

PROTEIN BOWLS

AVAILABLE 11:30AM-2PM / 3PM-7:30PM (OR TILL SOLD OUT)

All protein bowls come with a sous vide egg* and a sumptuous vegetable medley of charred cabbage, blanched broccoli, sweet corn and cherry tomato salad.

*Add \$1 to swap sous vide egg for Tamago (Japanese rolled omelette).

1. CHOOSE YOUR BASE (PICK ONE)

· SOBA · BROWN RICE · MESCLUN SALAD[^]

[^]Served with a roasted sesame dressing

2. CHOOSE YOUR MAIN



TRUFFLED WILD MUSHROOMS (V) \$9.00

Umami mixed mushrooms tossed in truffle oil and flaky sea salt



BAKED HONEY SOY CHICKEN \$11.00

Soy-marinated chicken thigh, glazed with honey



ROASTED PUMPKIN (V) \$10.00

Oven roasted pumpkin slices, served with a house-made hot honey drizzle



SLOW BRAISED PORK BELLY \$13.00

Pork belly bites, braised in a savoury marinade for 8 hours



GYUDON \$13.00
 Caramelised onions and thinly sliced ribeye beef cooked in Japanese-inspired sweet soy sauce



PAN-SEARED SALMON FILLET \$15.00
 Pan-seared Norwegian salmon fillet, lightly seasoned



GRILLED HEART OF RUMP STEAK \$15.00
 Premium cut tender rump steak, sous vide with butter & rosemary then grilled
 *Served medium rare

3. CHOOSE YOUR SAUCE (PICK ONE)

- NO SAUCE
- GARLIC AIOLI
- SRIRACHA MAYO
- COLD BASIL PESTO
- BALSAMIC VINAIGRETTE
- ROASTED SESAME

4. COMPLETE YOUR MEAL!

- ADD ICED LEMON TEA \$2.50**
- ADD COFFEE/TEA/CHOCOLATE \$4.00**
 Choose any hot/iced Specialty Coffee, Chocolate or Tea beverage

- ADD A COOKIE \$2.50**
 Chocolate Chip Cookie or Miso Butter Cookie

PROTEIN BOWL ADD-ONS

BASE:

BROWN RICE (1/2).....	\$0.50
BROWN RICE (FULL).....	\$1.00
SOBA (1/2).....	\$0.50
SOBA (FULL).....	\$1.00
SALAD (1/2).....	\$1.00
SALAD (FULL).....	\$2.00

MAINS:

TRUFFLED WILD MUSHROOM.....	\$3.00
ROASTED PUMPKIN.....	\$3.00
BAKED HONEY SOY CHICKEN.....	\$4.00
SLOW BRAISED PORK BELLY.....	\$5.00
GYUDON.....	\$5.00
PAN-SEARED SALMON FILLET.....	\$7.00
GRILLED HEART OF RUMP STEAK.....	\$7.00

SIDES:

ADD SOUS VIDE EGG.....	\$1.00
ADD TAMAGO.....	\$1.50
ADD VEG SIDES.....	\$1.00

Choose one: Corn/Broccoli/Charred Cabbage/
Tomatoes

SAUCE:

EXTRA SAUCE.....	\$0.20
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PASTRIES

BANANA BREAD.....	\$4.50
CHOCOLATE CHIP COOKIE.....	\$3.00
MISO BUTTER COOKIE.....	\$3.00

\$8 PASTRY SET (9AM TO 11AM)

GET A PASTRY (1 BANANA BREAD OR 2 COOKIES)
& A COFFEE/TEA/CHOCOLATE BEVERAGE OF
YOUR CHOICE

DRINKS

9AM-11AM COFFEE PROMO

BLACK COFFEE @ \$3.50

WHITE COFFEE @ \$4.00

**Regular size only.
Add \$0.50 for iced/oat option.*

SPECIALTY COFFEE

Made from an espresso blend of Brazil, Laos & Congo beans

	REG	LRG
ESPRESSO*	\$4.50	-
LONG BLACK*	\$4.50	\$5.00
CORTADO*	\$5.00	-
PICCOLO*	\$5.00	-
MACCHIATO*	\$5.00	-
FLAT WHITE	\$5.00	\$6.50
LATTE	\$5.00	\$6.50
CAPPUCCINO	\$5.00	\$6.50
HAZELNUT LATTE	\$5.50	\$7.00
ICED BLACK	\$5.00	\$6.50
ICED WHITE	\$5.50	\$7.00
ICED HAZELNUT LATTE	\$6.00	\$7.50
BLACK COLD BREW	\$5.50	\$7.00
WHITE CHOCOLATE COLD BREW	\$6.00	\$7.50
TOASTED HAZELNUT COLD BREW	\$6.00	\$7.50

**ONE SIZE ONLY*

CHOCOLATE

	REG	LRG
HOT CHOCOLATE	\$5.50	\$7.00
ICED CHOCOLATE	\$6.00	\$7.50
MINT CHOCOLATE	\$5.50	\$7.00
ICED MINT CHOCOLATE	\$6.00	\$7.50
MOCHA	\$5.50	\$7.00
ICED MOCHA	\$6.00	\$7.50
MINT MOCHA	\$5.50	\$7.00
ICED MINT MOCHA	\$6.00	\$7.50

TEA

	REG	LRG
MATCHA LATTE	\$5.50	\$7.00
ICED MATCHA LATTE	\$6.00	\$7.50
DIRTY MATCHA	\$6.50	\$8.00
ICED DIRTY MATCHA	\$7.00	\$8.50
CHAI LATTE	\$5.50	\$7.00
ICED CHAI	\$6.00	\$7.50
DIRTY CHAI	\$6.50	\$8.00
ICED DIRTY CHAI	\$7.00	\$8.50
ENGLISH BREAKFAST	-	\$4.50
EARL GREY	-	\$4.50
PEPPERMINT	-	\$4.50
CHAMOMILE	-	\$4.50
GREEN TEA	-	\$4.50
ICED LEMON TEA	\$4.00	\$5.50
LYCHEE BLACK TEA	\$5.50	\$7.00

OPTIONS

OAT [REG]	+\$0.50
OAT [LRG]	+\$1.00
EXTRA SHOT	+\$1.00

SMOOTHIE

BERRY SMOOTHIE*	\$7.00
BANANA SMOOTHIE*	\$7.00
OAT	+\$1.00

**ONE SIZE ONLY*

OTHERS

COKE	\$1.50
COKE LIGHT	\$1.50
SPRITE	\$1.50
BOTTLED WATER	\$1.50