

cultivate®

your soul

SIGNATURE COLD-PRESSED ORGANIC JUICES

Our own house-made juices offer high vibrations that embrace balance with beauty, wellness, wisdom and love to nurture our personal and planetary ecosystems. Each bottle is packed with nutrients from raw enzymes, vitamins, trace minerals, antioxidants and other phytonutrients found in fresh fruits and vegetables.

Forest 18

(Promotes Lymphatic Cleansing, Enhances Relief)
Cucumber, Apple, Pineapple, Kale, Moringa Leaf, Turmeric, Ginger, Amla & Fenugreek

Citrusy Cooler 18

(Improves Heart Health & Vision)
Beetroot, Apple, Carrot, Lemon, Ginger & Turmeric

Brainy Elixir 18

(Supports Brain Health, Builds Immunity)
Beetroot, Mint, Watermelon, Green Apple, Lemon, Ginger, Turmeric & Cayenne Pepper

Immunisation 18

(Immunity Booster, Vitamin C Enhancer)
Orange, Lemon, Coconut Water, Lucuma, Baobab, Probiotics & Burdock Root

Breezy Summer 18

(Stress Reliever, Soothes The Soul)
Red Apple, Orange, Lemon, Watermelon, Lucuma & Baobab

Green Electrolytes 18

(Daily Energy Booster, Sharpens Your Mind)
Grapefruit, Red Apple, Lemon, Coconut Water, Milk Thistle & Ginger

Earthy Delights 18

(Improve Skin Health, Builds Strong Bones)
Red Apple, Beetroot, Lemon, Celery, Carrot, Lucuma, Baobab & Burdock Root

Red Cleanser 18

(Aids in Blood Cleansing, Minimizes Blood Sugar)
Romaine, Mint, Parsley, Celery, Lemon, Japanese Cucumber, Ginger & Burdock Root

Tropical 18

(Immunity Builder, Cools Your Body)
Red Apple, Mint, Lemon, Watermelon, Chia Seeds & Acai

The Tonic 18

(Detox & Colon Cleanser)
Celery, Green Apple, Lemon, Cucumber & Ginger

ORGANIC SMOOTHIES

Ancient Vibes 18

A Satisfying blend of Orange, Mango, Carrot, Ginger & Turmeric to enhance your immunity.

Coco Greenery 18

A swirl of Coconut Milk, Spinach, Kale, Avocado & Flaxseed for heart health, increased weight loss, and protection against disease.

Wide Awake 18

An harmonious blend of Cocoa, Maca, Cauliflower, Espresso and Almond Butter to nourish your mind and sooth your soul.

Pink Flamingo 18

Crafted with Red Dragonfruit, Soy Milk, Honey, Chia Seeds, Spirulina this blend is rich in antioxidants. Dragon Fruit's high supply of vitamin C and carotenoids may offer immune-boosting properties.

Tropical Healer 18

Blueberries, Banana, Lemon, Mint, Charred Honey Pineapple, Blue Spirulina. Excellent source of manganese to nourish your skin, aid your digestion and boost your energy.

KOMBUCHA

Artisanal Kombuchas that are raw, unpasteurised and preservative-free. Brewed with locally sourced ingredients.

Strawberry Lemonade 16

Lime Mint 16

Yuzu 16

COCKTAILS, WINES, BEER, CIDER & SPIRITS

Twisted Negroni 20

Cold Brew Martini 20

Non Alcoholic

Banks Botanical Gin 14/140

Noughty Champagne / Rosé 65/60

Giesen Pinot Gris 55

Altina Peppperberry Shiraz 56

Drop Bear Tropical IPA 18

Bilpin Non-Alcoholic Original Cider 20

COFFEES

The Black&White4c by Thermoplan is an innovative fully automatic machine that delivers excellent Coffee and Espresso.

Espresso (Single / Double) 6/8

Long Black (Hot / Iced) 8

Flat White | Latte | Cappuccino

(Hot / Iced) 8

Milk Options

Organic Whole | Organic Skim

Soy | Oat | Almond

TWG TEA SELECTION

Chamomile 10

Soft and soothing, these rare Chamomile Flowers boast a rich Honey aroma.

Eau Notre 10

A sensual composition of Black Tea with Lavender and fragrant Flowers.

English Breakfast 10

This classic was originally blended as an accompaniment to the traditional English breakfast.

French Earl Grey 10

A fragrant variation of the great classic.

Red Jasmine 10

An exclusive and unexpected TWG Tea creation.

H2O

Acqua Panna 5 (250ml) 12 (750ml)

San Pellegrino 5 (250ml) 12 (750ml)

Evian 9 (330ml)

BEER ON TAP

Suntory Half-Pint 12 Pint 24

Japanese Beer with a delicate floral aroma and rich taste, crafted with precision techniques.

