

EAT ME

BREAKFAST

FRUIT BOWL Strawberry, pineapple, watermelon, dragon fruit, banana, honey, coconut yoghurt, fresh lime	45
GRANOLA BOWL Home-made granola, coconut yoghurt, tropical fruit	55
AVO' NICE DAY Chunky avocado on sourdough, beetroot hummus / hummus, feta cheese, cherry tomatoes, grilled mushrooms, spinach	55
BUDDHA BOWL Tempeh, broccoli, spinach, red rice, peanut sauce, cherry tomatoes, sourdough bread	55
3 EGGS OMELETTE Toasted sourdough, choose any 3; tomato; mushrooms; onion; green peppers; spinach; bacon; cheese	55
PANCAKES Soft & fluffy hotcakes, caramelized banana, strawberry compote, maple syrup, vanilla cream	65
SMOKED SALMON BAGEL Imported smoked salmon, toasted bagel, scramble egg, red onion, capers, rucola	75
BIG BOYS 2 eggs any style, mushrooms, tomato, streaky bacon, corn cake, heinz baked beans, sourdough or dark rye	75
THE COMPLETE BREAKFAST Choose one dish from menu above served with fresh fruit juice, coffee or tea or mini fruit bowl	120

(+) TEMPEH 10 | POACHED EGGS 15 | BACON 20 | AVOCADO 20 | CHEESE 20 | GRANOLA 20 | SMOKED SALMON 25

SMOOTHIE BOWLS

THE WANDERER Dragon fruit, mixed berries, banana, nut butter, vanilla, strawberries, granola, chia	65
BRAVEHEART Peanut butter, dates strawberries, granola, banana, coconut	65
ANCHORMAN Spinach, avocado, banana, mango, ginger, granola, lemon toppings, coconut flakes	65
THE HAPPY BOWL Acai bowl topped with strawberry, granola, banana, toasted coconut	75

(+) PROTEIN POWDER 20

LUNCH

CHICKEN BURGER Grilled chicken fillet, bacon, melted cheese, slices avocado, coleslaw, smoked bbq sauce, toasted bun served with coleslaw or french fries or potato wedges or sweet potatoes	65
BACON EGG BURRITOS Tortilla, tomato ketchup, baby romaine, 'avo smash, bacon, spinach, scrambled egg, feta cheese, watercress, tomato cherry	65
SMOKED SALMON SANDWICH Imported smoked salmon, dill cream cheese, pickled cucumber, arugula, red onion, capers, sourdough bread served with coleslaw or french fries or potato wedges or sweet potatoes	75
THE ULTIMATE CLUB SANDWICH Crispy baby romaine, tomato, grilled chicken fillet, bacon, egg, avocado slice, cheese, chipotle aioli, sourdough bread served with coleslaw or french fries or potato wedges or sweet potatoes	85
DOUBLE CHEESE & MUSHROOM BURGER Single or double 100G beef patty, truffle aioli, caramelized onion, crispy bacon, smokey bbq sauce served with coleslaw or french fries or potato wedges or sweet potatoes	75 / 95

ASIAN

NASI GORENG (CHICKEN OR VEGETARIAN) Indonesian street style fried rice with shredded vegetables, chicken, fried egg, pickle acar, crackers, crispy shallots	55
AROMATIC CHICKEN / SEAFOOD / VEGETARIAN THAI GREEN CURRY Sauteed green vegetables with onion, garlic, ginger, coriander, coconut cream, served with buttered coriander rice	65
MURGH MAKHANI (INDIAN BUTTER CHICKEN) Sauteed chicken breast, creamy buttered tomato sauce, exotic spices served with buttered coriander rice or garlic nan bread	65
BEEF RENDANG The famous Sumateran beef stew, slowly cook in galangal, ginger, chili, turmeric, coconut milk served with buttered coriander rice	75

PASTA

BOLOGNESE Home-made bolognese tomato sauce, minced beef, wine & herbs	65
CARBONARA Sauteed shallots, bacon, egg yolk, parmesan & a dash of cream	65
CREAMY CHICKEN MUSHROOMS Sauteed onion, chicken fillet, parmesan, tarragon & cream	65
PRAWN AGLIO E' OLIO Italian pasta tossed with shallot, garlic, chili, basil, olive oil	75

SHARING PLATTERS

FRENCH FRIES / POTATO WEDGES / SWEET POTATO CHIPS	55
With garlic mayo or sweet chili dressing	
VEGETARIAN OR CHICKEN NACHOS	55 / 65
Guacamole, sour cream, fresh jalapenos, tomato salsa	
VEGETARIAN OR CHICKEN OR BEEF QUESADILLAS	55 / 65 / 75
Tortilla, green pepper, mushrooms, onion / chicken / beef with 'avo smash, tomato salsa, sour cream and jalapeno	
TASTE THE RAINBOW ROLLS	65
Rice paper wraps, rainbow veggies, mango, tempeh, avocado, peanut sauce	
SALT & PEPPER CALAMARI	65
With home-made tartar sauce, fresh lemon wedges	
POST WORKOUT SNACKING PLATTER	75
Hummus, salsa, guacamole, edamame, olives, corn chips, assorted bread	

HOME MADE STYLE PIZZAS

CLASSIC MARGHERITA	55
House made tomato sauce, basil and loads of mozzarella	
VEGETARIAN PIZZA	55
House made tomato sauce, spinach, mushrooms, peppers, olives and mozzarella	
MEAT LOVER	65
House made tomato sauce, chicken breast, sausages, ground beef and mozzarella	
QUATTRO FORMAGGI	65
House made herbed cream sauce, mozzarella, feta, parmesan, gorgonzola cheese	

SALADS

70

DON'T MEZZE AROUND Falafel balls, hummus, red pepper, feta cheese, chopped spinach, cherry tomatoes, dark rye or sourdough bread

TUNA POKE BOWL Red rice, tuna loin, carrot, cucumber, beetroot, edamame, soy ginger

TUNA NICOISE Lightly seared tuna loin, baby romaine, boiled egg, baby beans, cherry tomatoes, baby potatoes, black olives, lemon garlic, vinaigrette, parmesan shaved

DESSERTS

60

CHIA PUDDING Coconut chia pudding, infused floral honey, tropical fruit, granola

COCONUT CHIA PUDDING Coconut cream, chia seed, maple syrup, vanilla essence, yoghurt, strawberry, mango, watermelon