

## Gourmet Dumplings

Organic Beef and Carrot organic beef / carrot	Chicken and Celery chicken / celery / mushroom	Tofu and Mushroom (Vegan) marinated tofu / shitaki mushroom / sweet potato vermicelli / bok choy		
Free Range Pork and Prawn + \$.50c free range pork / prawn	Free Range Pork and Wombok free range pork / Chinese cabbage (wombok) / shitaki mushroom	Egg and Zucchini (Vegetarian) eggs / zucchini		
	3 pcs	6 pcs	9 pcs	12 pcs
Steamed	\$ 5.0	\$ 8.0	\$ 12.0	\$ 15.0
Pan Fried	\$ 5.5	\$ 8.5	\$ 12.5	\$ 15.5
+ a side Salad	+ \$ 4.00	+ add a small Drink	+ \$ 3.00	

## Gourmet Salads

Small \$9.80 / Large \$16.80

### Asian Chicken Salad

Roasted chicken / cos lettuce / purple cabbage / cucumber / spring onion / coriander  
light sesame oil and lemon juice dressing

**Gluten free** Contains sesame

### Grilled Chicken and Couscous Salad

Couscous / cherry tomatoes / cucumbers / grilled zucchini / grilled chicken / herbs and seeds

### Kale Salad

kale / dried cranberries / pecans  
lemony olive dressing

**Vegan** **Gluten free** Contains tree nuts

### Rocket and Pumpkin Salad

Mixed herb-infused roasted pumpkin / fresh rocket / Yarra Valley Persian feta / toasted pine nuts  
extra virgin olive oil dressing

**Vegetarian** **Gluten free** Contains dairy product and tree nuts

## Appetizers

Prawn Crackers	\$3.50	Cauliflower Popcorn <b>Vegan</b> <b>Gluten free</b>	\$6.50
Air Fried Chips	reg: \$3.80 lag: \$4.80	Garlic Bread with Fresh Herbs and	\$4.50
Air Fried Fish Bites	6 pcs: \$ 8.50 12 pcs: \$ 14.90	Thai Fish Cake	\$9.00
		Fish / kaffir lime leaves / red curry / egg / fish sauce / coriander / onion	

## Other Specialties

<p><b>Pecan Rolls with Salad (3pcs)</b> Crispy vegan puff pastry / pecan nuts / rolled oats / silken tofu / rosemary / carrots <b>Vegan</b></p> <p><b>Cheesy Grilled Pineapple Chicken with Salad</b> Chicken breast fillet / cheese / pineapple and salad of your choice.</p> <p><b>Grilled Chicken Skewer with Salad and Rice</b> Chicken breast fillet / zucchinis / capsicums / grape tomato / red onion served with choice of salad and steamed Jasmine rice.</p> <p><b>Beijing Noodle</b> Classic noodle dish originally from Beijing Wheat noodle / free range pork mince / soybean paste-based warm dressing / cucumbers / carrots.</p> <p><b>Warm Ratatouille Salad with Grilled Halloumi Cheese</b> Eggplants / grape tomato / zucchini / capsicum / spanish onion / baby spinach / grilled halloumi cheese. <b>Vegetarian</b></p> <p><b>Vegan Potato Cake with Choice of Salad</b> Potatoes / carrots / zucchinis / eggplants / capsicum / pumpkin / onion / coriander / turmeric / cumin <b>Vegan</b></p> <p><b>Grilled Cauliflower Steak with Choice of Salad</b> Cauliflower / ginger / olive oil / cumin / turmeric <b>Vegan Gluten free</b></p> <p><b>Quesadillas with Salad</b></p> <ul style="list-style-type: none"> <li>● <b>Italian</b> Wholemeal flatbread / tomato / basil / black olives / 4 cheese blend (Monterey Jack, Medium Cheddar, Queso Quesadilla and Asadero) toasted and served with your favorite salad. <b>Vegetarian</b></li> <li>● <b>Chicken and Corn</b> Wholemeal flat bread / roasted chicken / corn / spinach / parsley / 4 cheese blend (Monterey Jack, Medium Cheddar, Queso Quesadilla and Asadero) toasted and served with your favorite salad.</li> </ul>	<p><b>\$12.50</b></p> <p><b>\$18.50</b></p> <p><b>\$20.50</b></p> <p><b>\$15.20</b></p> <p><b>\$18.50</b></p> <p><b>\$12.50</b></p> <p><b>\$16.80</b></p>	<p><b>Beef Curry with Rice</b> Chunky beef / potato / carrot / jasmine rice</p> <p><b>Chickpea Curry with Rice</b> Chickpea / pumpkin / coconut cream / curry sauce / coconut chips / steamed Jasmine rice. <b>Vegan Gluten free</b></p> <p><b>Ginger and Coconut Chicken with Salad</b> Chicken breast fillet / ginger / paprika / organic coconut flour / lime / panko breadcrumb / eggs. Air fried in coconut oil.</p> <p><b>Pumpkin and Ginger Soup with Bread</b> Pumpkin / carrots / ginger / onion / lime / chilli / garlic / coriander <b>Vegan Gluten free</b></p> <p><b>Air Fried Fish and Chips with Salad</b> Fish / panko crumb / trimeric / cummin / sichuan pepper / chips</p> <p><b>Smoked Salmon Frittata with Salad</b> Smoked salmon / eggs / milk / cheese / spring onions / parsley <b>Gluten free</b></p>	<p><b>\$15.20</b></p> <p><b>\$15.20</b></p> <p><b>\$23.50</b></p> <p><b>\$14.50</b></p> <p><b>\$21.50</b></p> <p><b>\$12.50</b></p> <p><b>\$16.50</b></p>
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## Desserts