HOPS

Asahi | Asahi Black 16

Peroni 16

BREWED ORGANIC ICED TEAS

Black Peach 16

Hibiscus & Honey Bush 16

Earl Grey Lemonade 16

Fruit Teas 16

Green Tea / Watermelon / Lemon

Chamomile Tea/ Orange / Kiwi

Lavender / Apple / Berries

ORGANIC WINES

White

Kindeli Blanco 2021 (Nelson, New Zealand) 130

Maloof 'no Clos Radio' Pinot Gris 2021 (Oregon, USA) 200

Delinquente Screaming Betty 2022 (Riverland, Australia) 28/95

Nanclares Dandelion 2021 (Riasbaixas, Spain) 130

Src Vini Etna Bianco 2021 (Sicily, Italy) 125

Jan Matthias Klein "Little Bastard" 2021 (Mosel, Germany) 28/120

Red

Easterne Peake Sans Soufre 2022 (Victoria, Australia) 200

Latta Presence 2022 (Victoria, Australia) 160

Unico Zelo Halcyon Days 2021 (Riverland, Australia) 30/120

Celler Comunica Vi Del Mas 2021 (Catalunya, Spain) 30/130

Domaine De Botheland Premices 2021 (Beaujolais, France) 150

Src Etna Rosso 2018 (Sicily, Italy) 180

Wine Sangria

Red or White 18

GLUTEN-FREE DESSERTS & ORGANIC DAIRY-FREE ICE CREAMS

All desserts are gluten-free, infused with raw ingredients to combine carefully chosen superfoods to create sweet treats that are refreshing indulgent and satisfying.

Olive Oil, Honey and Lemon Cake with Yogurt 15

Olive oil cakes are in a class of their own, and this better-for-you slice brings it all together with power ingredients. The lighter flavour of the oil balances perfectly with the sunny lemon and honey combo.

Peanut Butter Choc-Coconut Protein Bars 15

Set yourself up with the day ahead with slices of these RAW bars. Dates bind the mixture while adding the sweetness we crave and the nut butters are great for sustaining energy levels.

Hazelnut and Raspberry Chia Jam Cakes 15

Spoon coconut yogurt on the side with a swirl of raspberry chia jam.

Pear and Ginger Cake 15

There's nothing like a good old fashioned cake, the delicious gluten-free cake is made from nutty flours. Served with coconut yogurt and lemon oil.

Walnut and Date Loaf Cake 15

Walnuts and Almonds take the lead in this delectable loaf cake, with bonus benefits for brain and heart health! Its an ideal afternoon tea treat.

Prune and Dark Chocolate Brownies with Bitter Chocolate Ganache 15

Brownies are a classic feel-good dessert and this lighter version ticks all the boxes. It's rich and fudgy with a good source of Vitamin K, prunes are a natural partner for mood-boosting dark chocolate.

Vegan Gelato 15

Flavours

Dark Chocolate Orange

Creamy Coconut Pistachio

Caramel

Vanilla

cultivate[®]

your soul

STARTERS & SIDE DISHES

Our mission is to prepare healthy, pure, nutrient rich dishes. To inspire guests to eat healthier, providing wellness, longevity and immunity.

Classic Hummus with Za'atar & Orange oil 18

The word hummus means chickpea in Arabic based on historical information that originated in Ancient Egypt in the 13th Century. The combination of roasted garlic & spice provides a nutty flavour.

Leek & Roasted Pumpkin Tart 20

Made with a rich gluten-free shortcrust dough, lightly toasted fennel seeds with buttered sauteed leeks add a rich texture to the delicious tart tossed with rocket leaves and hazelnut oil.

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.

Crispy Fried Kale Leaves with Salted Chilli Spice 15

Organically farmed young kale freshly baked and dried with maldon & chilli infused salt.

Broccoli Toasted Almond and Mint Pesto with Infused Lemon Oil 18

Italian farmed broccoli minced into a fine natural pesto enhanced with the fresh flavours of mint leaves.

Sweet Potato Fries with Spicy Mayo 15

Organic Japanese sweet potatoes enhanced with harissa spiced vegan mayonnaise.

Raw Beetroot, Pecan Nuts, Sage and Sumac Pesto with Infused Orange Oil & Chardonnay Vinegar 18

A refreshing pesto made from heirloom organic beets, a perfect mezza.

ORGANIC SALADS

Our raw salads are created from the finest organic ingredients, celebrating the seasons. Raw fruits, vegetables, and other plant-based foods are alkaline-forming in the body, they are able to neutralize acidity and bring the body's pH back into balance which results in a stronger immune system.

Chopped Kale & White Bean Salad with Avocado, Pumpkin & Sunflower Seeds, Hazelnuts, Maple Dijon Dressing 26

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

Avocado Iceberg Wedges with Eggplant & Mustard Cream Dressing, Roasted Almonds 26

A modern twist on the classic Caesar Salad.

