



SUPERFOODS

\$12 LUNCH MENU

Super Charged Salad (gf/v)

Sweet potato, pumpkin, green lentils, sunflower seeds, pepitas, sprouting seeds, kale, cumin yoghurt

Lean Green Salad (gf/v)

Broccoli, mung bean, quinoa, pepita seeds, baby spinach, kale, spring onion, soy bean, apple cider vinaigrette

Baby Spinach Caesar Salad

Fresh baby spinach leaves, crispy bacon, rye croutons, parmesan cheese, poached egg, caesar dressing

Warm Asian Green Salad (gf/v)

Broccoli, zucchini, sugar snap, kale, bok choy

Veggie Bruschetta (v)

Chargrilled eggplant, roasted pumpkin, grilled zucchini, asparagus, super seed mix on toasted rye

Chicken Breast

& Super Greens on Rye

Baby spinach, alfalfa, cucumber, spring onion, pepitas, wholegrain mustard aioli on toasted open rye

Super-Food Rainbow Wrap (v)

Red cabbage, beetroot, carrot, tomato, quinoa, pepitas, chia, pearl barley, alfalfa, baby spinach & hommus in a green spinach wrap

Clean & Green Pasta (v)

Spinach fettucine, broccoli, kale, spring onion, peas, salsa verde

Healthy Swiss Burger (v)

Swiss mushroom, chargrilled red capsicum, grilled zucchini, baby spinach leaves, olive tapenade, toasted rye bun

Extras

<i>add haloumi</i>	3
<i>add tofu</i>	4
<i>add chicken</i>	4
<i>add smoked salmon</i>	5
<i>add sweet potato fries</i>	2