

# All Day Breakfast



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## MORNING QUICK BITE

**PROTEIN CUP**  198 Cal 50

2 hard boiled eggs served on a bed of greens

**TEMPEH PROTEIN** 50

**BALLS**    99 Cal

3 protein-rich tempeh 'meat' balls served on a bed of greens

**GREEK YOGHURT &** 60

**NUTTY GRANOLA**   102 Cal

Dairy yoghurt with homemade granola

Coconut yoghurt +\$10

**SUPERFOOD CEREAL** 70

**CUP**     617 Cal

Gluten-free oats with pumpkin, sunflower, chia seed, date & plant-based milk

**SAVOURY OAT POHA**   251 Cal 70

Gluten-free rolled oats with mild spices, onion, mustard seed, ginger, mixed vegetables, mild chilli & peanuts

**AVOCADO TOAST**    375 Cal 78

Sliced avocado with tomato topped on a fresh sourdough toast, drizzled with lemon juice, olive oil and salt

**BANANA BREAD**    358 Cal 38

Wholesome, gluten-free, and nut-free banana bread with cacao nibs, made fresh in-house using organic ingredients

**PUMPKIN BREAD**    444 Cal 38

Organic, gluten-free, and nut-free chai-spiced pumpkin bread made with wholesome ingredients, freshly baked in-house

## SNACKS

**SAMOSA**   

Whole wheat samosa stuffed with a mix of sweet and white potato, peas, and our signature samosa spice blend

Single 73 Cal 35

Set of 2 146 Cal 60

**HUMMUS &** 55

**VEGGIE STICKS**    86 Cal

**HUMMUS & GLUTEN FREE** 55

**CRACKERS**    134 Cal

## WHOLESOME START

**SPANISH OMELETTE**   363 Cal 78

2 organic eggs whipped and baked with sweet potato and onions

**CHOCOLATE PROTEIN**    **SMOOTHIE BOWL** 454 Cal 99

A thick blend of chocolate protein smoothie topped with locally sourced granola, banana, strawberries, coconut flakes, drizzled with agave syrup



**BERRY BLISS** 99



**SMOOTHIE BOWL**    508 Cal

Vibrant blend of mixed berries and banana non dairy milk, topped with sunflower and pumpkin seeds shredded coconut and fresh fruit

### BREAKFAST BURRITO

Signature Burrito with biryani rice layered with tomato, cucumber, mint sauce and choice of:

**TEMPEH**   138 Cal 128

**TOFU SCRAMBLE**   158 Cal 128

**EGG SCRAMBLE**  190 Cal 128

**TOFU SCRAMBLE**    401 Cal 128

Made with our signature blend of mild spices and nutritional yeast to bring out taste and health in one bowl - served with pico de gallo and 2 slices of sourdough bread

**"AKURI" EGG SCRAMBLE**  275 Cal 128

A creamy and spiced version of scrambled eggs made with onions, tomatoes, coriander and an array of mild spices - served with 2 slices of sourdough bread

**GLUTEN FREE BANANA** 128

**PANCAKES**     302 Cal

3 freshly made gluten-free, vegan pancakes topped with maple syrup, banana slices and pecan nuts

## KID'S BREAKFAST

**SCRAMBLED EGGS ON TOAST**  237 Cal 55

Scrambled organic egg on sourdough bread

**CASHEW BUTTER TOAST**   268 Cal 45

House-made toasted organic cashew butter on sourdough bread

**ALMOND BUTTER TOAST**   272 Cal 45

House-made toasted organic almond butter on sourdough bread

**MINI GLUTEN-FREE BANANA PANCAKES**    151 Cal 60

3 freshly made gluten-free, vegan pancakes topped with maple syrup, banana slices and pecan nuts



Gluten-Free



Vegan



Favourite



Nut-Free



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## HOT DISH

**TEMPEH BURGER SLIDERS** ♥ 568 Cal 60

2 mini burger sliders with high protein meat-free burger patty made with fermented soya, topped with vegan slaw, spiced tahini sauce and a side salad

**KATHI ROLLS** 68

Coconut oil infused flatbread with your choice of tandoori-grilled vegetable:

✓ Cauliflower 393 Cal 68

✓ Tofu Mushroom 348 Cal 68

**VEGAN BEAN CHILLI** 236 Cal 78

Spiced quinoa topped with slow cooked beans and vegetables in Mexican spices

**SMOKY EGGPLANT** 78

**QUICHE** 504 Cal

Vegan smoky eggplant quiche made with a gluten-free crust and vegan cheese

**MUSHROOM QUICHE** 480 Cal 78

Vegan savory mushroom quiche made with a gluten-free crust and vegan cheese

**CASHEW LASAGNA** 295 Cal 78

A classic style, vegan lasagna made with eggplant sheets, tofu, cashew, nutritional yeast, mushrooms, tomatoes and onions

**SAMOSA CHAAT** 400 Cal 78

Tangy and spicy deconstructed samosa creates this delectable Indian street food served with chickpea salad, red cabbage, mango powder, Greek yoghurt, red chili and cumin powder

**GLUTEN-FREE** 78

**MAC & CHEESE** 390 Cal

Mac & cheese squares made with our house special vegan cheese sauce and gluten-free pasta

**TRADITIONAL BIRYANI** 244 Cal 99

Lentils, tofu, rice, and vegetables, made with our own special biryani spice blend

