

BAKERY SERVED UNTIL 2PM

- MISO CARAMEL POPCORN CROISSANT** (plain available) **v** 5
- LEMON MERINGUE PAIN AU CHOCOLATE** (plain available) **v** 5
- SWEET CORN DROP CAKES** 7.5
Avocado, pickled red onion, jalapeño salsa, harissa sour cream **v gf**
ADD 2 poached eggs **gf v** / streaky bacon **gf** / grilled halloumi **gf v**
ADD 3.5 smoked salmon **gf**
- PINA COLADA FRENCH TOAST** 7.5
Cinnamon brioche, coconut yoghurt, caramelised pineapple, white chocolate, Malibu & lime jam **v**

BRUNCH GRILL SERVED UNTIL 2PM

- AVO SMASH ON TOAST** 7.5
Smashed avocado, onion, jalapeño & lime spread on toasted sourdough **v ve**
ADD 2 poached eggs **gf v** / streaky bacon **gf** / grilled halloumi **gf v**
ADD 3.5 smoked salmon **gf**
- AUSSIE BEACH BREAKFAST** 9.5
Crispy bacon, charred halloumi, poached egg, lime, confit tomato & avocado **gf**
- PLANNT BREAKFAST** 11
Turmeric tofu scramble, sweet potato hash, beans, mushrooms, tomato, avo, wilted spinach & beetroot black pudding **v ve**
- FOODWELL FULL BREAKFAST** 11
Crispy bacon, sweet potato hash, grilled tomato, flat mushroom, poached egg, Cumberland sausage & beans
- BREAKFAST BAGEL** 7.5
Bacon, avo, halloumi, egg & chilli jam
- WEST COAST WAFFLE TOASTIE** 11
Grilled cheese brisket pastrami, mixed pickle served with a seasonal side salad
- PULLED MUSHROOM, HALLOUMI, SPINACH & EDAMAME WAFFLE TOASTIE** 9
Served with a seasonal side salad **v**

NIBBLES & SMALL PLATES

- NOCELLARA OLIVES** Over ice **gf v ve** 4.5
- FRESH, CHUNKY GUACAMOLE** Corn chips 6
- SMOOTH WHIPPED HUMMUS** 6
Rose harissa & hand stretched flatbread **v ve**
- HALLOUMI POPCORN** Honey & truffle drizzle **gf v** 7.5
- CHICKEN KARAAGEE SKEWERS** 9.5
Penang satay, sour Thai vegetable slaw, sesame, peanut & chilli **gf**
- TEMPURA PRAWNS** Sriracha mayo & lime **gf** 10
- KOREAN BBQ CAULI HOT WINGS** 7.5
Golden crispy cauliflower wings with Korean BBQ glaze **gf v ve**
- KOREAN BBQ HOT WINGS** 9
Golden crispy chicken wings with Korean BBQ glaze **gf**

MINDFUL BOWLS

- COCONUT & LENTIL KITCHARI DAHL** 14
Lemongrass, coconut, avocado, chard, toasted almonds & quinoa **gf v ve**
- RAMEN BOWL** 11
Fragrant Tokyo-style umami broth with broccoli, rainbow vegetables, bean sprouts, egg, lime & ramen noodles
- PLANNT RAMEN** 11
Fragrant Tokyo-style vegan umami broth with broccoli, rainbow vegetables, bean sprouts, lime & ramen noodles **v ve**
- POKE BOWLS** 9.5
Watermelon radish, spiralized veg, pickled cabbage, sushi rice, avocado, pickled ginger & caramelised pineapple **gf v ve**
- WATERMELON & GREEN PAPAYA SALAD** 9.5
Roasted cashews, rice noodles, miso, sesame & soy dressing **v ve**
ADD PROTEINS 4 crispy sesame tofu **gf v ve** / karaagee chicken **gf** / raw salmon **gf** / raw tuna **gf**

LARGE PLATES

- FRESH LINGUINI PASTA** 12
Tender linguini, confit cherry tomatoes, garlic & parsley **v ve**
ADD 4 king prawns **gf** / burrata **gf v**
- DIRTY WAGYU BURGER** 15
Wagyu beef pattie, double cheese, our dirty burger sauce, toasted brioche bun
- SHANGHAI PEANUT BUTTER BURGER** 14
Crispy fried chicken on toasted brioche bun, Penang satay, Sriracha, green papaya slaw
- PLANNT BURGER** 13.5
Mushroom & lentil pattie, baby gem, pickled red cabbage, Sriracha mayo **v ve**
- COCONUT KATSU CHICKEN** 15
Crispy golden chicken, with our coconut curry, rainbow vegetable noodles, pickled ginger & sesame **gf**
- WHITE MISO GRILLED CHICKEN OR SALMON** 15
Free range chicken or salmon fillet, white miso & Sriracha caramel glaze, wilted pak choi sum & Asian greens **gf**
- COD MASALA** 16
Roasted cod loin, tamarind masala sauce, saag greens coriander, toasted coconut **gf**

SIDES

- ROASTED PURPLE POTATOES** Garlic butter **gf v** 5
- CHARGRILLED HISPI CABBAGE** Hazelnut romesco **gf v ve** 5
- TENDERSTEM BROCCOLI** Rose harissa **gf v ve** 5
- STEAMED SUSHI RICE** Miso & crispy shallots **v ve** 4.5
- FRENCH FRIES** **gf v ve** 4
- ASPEN FRIES** Parmesan & truffle **gf v** 5
- BABY CAESAR SALAD** Parmesan cheese, croutons **v** 4.5

v vegetarian **ve** vegan **gf** gluten free

plannt **gf** plant based

PLEASE MAKE YOUR SERVER AWARE OF ANY ALLERGIES.
ALL TABLES ARE SUBJECT TO A DISCRETIONARY SERVICE CHARGE OF 10%

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