Roasted Heirloom Beetroots with Lime Leaf Sauce and Ginger Yogurt Dressing 26

Organically farmed heirloom beetroots from France with an Asian twist.

Heirloom Tomato and Herb Salad with Roasted Plums & Pomegranate, Nori, Sesame Salt & Light Soy Mirin Dressing 26

A Japanese dressing adds a twist to the classic Mediterranean salad.

Steamed Asparagus, Fine Green Beans & Turkish Figs served with Warm Sicilian Olive Dressing with Hazelnuts 26

The sweet and bright green olives are a cultivar from olive trees in the Belice Valley in Western Sicily in the surrounding Castelventrano.

SOUPS & CHEESE PLATTER

Soup of the Day 16

Served with freshly baked gluten-free bread.

Vegan Cheese Platter

One Serving 22 | Two Servings 30

Miyoko's Artisanal Cheese Wheels are made from organic cashew milk combining traditional techniques with the next generation food science to craft the authentic cheese selection.

MAINS

Take a peek at our favourite Mains, which include flavours with bursts of warm natural energy from cuisines around the world.

Pad Thai Rice Noodles with Baked Tofu Beansprouts, Mangetout, Chillies, Lime & Roasted Peanuts 30

This popular dish was invented in Thailand in the early 1930s during the rice shortage during the war. The tangy lime - sweet palm sugar - savoury tamarind - sour sauce is synonymous to Thai flavours.

Organic Potato Mixed Vegetable Tagine 28

A fragrant Moroccan dish filled with rich spices, cinnamon, ginger, saffron, turmeric, sweet prunes and tangy preserved lemon. The buttery-blanched almonds bring some much-needed crunch to the dish.

Smoked Onion and Asparagus Risotto with Grated Lemon Rind 30

Risotto is defined as a Northern Italian dish stirred in a rich vegetable broth. Historically rice was introduced to Sicily and Spain in the 14th Century by the Arabs. The Mediterranean climate with high humidity is conducive to growing short - and medium - grained rice. The asparagus adds a rich flavour to the dish.

Gluten-free Pizzetta with Sundried Tomato Sauce, Roasted Heirloom Tomatoes, Cashew Milk Mozzarella with Chilli Oil & Seasoned Organic Rocket 28

Young roasted Italian heirloom tomatoes with a splash of chilli oil bursts with flavours of the Mediterranean.

Whole Roasted Portobello Mushroom with Sun-Dried Tomatoes, Onion, Sumac Spice served with Butterbean Mash 30

The dish has all the elements of comfort food, rich in flavours with a slight tangy hint which lifts the dish.

Pasta Casarec Gluten-free 28

With roasted peppers, heirloom tomatoes, thyme and smoked Spanish oil with pine nuts.

Vegan Burger 30

Portobello mushroom, charred roasted peppers, Spanish onions and tomato chilli jam. Served with sweet potato fries.

SELECTION OF CAVI-ART 28

Seaweed caviar is a plant-based alternative to different types of Caviar, these delicious pearls pop crisply on the tongue and are made from sustainably harvested seaweed.

Salmon Roe Seaweed Based Ikura

Black Seaweed Based Caviar & Cavi-Art, Served with Vegan Yoghurt & Yoghurt Based Coconut Wasabi

Wasabi Based Caviar

Served with gluten-free biscuits & vegan based coconut yoghurt.

HOT SANDWICHES

Delectable sandwiches are prepared from freshly baked gluten-free bread by our bakery team, accompanied by crispy kale and garden greens with yuzu dressing. Kale is a fantastic superfood, it's a great source of vitamins and minerals, high in vitamins A, C, & K producing recommended daily allowance of these vitamins to keep started your day.

Energising 20

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

Satisfying 20

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

Soulful 20

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

Refreshing 20

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

SUPERFOOD EARTH BOWLS

"Superfood" is a fairly new term referring to foods that offer maximum nutritional benefits with minimal calories. They are packed with vitamins, minerals and antioxidants. Most superfoods are plant-based. Our earth bowls are created from the finest organic ingredients to energize your spirit.

Soba Noodles with Broccoli 28

Refreshing dressing with ginger, sesame seeds and maple syrup served cold.

Vegan Earth Bowl 28

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

Raw Organic Beet Earth Bowl 28

Japanese ginger dressing; avocado, radish, pink ginger, edamame and green tea noodles served cold.

Cauliflower Earth Bowl 28

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

Cultivate Cafe is plant-based, gmo-free, gluten-free vegan restaurant and believes that pure food is the key ingredient to cultivate your soul. We endeavour to provide exceptional and flavorful dishes made from the finest organic ingredients sourced locally and globally from small & family farms. Cultivate is here to serve, inform and inspire a cultural shift towards plant-based intelligence, through creativity and deliciousness.