

# Wellness Bowl Bar

10:30am - 2:30pm



100% Whole Food Plant Based meals (free from meat, dairy, eggs, highly processed or refined ingredients and sugars) designed to satisfy your body, mind, and soul.

## Signature Savoury Bowls:

Regular **\$21.90** Large **\$26.90**

### Asian Bowl (GF)

Great for hormone balance: miso glazed pumpkin, phytoestrogen rich teriyaki crumbled tofu, mixed quinoa, edamame, fresh cabbage and carrot salad, wasabi mayo, black sesame seeds and radish pickle.

### Low Carb Hi-Protein Falafel Bowl (GF, NF)

Boost Gut Health and Brain Clarity: House-made falafel, roasted spiced eggplant, broccoli, kale in EVOO, fresh cabbage, carrots, cranberries, beetroot hummus, onion pickle and tahini lemon dressing.

### Poke Bowl (GF)

Delicious seeded crumbled tofu, brown rice or mixed quinoa, radish, daikon, edamame, cucumber, avocado, pickled ginger, poke dressing and furikake.



### Kids Mini Savoury Wellness Bowl

For kids under 12 **\$12**



### Chef's Daily Special

Regular **\$15** Large **\$22**



## NEW Food Farmacy Burger

**\$15.90**

Nourish Your Body with our Black Bean Burger: packed with plant-based protein, our house-made black bean and brown rice patty is complemented by grilled pineapple, caramelized onions, and a drizzle of house-made chipotle sauce. Served on a wholesome sourdough bun with a side of salad mix, it's a flavourful and nutritious choice for a satisfying meal.

\*Wheat-free (WF)

\*Wheat-free option (WFO) \*Nut-free (NF) \*Gluten-free (GF)

\*Nut-free option (NFO) \*Low FODMAP option (LFO)