<p><b>Organic Cocoa Brownie</b> Organic cocoa powder/ eggs / flour / butter / caster sugar / brown sugar / organic vanilla / pecan nuts</p> <p><b>Organic Fig and Nuts Slice</b> Organic dried figs / walnuts / pecans / gluten free flour / eggs / organic vanilla <b>Gluten free</b></p>	<p><b>\$4.80</b></p> <p><b>\$3.20</b></p>	<p><b>Salted Date Caramels</b> Dates / organic extra virgin coconut oil / organic cocoa powder / organic vanilla paste <b>Vegan Gluten free</b></p> <p><b>Healthy Caramel Slice</b> Dates / almonds / vanilla essence / sesame paste / maple syrup / organic coconut oil / organic cacao / organic coconut sugar <b>Vegan Gluten free</b></p>	<p><b>\$3.80</b></p> <p><b>\$4.80</b></p>	<p><b>Organic Chia and Apricot ball</b> Organic chia seed / apricots / dates / pistachios / peanut butter / coconut <b>Vegan Gluten free</b></p> <p><b>Organic Cacao Jaffa Ball</b> Organic cacao powder / coconut / almonds / dates / oranges / organic coconut oil <b>Vegan Gluten free</b></p>	<p><b>\$3.80</b></p> <p><b>\$3.80</b></p>
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# Drinks

## Coffee

Small \$3.50 Large \$4.00 (double shot) Soy milk +30c Almond milk +70c Double shot +50c

Espresso / long black / macchiato / latte / cappuccino / flat white / chai / hot chocolate / etc.

## Hot Tea

\$4.50

Spring Green                      Fruits of Eden Tisane                      Moroccan Mint                      Lemongrass Ginger  
Honeydew Green                      English Breakfast                      French Earl Grey                      Mocha and Sencha Green Blend  
Oriental Jasmine Green

## Home-made Drinks

420ml \$4.80

### Apple Ice Tea

Apple juice / English Breakfast Tea / cinnamon

### Rooibos with House Marinated Lemon

Rooibos tea / Raw sugar / Lemon

## Slow Cold Pressed Juices

420ml \$6.80

### Orange Juice

Citrus Juice    orange / grapefruit / lemon / lime

## Superfood Smoothies

420ml \$9.90

### Black Beauty

Banana / Blueberries / Organic Chia seeds / Organic cacao / kale / honey

### Sesame Blend

Sesame seeds / banana / dates / organic vanilla paste

### Green Ninja

Pineapple / mango / banana / spinach and kale

### Berry Tangy

Banana / Fresh Mint / Almond Milk / Blueberries / Raspberries

### Blue Almond

Blueberries / banana / ground LSA (linseed, sunflower and almond) / honey / almond milk

## Selected Drinks from our Fridge

Water 600ml \$2.50

Organic coconut water 330ml \$2.50

Coconut water with pomegranate 330ml \$2.80

Dole Pineapple Juice 240ml \$2.20

Sparkling water 500ml \$2.80

Ginger Beer Pear 250ml \$2.80

Appletiser (sparkling apple juice) 375ml \$2.80

Angostura Lemon Lime & bitters 300ml \$3.00

Coca Cola soft drinks 375ml \$2.80

Bundaberg Ginger Beer 375ml \$4.20

Bundaberg Diet Ginger Beer 375ml \$4.20

Sanpellegrino ( blood orange, grapefruit, citric) 330ml \$3.50