

EAT ME

BREAKFAST

FRUIT BOWL Strawberry, pineapple, watermelon, dragon fruit, banana, honey, coconut yoghurt, fresh lime	65
GRANOLA BOWL Home-made granola, coconut yoghurt, tropical fruit	65
3 EGGS OMELETTE Toasted sourdough, choose any 3; tomato; mushrooms; onion; green peppers; spinach; bacon; cheese	65
AVO' NICE DAY Chunky avocado on sourdough, hummus, feta cheese, cherry tomatoes, grilled mushrooms, spinach	75
PANCAKES Soft & fluffy hotcakes, caramelized banana, strawberry compote, maple syrup, vanilla cream	75
SMOKED SALMON BAGEL Imported smoked salmon, toasted bagel, scramble egg, red onion, capers, rucola	85
BIG BOYS 2 eggs any style, mushrooms, tomato, streaky bacon, corn cake, heinz baked beans, sourdough or dark rye	95
THE COMPLETE BREAKFAST Choose one dish from menu above served with fresh fruit juice, coffee or tea or mini fruit bowl	130

SMOOTHIE BOWLS

THE WANDERER Dragon fruit, strawberries, banana, nut butter, vanilla, topped with strawberry, granola, banana, chia, coconut flakes	75
BRAVEHEART Banana, peanut butter, cocoa powder, dates topped with strawberry, granola, banana, coconut flakes	75
ANCHORMAN Spinach, avocado, banana, mango, ginger, lemon, topped with strawberry, granola, banana, coconut flakes	75
THE HAPPY BOWL Acai bowl, banana topped with strawberry, granola, banana, coconut flakes	85

SALADS

80

CAESAR SALAD Romane lettuce, croutons, crispy bacon, cherry tomato, parmesan and caesar dressing
DON'T MEZZE AROUND Falafel balls, hummus, red pepper, feta cheese, chopped spinach, cherry tomatoes, dark rye or sourdough bread
GREEK FARMER Iceberg lettuce, tomato, cucumber, olive, red capsicum, red onion, feta cheese and garlic lemon dressing
TUNA NICOISE Lightly seared tuna loin, baby romaine, boiled egg, baby beans, cherry tomatoes, baby potatoes, black olives, lemon garlic, vinaigrette, parmesan shaved
TUNA POKE BOWL Red rice, tuna loin, carrot, cucumber, beetroot, edamame, soy ginger

POACHED EGGS 15 | AVOCADO / BACON / GRANOLA 20 | BREAD / CHEESE / CHICKEN / TUNA 25 | SMOKED SALMON 30

The prices above are subject to 10% government tax and 5% service charge

LUNCH

BACON EGG BURRITOS Tortilla, tomato ketchup, baby romaine, 'avo smash, bacon, spinach, scrambled egg, feta cheese, watercress, tomato cherry	75
BUDDHA BOWL Tempeh, broccoli, spinach, red rice, peanut sauce, cherry tomatoes, sourdough bread	75
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	75
FISH (DORY) OR PRAWN TACOS Flour or corn tortillas, red cabbage, tomato salsa and refried bean	75 / 85
FISH AND CHIPS Lightly beer battered fillet of fish (dory), french fries, small salad, tartar sauce and lemon wedges	80
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	85
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	95
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	85 / 125

ASIAN

NASI OR MIE GORENG CHICKEN OR VEGETARIAN Indonesian street style fried rice or fried noodle with shredded vegetables, chicken, fried egg, pickle acar, crackers, crispy shallots	65
AROMATIC CHICKEN / SEAFOOD / VEGETARIAN THAI GREEN CURRY Sauteed green vegetables with onion, garlic, ginger, coriander, coconut cream, served with buttered coriander rice	75
MURGH MAKHANI (INDIAN BUTTER CHICKEN) Sauteed chicken breast, creamy buttered tomato sauce, exotic spices served with buttered coriander rice or garlic nan bread	85
BEEF RENDANG The famous Sumateran beef stew, slowly cook in galangal, ginger, chili, turmeric, coconut milk served with buttered coriander rice	95

JAPANESE

VEGETARIAN ROLL Carrot, cucumber, avocado, topped with avocado and mayo	65
CHICKEN KATSU ROLL Chicken katsu, avocado, cucumber, eel sauce, spicy mayo	75
CRAB STICK ROLL Crab stick, cream cheese, avocado topped with eel sauce, spicy mayo	75
PHILLY ROLL Cream cheese, tuna, avocado	75
CHICKEN KATSU CURRY DON Chicken katsu, rice, onion, carrot, potato	75
TUNA TATAKI Sesame crusted tuna, cucumber, watercress	75

TEMPEH / PEANUT SAUCE 15 | AVOCADO / BACON 20 | CHEESE / CHICKEN / TUNA 25 | PRAWN / SMOKED SALMON 30

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SHARING PLATTERS

FRENCH FRIES / POTATO WEDGES / SWEET POTATO CHIPS With garlic mayo or sweet chili dressing	55
POST WORKOUT SNACKING PLATTER Hummus, salsa, guacamole, edamame, olives, corn chips, assorted bread	75
SALT & PEPPER CALAMARI With home-made tartar sauce, fresh lemon wedges	75
VEGETARIAN OR CHICKEN NACHOS Mozzarella cheese, sour cream, guacamole, fresh jalapenos, tomato salsa	65 / 75
VEGETARIAN OR CHICKEN OR BEEF QUESADILLAS Tortilla, green pepper, mushrooms, onion / chicken / beef with 'avo smash, tomato salsa, sour cream and jalapeno	65 / 75 / 85
TASTE THE RAINBOW ROLLS Rice paper wraps, rainbow veggies, mango, tempeh, avocado, peanut sauce	75

HOME MADE STYLE PIZZAS

CLASSIC MARGHERITA House made tomato sauce, basil and loads of mozzarella	65
VEGETARIAN PIZZA House made tomato sauce, spinach, mushrooms, peppers, olives and mozzarella	65
MEAT LOVER House made tomato sauce, chicken breast, sausages, ground beef and mozzarella	85
QUATTRO FORMAGGI House made herbed cream sauce, mozzarella, feta, parmesan, gorgonzola cheese	85

PASTA

BOLOGNESE Home-made bolognese tomato sauce, minced beef, wine & herbs	75
CARBONARA Sauteed shallots, bacon, egg yolk, parmesan & a dash of cream	75
CREAMY CHICKEN MUSHROOMS Sauteed onion, chicken fillet, parmesan, tarragon & cream	75
PRAWN AGLIO E' OLIO Italian pasta tossed with shallot, garlic, chili, basil, olive oil	85

DESSERTS

70

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

TEMPEH 15 | AVOCADO / BACON 20 | BREAD / CHEESE / CHICKEN / SAUTE VEGGIE / TUNA 25 | PRAWN 30

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