

FOODWELL LUNCH

SMALL PLATES

FRESH GUACAMOLE 5

Lime and chilli smashed avocado, mixed coloured corn tortillas. **V N GF**

SATAY CHICKEN SKEWERS 9

Chargrilled crispy chicken thigh skewers, peanut penang sauce, sour thai slaw, toasted nuts and seeds. **N**

WHIPPED BURRATA & FLATBREAD 8

Whipped buffalo burrata, slow roasted broken tomatoes, basil oil, preserved lemon, pine nuts and lemon balm. **V N**

SALMON & PASSION FRUIT CEVICHE 9

Sliced salmon with passion fruit tiger's milk, purple Peruvian potatoes, mixed pickled beets, avocado puree and lotus root crisp. **GF**

PULLED RAS EL HANOUT LAMB 9

Pulled braised lamb shoulder roasted in ras el hanout, Jerusalem artichoke puree, pickled red onions, dukkah, harissa, rose and sumac yoghurt. **N GF**

LOBSTER NACHOS (TO SHARE) 15

Torn lobster smothered in grilled thermidor cheese, mixed tortillas, guacamole, tomato and green salsa. **N**

SANDWICHES & BURGERS

ALL SERVED WITH A CHOICE OF JERUSALEM ARTICHOKE WEDGES OR SEASONAL MIXED LEAF SALAD.

FOODWELL BURGER 10

Stacked, chargrilled lean beef burger on superfood brioche, chipotle sour cream, grilled cheese, zingy green salsa, avocado, baby gem and crispy onion.

JERK HAM AND CHEESE SUPERFOOD TOASTIE 8

Jerk ham hock, mature cheddar, pineapple chutney, superfood sourdough toastie.

DAILY DOUGHROLL 6

Freshly baked, light & fluffy wrap with filling off the day.

PULLED BBQ JACKFRUIT ON SUPER FOOD SOURDOUGH 7

Pulled BBQ jackfruit, slow roasted tomatoes, spinach and rose harrissa cheese.

CLASSICS

AUSSIE BEACH BREAKFAST 7

Crispy bacon, poached egg, lime and chilli avocado, slow roasted tomato, spinach and halloumi. **GF**

JALAPEÑO CORN BREAD WITH BLACK BEAN SALSA 9

Crispy chilli cornbread, avocado, poached egg, bean salsa with rose harissa sour cream and pickled sweet red onion. **V N GF**

STEAK AND EGGS 9

Flat iron steak, scrambled eggs, slow roast tomato, wilted spinach and korean spiced ketchup. **GF**

Vegetarian **V** Vegan **VG** Contains nuts **N** Gluten free **GF**

PLEASE TURN ME OVER...

NOURISH BOWLS

VEGAN & GLUTEN FREE OPTIONS AVAILABLE

RAMEN (ADD CHILLI)

REMOVE NOODLES FOR LOW CARB

Tender stem broccoli, beansprouts, rainbow vegetables, edamame, lime and soft boiled egg.

8

POKE BOWL

REMOVE RICE FOR LOW CARB

Whole grain miso rice, pickled red cabbage and ginger, edamame, avocado, rainbow beets, caramelised pineapple, soy and sesame dip.

8

PROTEIN TOPPINGS

FILLET STEAK SKEWER **GF**

5

CHICKEN SKEWER **GF**

4

GRILLED HALLOUMI **GF**

4

SPICY COATED SMOKED TOFU **VG**

4

RAW SALMON **GF**

5

RAW TUNA **GF**

5

SALAD BOWLS

CHOOSE FROM OUR SELECTION OF CHANGING SALAD BOWLS WITH A CHOICE OF PROTEIN FROM ABOVE.

PLANNT VEGAN

6

HIGH CARB

6

LOW CARB

6

LARGE PLATES

COCONUT KATSU CURRY

15

Coconut coated chicken breast, pickled ginger vegetable salad and Katsu curry sauce.

STEAK & "CHIPS"

22

Chargrilled 6oz fillet steak, mixed mushrooms, slow roasted tomatoes, jerusalem artichoke wedges and kale chimichurri.

SEABASS & PRAWN CURRY

18

Grilled seabass and king prawns, charred corn, thai sour noodle salad, lychee, pineapple and red coconut curry sauce. **GF**

SIDES

CHARGRILLED HISPI CABBAGE

4

Miso dressing, crumbled feta. **GF**

JERUSALEM ARTICHOKE WEDGES,

4

Smoked sumac salt. **VG GF**

SEASONAL TOGARASHI VEGETABLES **VG GF**

4

HALLOUMI FRIES

4

Greek yoghurt, pomegranate and mint. **V GF**

BROWN MISO SUSHI RICE **VG GF**

4

SEASONAL MIXED LEAF SALAD **VG GF**

4

BALTI HASSELBACK POTATOES **V GF**

4

SWEET

FRESHLY BAKED PASTRIES

3

BLONDIE

3

CHOCOLATE PLANNT BROWNIE

7

Peppermint & buckwheat brownie, aquafaba meringue, chocolate ice cream. **VG**