

PROTEIN BOWLS

AVAILABLE 11:30AM-2PM / 3PM-7:30PM

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

BANANA BREAD \$4.50
Flavourful & moist homemade banana bread

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

SPECIALTY COFFEE

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

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

*ONE SIZE ONLY

CHOCOLATE

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

OPTIONS

UPSIZE TO LARGE	+\$1.50
COFFEE/TEA/CHOC	
OAT [REG]	+\$0.50
OAT [LRG]	+\$1.00
EXTRA SHOT	+\$1.00
DECAF	+\$0.50



TEA

	HOT	ICED
MATCHA LATTE	\$5.50	\$6.00
DIRTY MATCHA	\$6.50	\$6.00
CHAI LATTE	\$5.50	\$7.00
DIRTY CHAI	\$6.50	\$7.00
ENGLISH BREAKFAST	\$4.50	\$5.00
EARL GREY	\$4.50	\$5.00
PEPPERMINT	\$4.50	\$5.00
CHAMOMILE	\$4.50	\$5.00
GREEN TEA	\$4.50	\$5.00
ICED LEMON TEA	-	\$4.00
LYCHEE BLACK TEA	-	\$6.00

SMOOTHIE

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

OTHERS

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