

PROTEIN BOWLS

AVAILABLE 11:30AM-5PM

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 \$0.50 to swap sous vide egg for Tamago (Japanese rolled omelette).

1. CHOOSE YOUR BASE

- 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

SCROLL ON FOR MORE!





SLOW BRAISED PORK BELLY \$13.00

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



PAN-SEARED SALMON FILLET \$15.00

Pan-seared Norwegian salmon fillet, lightly seasoned



GYUDON \$13.00

Caramelised onions and thinly sliced ribeye beef cooked in Japanese-inspired sweet soy sauce



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

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

4. COMPLETE YOUR MEAL

ADD ICED LEMON TEA..... \$2.50

ADD COFFEE/TEA/CHOCOLATE \$4.00

Choose any hot/cold specialty coffee, chocolate or tea

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

SAUCE:

EXTRA SAUCE	\$0.20
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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

PASTRIES

BUTTER CROISSANT \$4.50

Flaky croissant with buttery layers

BANANA BREAD \$4.50

Flavourful & moist homemade banana bread

CHOCOLATE CROISSANT \$5.00

Flaky pastry with a bittersweet chocolate centre

ALMOND CROISSANT \$5.00

Flaky pastry with frangipane filling, topped with toasted almonds

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

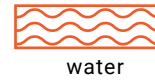
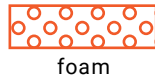
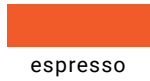
GET A PASTRY & A COFFEE/TEA/
CHOCOLATE BEVERAGE OF YOUR CHOICE



DRINKS

SPECIALTY COFFEE

Made from an espresso blend of Ethiopia, Columbia & Papua New Guinea



ESPRESSO
\$4.50



CORTADO
\$5.00



PICCOLO
\$5.00



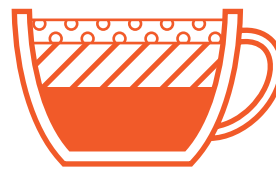
MACCHIATO
\$5.00



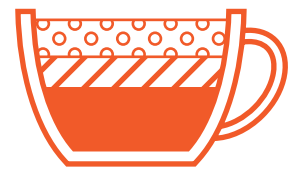
LONG BLACK
\$4.50



FLAT WHITE
\$5.00



LATTE
\$5.00



CAPPUCCINO
\$5.00

Add \$1.50 to upsize to LARGE hot coffee/tea/chocolate

ICED BLACK.....	\$5.00
ICED WHITE.....	\$5.50
HAZELNUT LATTE	\$5.50
ICED HAZELNUT LATTE	\$6.00
BLACK COLD BREW	\$5.50
WHITE CHOCOLATE COLD BREW	\$6.00
OAT	+\$0.50 (reg) \$1.00 (lrg)
DECAF	+\$0.50
EXTRA SHOT	+\$1.00

TEAS

MATCHA LATTE.....	\$5.50
ICED MATCHA LATTE.....	\$6.00
CHAI LATTE.....	\$5.50
ICED CHAI LATTE	\$6.00
ENGLISH BREAKFAST.....	\$4.50
EARL GREY	\$4.50
CHAMOMILE.....	\$4.50
PEPPERMINT.....	\$4.50
GREEN TEA.....	\$4.50
ICED LEMON TEA.....	\$4.00
ICED LYCHEE BLACK TEA.....	\$5.50

DUTCH DARK CHOCOLATE

MOCHA	\$5.50
ICED MOCHA	\$6.00
MINT MOCHA	\$5.50
ICED MINT MOCHA.....	\$6.00
HOT CHOCOLATE.....	\$5.50
ICED CHOCOLATE.....	\$6.00

SMOOTHIES

BERRY SMOOTHIE	\$7.00
BANANA SMOOTHIE.....	\$7.00

OTHERS

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