



Poke Bowls

Sesame Seared Tuna

Sushi rice, avocado, edamame, garlic & soy broccoli, carrot, pickled radish, Bali island dressing (gf)(df)

Miso Salmon

Tri-coloured quinoa, cucumber, carrot, pickled enoki mushrooms, purple cabbage, soy & sesame wakame, wasabi mayo (df)

Buddha Bowls

Smoked Tofu

Kale, roasted sweet potato, charred corn, beetroot, cherry tomatoes, pickled radish and a coconut & cucumber dressing (ve)(gf)

Red Thai Curry Jackfruit

Cauliflower rice, spinach, spicy chickpeas, mango & chargrilled vegetables and a Turmeric, ginger, apple cider vinaigrette (ve)(gf)

Med Bowls

Homemade Falafel

Pearl cous-cous, sweet chilli hummus, roasted pumpkin, spiced cauliflower, cherry tomatoes, pickled red onion, tzatziki dressing (v)

Roasted Pulled Chicken

Conchiglie pasta shells, feta, chargrilled zucchini, sundried tomato, kalamata olives, rocket and a roasted tomato, basil vinaigrette

Pan Asian Bowls

Korean Chicken

Fried rice, kimchi, miso mushrooms, garlic & soy broccoli, carrot, cucumber and a Gochujang mayo

Hoisin Duck

Egg noodles, a cucumber, carrot, mooli & watercress salad, watermelon, black sesame seeds, Ponzu dressing (df)

Mex Bowls

Mexican Bowl

Your choice of protein, Mexican rice, black beans, charred street corn, Mexican slaw, Pico de Gallo, corn tortillas and guacamole (ve)(gf)

Protein: chicken tinga / barbacoa beef / smoked tofu & broccoli (ve)