**KETO CAULIFLOWER** 99

**BIRYANI** 179 Cal

Keto version of the Traditional Biryani made with eggplant chunks, cauliflower rice and biryani spice blend

**MINCE 'MEAT' FRIED RICE WITH** 78

**CRISPY TEMPEH WONTON** 889 Cal

A savory blend of tempeh mince 'meat', \*farm-fresh egg, vibrant veggies, & aromatic jasmine rice with a side of crispy wontons. \*vegan option with no eggs

## SALAD

**CURRY CHICKPEA &** 78

**VEGETABLE SALAD** 203 Cal

This famous house salad is freshly made using organic chickpeas & vegetables, tossed in Organic Channa Masala spice blend, and served with a lemon wedge

**QUINOA & VEG SALAD** 206 Cal 78

Our freshly made organic quinoa salad is made with vegetables and tossed with organic turmeric and cumin seeds

**KALE & BEETROOT** 78

**SALAD** 206 Cal

Our freshly made, organic kale and roasted beetroot is tossed in cold-pressed olive oil & lemon house dressing

**ZESTY SROUT SALAD** 123 Cal 78

Freshly sprouted green moth beans and moong beans, steamed before tossing with seasonal vegetables, roasted cumin & pink Himalayan salt

## SOUP

**HEARTY SOUP OF THE DAY** 66

Ask about our Sustainable Soup of the Day

**GAZPACHO** 156 Cal 66

**Red:** Cold soup blended with red bell pepper, cucumber, tomato, onion, garlic and our house-made cashew butter, drizzled with olive oil

**Green:** Cold soup blended with green bell pepper, cucumber, avocado, onion, garlic and our house-made cashew butter, drizzled with olive oil

**VEGAN BONE BROTH** 73 Cal 50

A collagen-boosting and nourishing broth made with a medley of beetroot, greens, sea vegetables and miso

**SOUP & SAMOSA SET** 88

**SOUP & SALAD SET** 99



Gluten-Free



Vegan



Favourite



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# Kid's Menu & Dessert

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## KID'S MENU

**MINCE 'MEAT' FRIED RICE**   395 Cal 35  
\*vegan option available with no egg

**PESTO PASTA**  278 Cal 35

**MINI GLUTEN-FREE MAC & CHEESE**   195 Cal 50

**APPLE & NUT BUTTER SNACK**   291 Cal 50

**SCRAMBLED EGGS ON TOAST**  237 Cal 55

**STRAWBERRY BANANA SMOOTHIE**    198 Cal 60

**MINI EGG ROLL**   260 Cal 60



## DESSERT (All Buddhist Friendly)



**NO-BAKE MINI PUMPKIN PIE BITES**   356 Cal 35  
2 pieces

**VELVETY BANANA CHOCOLATE BROWNIE**   178 Cal 35

**CHOCOLATE CUPCAKE**   226 Cal 35

**BLUEBERRY MUFFIN**  245 Cal 35

**KETO CHOCOLATE GANACHE**  450 Cal 45

**RAW CHOCOLATE BROWNIE**   331 Cal 45

**RAW BLUEBERRY CHEESECAKE**   535 Cal 45

**RAW CARROT CAKE**   352 Cal 45

**KETO POPPY SEED CAKE**  368 Cal 45

**ALMOND JOY MUFFIN**   425 Cal 45

**MIXED DATE NUT BAR BITES**  310 Cal 45  
2 pieces



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# Drinks

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## SMOOTHIE (All Buddhist Friendly)

### DIGESTION AID LASSI

Dairy Greek yoghurt, coconut sugar

PLAIN 79 Cal 60

MANGO/STRAWBERRY 86 Cal/80 Cal 68

### NON-DAIRY DIGESTION AID LASSI

Coconut yoghurt, coconut sugar

PLAIN 65 Cal 70

MANGO/STRAWBERRY 80 Cal/74 Cal 78

### ANTIOXIDANT GLOW 172 Cal 78

Mixed berries, coconut milk, maple syrup

### ENERGIZE 259 Cal 78

Superfood cacao, banana, almond milk, almond butter, energizing spice mix

### GREEN GODDESS 194 Cal 78

Green superfoods mix, brown rice protein, banana, coconut milk

### POWER PROTEIN 165 Cal 78

Organic pea protein, berries, almond milk, chai spicemix

### SIGNATURE DETOX 79 Cal 85

Kale, apple, cucumber, celery, moringa tea powder, lemon, ginger, coconut, water, chia seeds

## BOOSTERS

\*for smoothie & coffee

### BOOSTER 1 10/SHOT

Turmeric, moringa, black pepper, cinnamon, ginger

### BOOSTER 2 20/SHOT

Cacao, chia seeds, mixed berries, sunflower seeds, pumpkin seeds, almond butter, cashew butter, coconut oil, ghee

### BOOSTER 3 30/SHOT

Protein powder scoop



## TEA & COFFEE

ORGANIC TULSI TEA SELECTION	20
ESPRESSO	30
AMERICANO	35
MACCHIATO	35
CAPPUCCINO	45
CAFÉ LATTE	45
MOCHA	45
HOT CHOCOLATE	45
BULLETPROOF COFFEE	50
CHAI LATTE	50
MATCHA LATTE	50
TURMERIC LATTE	50
MASALA CHAI	50



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