



Signature Savoury Bowls

Regular **\$21.90**
Large **\$26.90**
Mini Kids **\$13.90**



Ramen Bowl (NF, GFO)

A nourishing bowl of tamari and sesame veggie broth infused with medicinal mushrooms, seaweed, roasted tomato, crispy lotus or onion, roasted cauliflower, cabbage and carrots served with noodles and spinach. Rich in adaptogens and antioxidants, this bowl helps balance hormones and strengthen immune defenses.

Low Carb Falafel Bowl (GF, NF)

House-made falafel served on a fresh salad mix with roasted seasonal broccoli, kale, cabbage, carrots, cranberries, beetroot hummus, onion pickle, and tahini lemon dressing.

Protein Bali Bowl (GF, NF)

Sweet & spicy grilled tempeh, roasted veggies, slaw, edamame, and mixed quinoa come together with our zesty Asian dressing and creamy miso mayo. This power-packed bowl supports gut health and delivers complete plant protein to energize and restore.

Poke Bowl (GF, NF)

Delicious seeded crumbed tofu served over brown rice, radish, edamame, cucumber, avocado, pickled ginger, and black sesame seeds, all drizzled with our house poke dressing and wasabi mayo. Rich in omega-3s, fiber, and anti-inflammatory phytonutrients, this bowl fuels your body and supports vibrant health.



Wellness Bowl Bar & Nourishing Foods Menu

10:30am - 2:00pm

All meals free from meat, dairy, eggs, highly processed or refined ingredients and sugars: designed to satisfy your body, mind and soul.
Vegan - Suitable for Diabetics



Nourishing Sweet Bowls Mini **\$14.90**

Regular **\$19.90** Large **\$24.90** (Pana vanilla ice-cream + \$3)

French Pancake Bowl (GF)

Inspired by the joy of Parisian cafés, this wholesome crepe-style pancake is served with a vibrant citrus syrup, antioxidant-rich berries, and vanilla plant-based whipped cream. It's not only a delicious comfort but also a celebration of vitamin C and polyphenols to brighten your skin—and your day!

Waffle Bowl (GF)

Our nourishing house-made buckwheat and brown rice waffles are paired with probiotic-rich coconut yoghurt, antioxidant-packed seasonal fruits and berry jam, almond crumble and a drizzle of pure maple syrup. Supports digestive health & boosts antioxidants.



Chef's Daily Special

Regular **\$16.50** Large **\$22.50**

Burgers

Protein Lover Burger **\$19.50**

Packed with plant-powered protein from our house-made black bean, quinoa, and brown rice patty, this burger is topped with grilled pineapple, caramelized onions, slaw, tomato and carrot salad and a drizzle of smoky chipotle sauce—all served on a nourishing multigrain bun. A satisfying, flavour-rich choice to energize your day.

Falafel Happy Burger **\$19.50**

Our house specialty falafel patty is loaded with fiber-rich herbs and legumes, layered with pickled onions, creamy herbed mayo, beetroot hummus, and fresh salad drizzled with tahini dressing—all nestled in a wholesome multigrain bun. A joyful and nutrient-dense burger bursting with flavor and feel-good benefits.



Sourdough Toppers (GF Sourdough Available)

Mushroom Goodness **\$17.90**

Sautéed mushrooms served on toasted sourdough with creamy miso mayo and a sprinkle of fresh garden herbs.

Beetroot Hummus & Greens **\$17.90**

Creamy beetroot hummus layered with a medley of vibrant mixed greens on toasted sourdough with fresh avocado.

Scrambled Tofu **\$18.90**

Creamy spiced scrambled tofu topped with roasted tomato and sautéed kale, served on toasted sourdough with house-made herbed mayo.



Grab and Go

Frittata (GF) (add salad +\$6)	\$12.90
Savoury Muffins (GFO)	\$7.50
Sweet Muffins	\$7.50
Banana Bread (GF)	\$7.50
Blueberry Banana Bread (GF)	\$8
Cookie (GF)	\$6.50
Chia Fruity Pudding (WF)	\$9
Parfaits (GF)	\$12
Tropical Bliss Ball (GF)	\$4.50
Snickers Ball (GF)	\$5.50
Protein Peanut Ball (GF)	\$4.50
Choc mint Bliss Ball (GF)	\$4.50
Guilt-free cheesecake Slice (GF)	\$10
Chef's Mini Cheese Cakes	\$8.50
Slice (Snickers / Ginger/ Mint)	\$8.50
Chef's Special Slice	\$8.50
Carrot Raw Cake	\$8.50
Protein Bar (WF)	\$7.50

Special Orders (Pre-order only)

Celebration Cake	\$100 (Medium) \$140 (Large)
Cupcakes (min 12)	\$6.50ea

Housemade Gluten-Free Sourdough

Loaf (Pre-order preferred) \$15.90

Buns (min 3, pre order only) \$7.50ea



Frozen Healthy Easy Meals

Café & Dessert Bar

7:30am - 3:30pm (kitchen closes 2pm)

Sourdough Toasties

(Wholemeal Sourdough, House-made Focaccia or GF Sourdough)

Sweet roasted pumpkin, semi-dried tomatoes, caramelised onions, creamy cashew persian feta, and house-made pesto. **\$16.90**

Mediterranean-style roasted veggies paired with plant-based smoked mozzarella and vibrant pesto. (GFO, NF) **\$16.90**

Fresh tomato, peppery rocket, plant-based butter, and smoked mozzarella cheese on sourdough. (NF) **\$15.90**

Protein-rich Mexican-style refried beans layered with chipotle cashew cheese. (GFO) **\$16.90**

Tender BBQ pulled jackfruit paired with chipotle and hemp smoked mozzarella for a satisfying and flavourful toastie. **\$16.90**



High-fibre Protein Wraps

Falafel & Beetroot Hummus Wrap \$14.90

House-made falafel with creamy beetroot hummus, crisp salad, and a drizzle of tahini dressing.

Sweet & Spicy Tempeh Wrap \$15.90

Sweet & Spicy marinated tempeh, fresh salad, miso mayo, and house lemon dijon dressing.

Housemade Bakery Rolls & Pies

Wholesome, house-baked treats made with love – mostly plant-based and made with nourishing ingredients

Lentil & Walnut Roll \$8.50

A hearty, savory plant-based classic with a satisfying texture and spice blend.

Spinach & Ricotta Roll – \$8.50

Creamy house-made ricotta and seasoned spinach wrapped in flaky plant-based pastry.

Chef's Special Roll – \$8.50

Seasonal and creative — always plant-based, always delicious.

GF Lentil & Walnut Pie – \$9.50

A gluten-free twist on the classic, with rich flavor and a golden crust.

GF Spinach & Ricotta Pie – \$9.50

Comforting, creamy, and packed with plant-based protein and greens.

Chef's Special Pie – \$9.50 (GF)

Rotating flavors featuring local produce and our chef's imagination.

Regular **\$13.90** Large **\$17.90** Check freezer for available meals.