
SALAD BOWLS

RAW'N RAINBOW SALAD

450/

This colourful crunchy and healthy salad combines cabbage, carrots pepper and roasted sesame

FARM FRESH NAKED LEAF FIG SALAD

450/

Mix Lettuce, pome molas dressing, berries, fig garlic bread

COMPRESSED WATERMELON FETA CHEESE SALAD

450/

Fresh water melon, feta cheese thyme honey, aged balsamic dressings

SOUPS N STEWS

CARROTS GINGER SOUP RUSK

350/

English carrots, ginger white onion, thyme cheese cracker parsley

SPANISH CELERY LEEK SOUP RUSK

350/

Roasted leak celery, white onion, thyme potato cheese cracker

SLOW ROASTED BONE CHICKEN SOUP

400/

Rosemary roasted chicken, onion, garlic, finish with seasoning

PASSATO-DI VERDURE (VEG SOUP)

350/

Thyme, roasted english veg, white onion cracker

SMALL PLATES

SUN DRIED TOMATO HUMMUS PITA VEGGIE 650/

Homemade hummus, sun dried tomato, pita, and vegetables

CHICKEN TINGA QUESADILLA 680/

Slow Cooked Julienne chicken, tortilla, salsa, sour cream, and wedge

BEETROOT CUTLET WITH PARMESAN 650/

Sauté beet with Indian spiced stuffed cheese serve house deep

WRAPS & BURRITOS

PESTO CHICKEN WRAP 680/

Pesto chicken & feta wraps salad deep

COTTAGE CHEESE WRAPS 650/

Cottage cheese tomato, hummus, veggie, lettuce wraps

BURRITO SUPREME 680/

Refried beans, cheese tortilla, salsa, wedge, salad

BURRITO PAPITO 680/

Mexican spiced slow cooked chicken cheese, tortilla, salsa, salad, and wedge

COOKIES

CRACKLE TOP COOKING	240/
CHOCOLATE CHIPS PECAN NUT COOKIES	240/
WHOLE WHEAT MULTI GRAIN COOKIES	240/
ALMOND APRICOT BASCOTTI	240/

SHAKES & JUICES

BANANA CHIA SHAKE	350/
VITAMIN BOMB	350/
Orange, Watermelon, Pineapple Mango	
MAMA SAID	350/
Carrots, Ginger, Apple	
RED C	350/
Water Melon, Mint, Lemon	

DESSERTS

CHEESE CAKE	500/
WALNUT CHOCOLATE BROWNIE	500/
ORANGE AND WILD HONEY	500/