



Welcome to Kitchen by Food Rebel. We believe a Food Rebel should have the power of choice. A Food Rebel should know how their food is produced. A Food Rebel should understand the impact food has on the body. Are you a Food Rebel?

The Food Rebellion starts in the Kitchen!

28 Stanley Street, (S)068737

Tel: +65 6224 7088

www.foodrebelsg.com

email: info@foodrebelsg.com #eatgoodfeelgood #foodrebelsg

Follow us: Insta:@foodrebelsg Facebook:/kitchenbyfoodrebel

Weekend Rebel Brunch

(Served from 9am to 2pm Saturdays)

Cooling Breakfast

Acai Berry Bowl 12
Selva Organic Acai, Fresh Fruit, Chia Seeds, House-made Granola, Mixed Seeds & Goji Berry - V, NF

Cinnamon Spiced Overnight Oats 9.5
Add on Mixed Nuts or Seeds +2.5
Add on Banana +2

Organic Rolled Oats (may contain trace gluten), Cranberries, Chia Seeds & Coconut Milk - V, DF, NF

House-made Granola with Greek Style Yoghurt 11
Organic Oats, Activated Walnuts, Coconut, Goji Berries & Fresh Fruit - VG

Chia Seed Puddings 8
Organic Chia Seeds with Coconut Milk in Mango or Dragon fruit - V, DF, GF, NF

Breakfast like a King - why it's the most important meal of the day.

If you are going to successfully get through your day without snacking and resorting to sugary treats and carb-heavy snacks you need to start your day in the right way with a good mixture of high-quality protein, good fats and carbs without refined sugars. In this way you will stabilise your body's blood-sugar levels and be able to manage your cravings.

Eat Good. Feel Good.

Rebel Brunch

Rendang Egg Benedict 24
Sweet Potato 'toast', poached eggs & Rendang sauce (chef's recommendation) - VG, GF, DF, NF

Rebel Brunch 19
Avocado, Cherry Tomatoes, Mushrooms, Sour-Dough Rye Toast & Eggs as you like (fried, scrambled, poached) - VG, DF, NF

Add On Aussie Grass-fed Beef 7

Bolognese Sweet Potato Fries 18
Fries topped with Grass-fed Beef Bolognese slow cooked in seasoned tomato sauce - GF, DF, NF

Coconut Oat Pancakes 17
organic rolled oat flour with housemade mango chia seed jam & maple syrup. NB: oats can contain trace gluten - V, DF, NF

Buckwheat Porridge w Cashew Butter 11
gluten-free wholegrain with house-made cashew butter - V, GF, DF

Build Your Own

PROTEINS:
Eggs (2 as a serving) Fried/Scrambled/Poached 6
Aussie Grass-fed Beef 7

CARBS:
Austrian Sourdough Toast 4
Gluten-Free Toast 5
Banana 2

VEG:
Sautéed Mushrooms 5
Organic Cherry Tomatoes 4
Avocado (half) 5
Organic Rocket 5

Super Smoothies

Incredible Hulk 9
Organic Greens, Organic Protein Powder, Orange, Ginger & Banana

Espresso Mocha 9
Espresso, Cacao Powder, Banana & House-made Peanut Butter

Acai Berry 9
Selva Organic Acai Berry, Banana, Coconut Water

Ask our Rebels for customised smoothies

Boosters:
Mixed-Activated Nuts or Seeds 2.5

Organic Dairy-Free Protein Powder 3

MyMaha Organic Green Superfood Powder 2

Is coffee good for you?

Everyone has a different sensitivity to caffeine, so consider coffee as part of your 80/20 balanced lifestyle.

We take our coffee quality seriously, using fair-trade speciality beans sourced ethically by Five Senses & Common Man Coffee Roasters.

Our blend of Nicaraguan, Columbian & Sumatran beans offers up a complex and dynamic cup. Delicate herbal aromas lead into dark chocolate flavours, which swiftly open towards juicy blackcurrant notes & an extended syrupy body.

V = Vegan, VG = Vegetarian, DF = Dairy Free, GF = Gluten Free, NF = Nut Free

PLEASE APPROACH OUR CASHIER TO PLACE YOUR ORDER. #eatgoodfeelgood #foodrebelsg