

 SOOTHE: COCONUT & LENTIL DAHL	14
Lemongrass, coconut, avocado, chard, toasted almonds, mixed grains ve	
 DETOX: POKE BOWLS	9.5
Watermelon radish, spiralised veg, pickled cabbage, brown sushi rice, avocado, pickled ginger & chargrilled pineapple ve gf	
 CURE: PLANNT RAMEN	11
Fragrant Tokyo-style umami broth with broccoli, beansprouts, rainbow vegetables, lime & ramen noodles ve	
NOURISH: BONE BROTH RAMEN	11
Fragrant Tokyo-style dashi umami broth with broccoli, beansprouts, rainbow vegetables, lime, ramen noodles, & beetroot egg	
 POWER: BLACK QUINOA SALAD	9
Black quinoa, green mango, pomegranate, spring onion, coriander, feta, lime & jalapeño dressing v gf	
 CHARGE: BULGAR & BUCKWHEAT GRAIN BOWL	9
Sweet potato, broccoli, peanuts, sweet miso & sesame dressing ve	
 NURTURE: SPROUT & HERITAGE VEGETABLE SLAW	9
Heritage carrots & radishes, preserved lemon & sumac dressing, confit garlic crispy shallots ve	
 VITALITY: ZAATAR ROASTED SQUASH	9
Red onion, courgette, green beans & hazelnuts, kimchi & umeboshi dressing ve gf	
Add proteins: crispy tofu ve gf / satay chicken gf / halloumi v gf / tuna gf	4

