

OUR CHEF CURATED BOWLS

TUNA POKE

DF GF \$18

Coconut rice, diced sashimi tuna, edamame beans, rainbow slaw, cucumber, avocado, radish, dried seaweed, pickled ginger, rice seasoning.
Ginger & wasabi mayo **Contains lactose**

BEEF BIBIMBAP

DF GF \$16

Black rice, sliced rare eye fillet beef, cucumber, carrot, rainbow slaw, sugar snaps, soft boiled egg, radish, tomatoes, rice seasoning.
Spicy bibimbap dressing **Contains lactose**

HOT SMOKED SALMON

DF GF \$16

Soba noodles, hot smoked salmon, broccoli rice, sugar snaps, carrot, mint, lime, corn, radish, coconut flakes. Kale, avocado & pepita dressing

CHICKEN

DF GF \$16

Curry quinoa, tamari sous vide chicken (free range), beetroot, kale, zucchini noodles, tomatoes, avocado, coriander, maple & miso sesame crunch.
Miso roasted sesame mayo

SALMON + ANCIENT GRAINS

DF GF \$16

Curry quinoa, sliced salmon sashimi, soft boiled egg, kale, miso sweet potato, avocado, raw kraut, carrot, spicy seed & cranberry crunch. Papaya & lime vinaigrette

TOFU

V DF GF \$14

Soba noodles, cumin & pepper fried tofu, rainbow slaw, cucumber, kale, zucchini noodles, miso sweet potato, coriander, lime, spicy seed & cranberry crunch. Miso roasted sesame mayo

KINGFISH ISLAND

DF GF \$18

Coconut rice, sliced kingfish sashimi, corn, miso sweet potato, avocado, zucchini noodles, cucumber, raw kraut, lime, coriander, coconut flakes.
Papaya & lime vinaigrette

MACRO

V DF GF \$14

Broccoli rice, zucchini noodles, edamame beans, raw kraut, miso sweet potato, carrot, beetroot, coconut flakes, kale. Avocado & pepita dressing

Dairy Free
DF

Vegan
V

Gluten Free
GF

COMPOSE YOUR OWN BOWL

1 BASE

Coconut Rice, Black Rice, Broccoli Rice, Soba Noodles, Curry Quinoa

2 PROTEIN

Rare Beef, Tofu, Hot Smoked Salmon, Chicken, Salmon Sashimi, Tuna Sashimi, Kingfish Sashimi

3 FILLINGS

4 TOPPINGS

5 DRESSING

DRINKS

Organic Kombucha \$7

Lightly effervescent drink bursting with billions of probiotics, is gluten free, low in sugar & vegan friendly.

Nitro Cold Brew \$6

Single Origin Colombian coffee cold brew, infused with nitrogen, produces a smooth creamy mouthful with notes of dark chocolate.

Sparkling Water \$4

Cold Press Juice \$6

'The Juice Lab': Superpower, Unbeetable, Carrot Top & Healthy Warrior

Bottled Water \$4

WE'RE COMMITTED TO SOURCING
THE FRESHEST SEASONAL PRODUCE
FROM LOCAL GROWERS