# CHOOSE ONE OF OUR FAVOURITES

## BEEF

Slow Cooked Beef, Noodles, Avocado, Cucumber, Carrot, Radish, Edamame, Red Cabbage, Onion, Mint, Coriander, Crisp Shallots, Honey Soy

- S $17.50
- M $21.50
- L $24.50

## CHICKEN

Chicken Breast, Mixed Lettuce, Quinoa, Avocado, Cucumber, Carrot, Tomato, Onion, Mint, Coconut, Sesame Seeds, Tamari, Sesame Mayo

- S $17.50
- M $21.50
- L $24.50

## SALMON

Sashimi Grade Salmon, Rice, Avocado, Cucumber, Edamame, Spring Onions, Pickled Ginger, Nori, Sesame Seeds, Ponzu, Coconut-Lime

- S $20.50
- M $24.50
- L $27.50

## TUNA

Sashimi Grade Tuna, Rice, Avocado, Cucumber, Edamame, Red Cabbage, Radish, Spring Onions, Mint, Sesame Seeds, Tamari Lime, Coconut-Lime

- S $20.50
- M $24.50
- L $27.50

# CHOOSE ONE OF OUR FAVOURITES

## TOFU

Terryaki Tofu, Rice, Avocado, Cucumber, Carrot, Edamame, Red Cabbage, Pickled Ginger, Sesame Seeds, Crispy Shallots, Nori, Honey Soy, Tamari Lime

- S $16.50
- M $20.50
- L $23.50

## MEDITTERANEAN

Choose Beef/Chicken/Falafel, Rice, Avocado, Edamame, Tomatoes, Spring Onion, Mint, Coriander, Sesame Seeds, Coco-Lime, Sesame Mayo

- S $17.50
- M $21.50
- L $24.50

## KARAAGE

Karaage Chicken, Rice, Avocado, Carrot, Red Cabbage, Onion, Pickled Ginger, Mint, Sesame Seeds, Honey Soy,  Sesame Mayo

- S $18.50
- M $22.50
- L $25.50

## FALAFEL

Beetroot Falafel, Rice, Avocado, Cucumber, Red Cabbage, Tomato, Radish, Spring Onion, Mint, Pickled Ginger, Sesame Seeds, Sesame Mayo, Tamari

- S $17.50
- M $21.50
- L $24.50

# CHOOSE ONE OF OUR FAVOURITES

## SMOOTHIES

### TROPICAL LOVE

MANGO, PINEAPPLE, BANANA, PASSIONFRUIT, DATES, COCONUT WATER

**$12**

### GREEN DETOX

CELERY, CUCUMBER, GREEN APPLE, KALE, PINEAPPLE, MINT, LIME & COCONUT WATER

**$12**

### BERRY GOOD

MIXED BERRIES, BANANA, DATES, COCONUT WATER

**$12**

### CHOCO NANA

BANANA, CACAO, PEANUT BUTTER, DATES, COCONUT WATER

**$12**

## SIGNATURE DRINKS

### FRESH LEMONADE

NATURALLY SWEETENED FRESHLY SQUEEZED LEMONADE

**$9**

### BUTTERFLY LEMON TEA

FRESHLY SQUEEZED LEMONADE WITH BUTTERFLY PEA TEA, FULL OF ANTIOXIDANTS

**$10**

### STRAWBERRY MATCHA

ICED GREEN MATCHA WITH NATURALLY SWEETENED STRAWBERRY PUREE

**$10**

### EARL GREY MATCHA

ICED GREEN MATCHA WITH NATURALLY SWEETENED EARL GREY TEA

**$10**

# BUILD YOUR OWN

**PICK A BOWL:** S $13.50 | R $16.50 | L $20.50

## STEP-1
### PICK YOUR BASE

- Rice
- Noodles
- Mixed Lettuce
- Quinoa

## STEP-2
### LOAD UP YOUR BOWL

- Avocado ($2.5)
- Cucumber
- Carrot
- Edamame Beans
- Cherry Tomato
- Radish
- Red Cabbage
- Bean Sprouts
- Pickled Ginger
- Onion
- Spring Onion
- Green Chilli
- Mint
- Coriander
- Cheese (+$2)
- Seaweed Salad (+$1)

## STEP-3
### PICK YOUR PROTEIN

- Salmon (+$6)
- Tuna (+$6)
- Beef (+$3.50)
- Chicken (+$3.50)
- Kaarage Chicken (+$4)
- Tofu (+$2)
- Falafel (+$3)

## STEP-4
### PICK YOUR CRUNCH

- Roasted Nori
- Sesame Seeds
- Crisp Shallots
- Coconut
- Silvered Almonds
- Chilli Flakes

## STEP-5
### DRESS WITH FLAVOUR

- Ponzu
- Tamari
- Tamari Lime
- Sesame Mayo
- Honey Soy
- Coconut & Lime
- Chilli Mayo
- Chilli
- Lemon & Olive Oil