

# GARDENFRESH ORGANIC SALADS

**Chopped Kale & White Bean Salad with Avocado,  
Pumpkin & Sunflower Seeds, Hazelnuts, Maple Dijon  
Dressing** **\$30**

*Rich in proteins, the salad is filled with bursting sweet and tangy flavours.*

**Avocado Iceberg Wedges with Eggplant & Mustard Cream  
Dressing, Roasted Almonds** **\$30**

*A modern twist on the classic Caesar Salad.*

**Roasted Heirloom Beetroots with Lime Leaf Sauce and  
Ginger Yogurt Dressing** **\$30**

*Organically farmed heirloom beetroots from France with an Asian twist.*

**Steamed Asparagus, Fine Green Beans & Turkish Figs  
served with Warm Sicilian Olive Dressing with Hazelnuts** **\$30**

*The sweet and bright green olives from olive trees in the Belice Valley in  
Western Sicily in the surrounding Castelvetro.*





# GLUTEN-FREE TOASTED SANDWICHES

**Energising with Gluten-Free Country Loaf** **\$25**  
**7 Seeds**

Pickled Japanese cucumber, sundried tomato, basil & rocket pesto, spanish onion, artisan vegan garlic herb cheese crafted from cashew milk served with crispy kale chips on flat bread.

**Satisfying with Gluten-Free Country Loaf** **\$25**  
**Raisins**

Roasted pumpkin, orange oil and chilli flakes, oregano & parsley pesto, pumpkin seeds, spanish onion, artisan vegan chive cream cheese crafted from cashew milk.

**Soulful with Gluten-Free Country Loaf Classic** **\$25**

Roasted eggplant, lemon oil, basil & rocket pesto, cashew milk smoked mozzarella with smoked spanish oil and mango chutney.

**Refreshing with Gluten-Free Focaccia** **\$25**  
**Garlic & Rosemary**

Heirloom tomatoes, dukkah, sundried tomato pesto, spanish onions, artisan sundried tomato, garlic cheese crafted from cashew milk.



## VEGAN CLASSICS

### **Classic Hummus with Za'atar & Orange Oil**

**\$25**

The combination of roasted garlic & spice provides a nutty flavour. Served with gluten-free pita bread.

### **Chaat Roasted Japanese Sweet Potatoes with Tamarind & Coriander Chutney**

**\$22**

Enriched with a natural creamy coconut yogurt made from 100% organic coconuts creating a richly flavoured Tamarind dressing.

### **Pad Thai**

**\$35**

With rice noodles, roasted tofu, rainbow vegetables, bean sprouts, red chillies and roasted peanuts.

### **Vegan Burger**

**\$35**

Portobello mushroom, charred roasted peppers, Spanish onions and tomato chilli jam on a gluten-free bun. Served with sweet potato fries.





# SUPERFOOD ORGANIC EARTH BOWLS

## **Pumpkin, Celeriac & Turmeric Curry Bowl (Served Warm)**

**\$30**

Blue Pea Rice, roasted squash with celeriac in a nutrient-rich coconut & turmeric broth, topped with sprouted greens and finished with toasted coconut flakes.

## **Mexican Earth Bowl (Served Warm)**

**\$30**

Red rice, frijoles, butternut squash mash, lightly pickled red & white cabbage, pico de gallo, pickled shallots, chipotle mayo and jalapeño dressing.

## **Quinoa Earth Bowl (Served Warm)**

**\$30**

Goma cream dressing; shredded red cabbage, carrot, radish, edamame, broccolini, avocado and organic whole grain quinoa.

## **Cauliflower Earth Bowl (Served Warm)**

**\$30**

Sriracha lemon oil dressing; crispy kale, pickled Japanese cucumber, avocado, radish, sesame seeds, chilli flakes and organic red and brown rice.





# COLD-PRESSED ORGANIC JUICES

**\$20** each

## **Forest**

Cucumber, Apple, Pineapple,  
Kale, Moringa Leaf, Turmeric,  
Ginger, Amla, Fenugreek

## **Citrusy Cooler**

Beetroot, Apple, Carrot,  
Lemon, Ginger, Turmeric

## **Brainy Elixir**

Beetroot, Mint, Watermelon,  
Green Apple, Lemon, Ginger,  
Turmeric, Cayenne Pepper

## **Immunisation**

Orange, Lemon, Coconut  
Water, Lucuma, Baobab,  
Probiotics, Burdock Root

## **Breezy Summer**

Red Apple, Orange, Lemon,  
Watermelon, Lucuma, Baobab

## **Green Electrolytes**

Grapefruit, Red Apple,  
Lemon, Coconut Water, Milk  
Thistle, Ginger

## **Earthly Delights**

Red Apple, Beetroot, Lemon,  
Celery, Carrot, Lucuma,  
Baobab, Burdock Root

## **Red Cleanser**

Romaine, Mint, Parsley,  
Celery, Lemon, Japanese  
Cucumber, Ginger, Burdock  
Root

## **Tropical**

Red Apple, Mint, Lemon,  
Watermelon, Chia Seeds, Acai

## **The Tonic**

Celery, Green Apple, Lemon,  
Cucumber, Ginger





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# ORGANIC SMOOTHIES

**\$22** each

## **Ancient Vibes**

Orange, Mango, Carrot,  
Ginger, Turmeric

## **Coco Greenery**

Coconut Milk, Spinach, Kale,  
Avocado, Flaxseed

## **Wide Awake**

Cocoa, Maca, Cauliflower,  
Espresso, Almond Butter

## **Pink Flamingo**

Red Dragonfruit, Soy Milk,  
Honey, Chia Seeds, Spirulina

## **Tropical Healer**

Blueberries, Banana, Lemon,  
Mint, Charred Honey Pineapple,  
Blue Spirulina







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# COFFEES

<b>Espresso</b>	<b>\$10</b>
(Single/Double)	<b>/\$12</b>
<b>Long Black</b>	<b>\$14</b>
(Hot/Iced)	
<b>Flat White   Latte   Cappuccino</b>	<b>\$14</b>
(Hot/Iced)	

Milk Options  
**Organic Whole**  
**Organic Skim**  
**Soy | Oat | Almond**

# TWG TEAS

<b>Chamomile</b>	<b>\$12</b>
<b>Eau Notre</b>	<b>\$16</b>
<b>English Breakfast</b>	<b>\$18</b>
<b>French Earl Grey</b>	<b>\$16</b>
<b>Red Jasmine</b>	<b>\$16</b>





# SPECIALITY HOT DRINKS

**\$22** each

## **Hot Chocolate**

Cacao, Cacao Butter, Cinnamon, Vanilla & Nutmeg, Whipped Cream & Almond Milk.

## **Gingerbread Latte**

Maca, Vanilla, Cinnamon, Fresh Ginger & Oat Milk.

## **Maca Latte**

Maca, Cinnamon, Nutmeg & Almond Milk.

## **Chai Latte**

Chai Spice & Coconut Milk.

## **Golden Milk Latte**

Turmeric, Cinnamon, Ginger, Nutmeg, Black Pepper, Cardamom, Coconut Milk.



# ARTISANAL BREADS



Classic Boule	25\$
7 Seed Boule	15\$
7 Seed Loaf	15\$
Focacia Garlic Rosemary	18\$
Nut and Seed Bread Low Carb	21\$ 10\$
Baguette	19\$
Classic Large	15\$
Lavash	18\$
Raisin Loaf	15\$
Choc Peanut Butter Loaf	15\$
Lemon Pistachio Loaf	15\$
Salt Chocolate Loaf	15\$
Orange Almond Loaf	15\$