

# APPETISERS, SIDES & SHARERS

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HEALTHY KALE CHIPS | 5,50 PB RF GF DF  
Organic Kale marinated in our secret recipe and dehydrated to preserve all its goodness – Still bursting with enzymes and nutrients!

MIDDLE EASTERN MEZZE | 11,90 PB RF GF DF  
Hummus, spiced aubergine, roast cherry tomatoes, kalamata olives, gluten free tabouleh  
Try adding our probiotic cashew cheese + 2,50

HUMMUS | 6,90 PB GF DF  
Served with crudite

BHAJIS | 6,90 PB GF DF  
Onion and sweet potato bhajis served with a citrus ginger coconut yogurt dip

GUACAMOLE | 10,20 PB RF GF DF  
Fresh guacamole served with corn homemade tortillas. Perfect to share!

NACHOS LIBRES | 9,50 PB RF GF DF  
Homemade tortillas with diced avocado, black beans, pico de gallo and fresh cilantro served with sour cream made from sunflowers and charred tomato salsa!

CHEAT-DAY QUESADILLAS GF  
FREE RANGE CHICKEN | 9,50    JACKFRUIT 10,90  
Corn tortillas filled with melted cheese, pico de gallo served with guacamole and chard tomato salsa

# TACOS

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SHRIMP | 10,90 DF GF  
Grilled wild shrimp and avocado with a fresh lime slaw

TUNA | 10,90 DF GF  
Tarifa tuna marinated in chipotle sauce with avocado, fresh lime slaw & tajin spice

CHICKEN | 8,90 DF GF  
Mexican spiced chicken strips with black beans, pico de gallo and avocado

JACKFRUIT | 8,90 PB DF GF  
Pulled jackfruit with black beans, pico de gallo and avocado

# BREADS & WRAPS

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MANUKA BURGER | 14,50  
Grass-fed Galician beef with manchego cheese, caramelised onions, pickled cucumber in a locally baked malted whole grain bun served with sweet potato fries and chipotle mayonnaise

VEGGIE BURGER | 11,50 PB DF  
Pea protein pattie with a creamy sriracha coleslaw served on a toasted malt bun with sweet potato fries and home-pickles.

MIAMI CHICKEN WRAP | 11,90  
Herbed free-range chicken, caramelized onions and tomatoes, cream cheese, spring onion, kale, spinach, avocado & mozzarella in a toasted wrap

MYKONOS WRAP | 11,90 PB DF  
Greek-style wrap filled with roasted aubergine, plant-based 'feta' cheese, caramelized onions, sun-dried tomato pesto, kalamata olives and rocket

BURRITO DF  
JACKFRUIT | 11,90 (PB)    CHICKEN | 11,90  
Chipotle marinated chicken or jackfruit sautéed with peppers, onions and black beans, with rice and avocado in a toasted wrap

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## WHOLESOME SALADS

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MANUKA SALAD | 11,90 PB RF GF DF  
Mixed greens, grilled sweet potato, plant-based “feta”, cherry tomatoes, red onion, avocado, pumpkin & sunflower seeds, tamari almonds and dates with our house dressing

TANGY SWEET MISO SALAD | 14,50 PB GF DF  
Shitake mushrooms in a medjoul date marinade on a bed of kale, purple cabbage, spring onions, blanched broccolini & cucumber, topped with tamari almonds, omega rich hemp seeds and a miso dressing

“KALE CEASAR” SALAD RF DF  
CAJUN CHICKEN | 13,90 CLEAN | 9,50 (PB)  
A healthy plant-based twist on a classic. Roast cherry tomatoes, avocado and homemade croutons tossed in a rubbed Kale and romaine mix with our vegan Ceasar dressing.

THAI ME UP RF GF DF  
FREE RANGE CHICKEN | 13,50 WILD PRAWNS | 15,90  
Wild prawns or Chicken with crisp mixed leaves, tomato, cucumber, sweet onion, snow peas, vean sprouts, red chili, coriander, mint and crushed cashews with a Thai dressing

CHICKEN & AVOCADO SALAD | 13,90 RF GF DF  
Grilled herbed free-range chicken with lots of avocado, mixed greens, cherry tomatoes, toasted pumpkin & sunflower seeds with a mustard dressing

FATOUSH SALAD | 10,90 RF  
Lebanese style roast aubergine and halloumi bites on a bed of radishes, cucumbers, tomatoes, spring onions, romaine lettuce and homemade croutons. Topped with pomegranate, sumak and a citrus dressing

## HEALTHY NOODLES

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PAD THAI GF DF  
VEGETARIAN 11,90 | FREE RANGE CHICKEN 14,50 | WILD PRAWNS 15,90  
Classic Thai rice noodles with tamarind, spring onion, snow peas, organic egg, sprouts and coriander topped with crushed peanuts and chili, with a fish sauce dressing on the side

