourdough



The Frenchie NF 14.95

Ham off the Bone, Melted Gruyere, Dijonnaise, Sonoma Sourdough



Chicken Pesto NF 16.95

Sonoma Sourdough, Roasted Chicken Breast, Shaved Parmesan, Wild Rocket, Cherry Tomatoes, House Pesto Dressing



Smoked Salmon NF 17.95

Sonoma Sourdough, Sustainable Smoked Salmon, Spinach, Spanish Red Onion, Chive Cream Cheese



Italiano NF 17.95

Sonoma Sourdough, Prosciutto, Fresh Mozzarella, Roma Tomato, Rocket, Pesto Vinaigrette, Aged Balsamic

BUILD YOUR OWN

PRICE FROM \$15.95
100% GLUTEN FREE

STEP ONE
PICK A BASE - OR 2

#1

Warm Organic Black & Brown Rice +1.5
Warm Quinoa +1.5
House Mesclun Greens
Shredded Kale +1.5
Wild Rocket
Spinach

STEP TWO
DRESS IT (PICK 1)

#2

Green Goddess Dressing NF GF
Pesto Vinaigrette NF GF
Lime Coriander Vinaigrette V DF NF GF
Balsamic Vinaigrette V DF NF GF
Ginger Tamari Dressing V DF NF GF
Miso Caramel V DF NF GF
House Caesar Dressing NF GF
Avocado Ranch NF GF
Extra Virgin Olive Oil V DF NF GF
Fresh Lemon Squeeze V DF NF GF

Extra Dressing +1.95 each

STEP THREE
PICK 4 FILLINGS

#3

Roasted Sweet Potato	Cucumbers	Basil
Shaved Beets	Raw Corn	Mint
Shredded Carrots	Roasted Broccoli	Coriander
Shaved Cabbage	Roasted Sage	Spring Onion
Roasted Capsicum	Pumpkin	Cranberries
Roasted Carrots	Charred Cauliflower	Dates
Spanish Red Onion	Green Beans	Kalamata Olives
Edamame	Orange Segments	Raisins
Cherry Tomatoes	Green Apple	

Extra Filling +1.5 each

STEP FOUR
PICK A PROTEIN

#4

Baked Sesame Tofu +1.0	Sustainable Smoked Salmon +5.0
Roasted Mushrooms +2.0	Sustainable Sashimi Salmon + 5.0
Roasted Chicken Breast +3.0	
Sustainable Baked Salmon +5.0	Extra Protein +5.0 each

STEP FIVE
TOP IT OFF WITH SOMETHING CRUNCH (PICK 1)

#5

Corn Chips
Toasted Sunflower Seeds
Roasted Almonds
Spiced Crispy Chickpeas

Extra Crunch +1.0 each

ADD A SPECIAL

Avocado +2.0	Fresh Mozzarella +4.0
Lentils +2.0	Shaved Parmesan +2.0
House Beet Hummus +1.5	Feta +2.0
Organic Hard Cooked Egg +2.0	House Chili Oil +1.0
Prosciutto +4.0	Chili Flakes +1.0

DAILY GREENS

SALAD BAR

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Please advise us of any dietary requirements.

NF Nut Free GF Gluten Free V Vegan DF Dairy Free