

HEALTHY BOWLS

Caesar Salad <i>romaine lettuce, poached egg, white anchovy, bacon, garlic crouton, parmesan, caesar dressing</i>	10
Quinoa & Grilled Halloumi Salad <i>green salad, kale, quinoa, mixed roasted nuts, mint leaves, pomegranate, semi-dried tomatoes, ranch yoghurt dressing</i>	13
Cauliflower Fried Rice Keto Bowl <i>stir-fried cauliflower "rice", garlic, onion, capsicum, sautéed mushroom, carrot, celery, poached egg, almond flakes, edamame, extra virgin olive oil</i>	14

SOUP

Organic Soup of the Day <i>check with our team for daily special</i>	8
Homemade Prawn Bisque <i>jumbo prawn, aromatic shrimp oil, sour cream, toasted bread</i>	12

MAINS

Egg & Toast <i>choice of 2 free range eggs, sourdough</i>	9
Smashed Avocado Toast <i>avocado, poached egg, sautéed mushroom, feta cheese, semi-dried tomatoes, sourdough</i>	12
Ham & Cheese Toastie <i>smoked pork Virginia ham, red cheddar, emmental, mozzarella, side fries and mesclun salad</i>	14
Crispy Chicken Burger <i>crispy chicken, mayonnaise, tomatoes, romaine lettuce, side fries and mesclun salad</i>	15
Fish & Chips <i>beer battered seabass with fries and tartar sauce</i>	16

PASTA

Aglio Olio <i>sautéed mushroom, garlic, parmesan, chilli padi</i>	12
Spaghetti Carbonara <i>bacon, sautéed mushrooms, egg yolk, spinach, parmesan, cream</i>	14
Prawn Penne <i>grilled jumbo prawn, prawn bisque, semi-dried tomatoes, coriander</i>	16

SWEETS

Matcha Lava Cake <i>served with a scoop of gelato</i>	12
Single Scoop Gelato <i>vanilla / chocolate / thai milk tea / earl grey</i>	4
Cake & Pastries <i>check out our display fridge for daily selection</i>	

COFFEE AND TEA

	hot	cold
Espresso (Doppio)	5	6
Coffee / Latte / Cappuccino	5	6
Mocha / Chocolate	6	7
Matcha Latte / Beetroot Latte	6	7
Thé Millennium <i>modern earl grey with calabrian bergamot</i>	5	6
British Breakfast / Uji Sencha / Chamomile / Peppermint	5	6
Homemade Honey Lemon	4	5
Homemade Iced Lemon Tea		6

FRESH JUICE

Classic Detox 'ABC' <i>(red apple, beetroot, carrot)</i>	6
Green Elixir <i>(kale, cucumber, green apple)</i>	6
Orange Glow <i>(carrot, orange, ginger)</i>	6
Your Choice of Fruits <i>(apple, carrot, orange, beetroot)</i>	6

SMOOTHIES

Avocado with Gula Melaka	7
Mango	7
Strawberry	7
Mango Strawberry	7
Strawberry Beetroot	7

ALL DAY HAPPY HOUR

DRAUGHT BEER	pint	½ pint
<i>Tiger Lager / Guinness</i>	10	6
WINES	glass	
<i>Cabernet Sauvignon / Merlot / Sauvignon Blanc / Chardonnay</i>		6
SPIRITS	glass	
<i>Gordon's Gin / Stolichnaya Vodka / Havana Rum / Sauza Tequila</i>		8