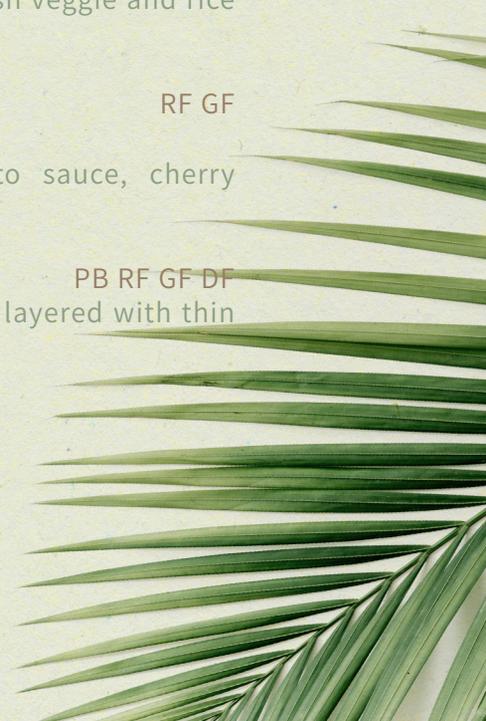
SATAY STIR FRY NOODLES GF DF  
CHICKEN | 14,50 TEMPEH | 14,50 (PB)  
Free range chicken thighs or probiotic tempeh coated in an organic peanut satay marinade served with a stir fry of fresh veggie and rice noodles

ZUCCHINI PASTA RF GF  
VEGETARIAN 10,90 | WILD PRAWNS 15,90  
Spiralized zucchini pasta with sun-dried tomato sauce, cherry tomatoes & manchego cheese

CRUNCHY LASAGNA | 11,90 PB RF GF DF  
Our “Walnut Bolognese” and slow roast tomatoes, layered with thin zucchini slices, and probiotic cashew nut cheese

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# BOWL FOOD

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SUPERFOOD BOWL | 11,90

PB GF DF

A Kale and quinoa tabouleh mix with hummus, avocado, toasted pumpkin & sunflower seeds and pomegranate kernels with a tahini dressing

POKE

TUNA | 15,90

SALMON | 15,90

GF DF RF

Blue-fin tuna or Loch Duarte Salmon tartar marinated with lemongrass and tamari on a bed of organic rice with avocado

PROTEIN POWER | 14,90

GF DF

Low glycemic and protein rich. Free range chicken, spinach, black beans, quinoa, avocado and sweet potato topped with cream cheese and chili flakes

SALMON BOWL | 15,90

GF DF

Loch Duarte Salmon\* filet served with organic rice, avocado, coriander & chili served with a side of our vietnamese dressing

*\*Have you seen Seaspiracy?*

*We pay double the price for our salmon to ensure that it is grown and cared for in an ethical and sustainable way.*

*Find out more on [www.cleanfish.com/loch-duart-salmon](http://www.cleanfish.com/loch-duart-salmon)*

MALASIAN YELLOW CURRY

GF DF DF

VEGETERIAN | 11,90

CHICKEN | 14,50

WILD PRAWN | 15,90

Tender free-range chicken or wild prawns cooked in an organic peanut & coconut sauce with lots of fresh turmeric served with rice and vegetables

TERIYAKI BOWL | 12,90

GF DF

Slow cooked chicken thighs in our homemade teriyaki glaze, fresh tomato, cucumber, red cabbage with organic rice and a golden turmeric tea egg

SHITAKE BOWL | 12,50

PB GF DF

Homemade teriyaki glazed shitake, on a bed of organic rice served, broccolini, pickled cucumber & cilantro

## SIDE DISHES

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SWEET POTATO FRIES WITH CHIPOTLE MAYONNAISE | 4,90

SWEET POTATOE BRAVAS WITH CHIPOTLE MAYONNAISE & CHILI FLAKES | 5,20

VIETNAMESE STYLE RICE | 4,20

SAUTED BROCOLINNI WITH TAHINI DRESSING | 5,50

GARDEN SALAD | 4,50

ASIAN COLESALW | 4,20

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# MUNCHKIN FOOD & DRINKS

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CARROT & APPLE JUICE | 2,50

CARROT & ORANGE JUICE | 2,50

BANANA, STRAWBERRY AND FLAX SEED SHAKE | 3,50

BANANA, DATE & CACAO SHAKE | 3,50

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FREE-RANGE CHICKEN BREAST | 5,50  
Sweet potato fries and steamed broccolini

GF DF

GRILLED SALMON BURGERS | 5,90  
Loch Duarte homemade salmon burgers with rice and snow peas

GF DF

RAINBOW PASTA | 5,00  
Rice pasta with zucchini, carrots & butter

GF

## DESSERTS WITH BENEFITS

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HOMEMADE - NATURAL SUGARS - WHOLESOME INGREDIENTS

MAMA'S CRUMBLE | 6,50  
Oat and coconut crumble over a bed of oven roast apples, pears and muscatel raisins topped with vanilla and pecan ice cream

PB GF DF

FRESH LEMON TART | 5,90  
Try our fresh plant-based lemon tart made from organic lemons and young coconut pulp topped

PB RF GF DF

BEET CAKE | 4,90  
Beetroot and carrot cake with ginger and a plant based sugar-free icing

DF

DOUBLE CHOCOLATE FUDGE | 5,90  
Dark chocolate brownie style cake served with plant based chocolate icecream

GF DF

BANOFFEE CUP | 5,90  
Oat and coconut crumble topped with banana, our home-made medjooj date caramel and coconut fresh whipped cream

PB RF GF DF

RASPBERRY SPLIT | 9,90  
Doble vanilla and raspberry plant-based ice cream layered with whipped coconut cream, almond crumble, mulled cherry and chia compote topped with pistachios - Perfect for sharing !

PB RF GF DF

ICE-"CREAM" | 3,90  
We love this clean, natural, plant-based ice cream *made from a handful of real organic ingredients:*

PB RF GF DF

Chocolate salted caramel | Vanilla & raspberry | Pecan praline & caramel

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