



SUPERFOOD LUNCH MENU

\$12 Monday - Friday

Roast Pumpkin & Beetroot Salad (gf/v/dfo)

*spring onion, lentils, pine nuts,
tendrils, salted ricotta,
apple cider vinaigrette*

Buddha Bowl (gf/v/df)

*Brown rice, baby spinach, asparagus,
raddish, sprouting seeds,
honey soy dressing*

Baby Spinach Caesar Salad

*Fresh baby spinach leaves, cos
lettuce, crispy bacon, rye croutons,
parmesan cheese, poached egg,
Caesar dressing*

Warm Asian Poke Bowl (gf/v/df)

*Broccoli, asparagus, zucchini, sugar
snap, bok choy, hokkien noodle*

Chicken Breast

& Super Greens on Rye

*Baby spinach, alfalfa, cucumber,
spring onion, pepitas, wholegrain
mustard aioli on toasted open rye*

Super-Food Rainbow Wrap

(v/df)

*Red cabbage, beetroot, carrot,
tomato, quinoa, pepitas, chia, pearl
barley, alfalfa, baby spinach &
hommus in a green spinach wrap*

Spinach Fettucine (v)

*Asparagus, peas, zucchini, salsa
verde, chilli, parmesan*

Healthy Swiss Burger (v/df)

*Swiss mushroom, chargrilled red
capsicum, grilled zucchini, baby
spinach leaves, olive tapenade,
toasted rye bun*

Extras

<i>add haloumi</i>	3
<i>add tofu</i>	4
<i>add chicken</i>	4
<i>add smoked salmon</i>	5
<i>add sweet potato fries</i>	2