

# cultivate®

your soul

## SIGNATURE COLD-PRESSED ORGANIC JUICES

Our 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.

### Citrusy Cooler 18

(Improves Heart Health & Vision)

Beetroot, Apple, Carrot, Lemon, Ginger & Turmeric

### 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

### 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

## COLD BREWED ICED TEAS

### Tribal 16

### Ethnic 16

### Earl Grey Lemonade 16

### Fruit Teas 16

Green Tea / Watermelon / Lemon  
Chamomile Tea / Orange / Kiwi  
Lavender / Apple / Berries

## ORGANIC WINES

### White Wine

### Kindeli Blanco 2021 (Nelson, New Zealand) 130

### Maloor 'Temperance Hill' Pinot Gris 2021 (Oregon, USA) 200

### Delinquente Screaming Betty 2023

(Riverland, Australia) 28/95

### Jan Matthias Klein It's Muller Time 2021

((Mosel, Germany) 30/110

### Red Wine

### Easterne Peake Sans Soufre 2022 (Victoria, Australia) 200

### Latta Presence 2022 (Victoria, Australia) 160

### Unico Zelo 'Mallee Gambit' Nero D'avola

(Riverland, Australia) 30/110

### Domaine De Andezon Cotes Du Rhone 2020

(River Valley, France) 32/115

### Src Etna Rosso 2018 (Sicily, Italy) 180

## 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 16

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 16

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

### Hazelnut and Raspberry Chia Jam Cakes 16

Spoon Coconut Yoghurt on the side with a swirl of Raspberry Chia Jam.

### Pear and Ginger Cake 16

There's nothing like a good old-fashioned cake, the delicious gluten-free cake is made from nutty flours. Served with Coconut Yoghurt and Lemon Oil.

### Walnut and Date Loaf Cake 16

Walnuts and Almonds take the lead in this delectable Loaf Cake, with bonus benefits for brain and heart health! It's an ideal afternoon tea treat.

### Prune and Dark Chocolate Brownies with Bitter Chocolate Ganache 16

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 16

Flavours

### Charcoal Vanilla

### Salted Chocolate Chip

### Strawberry

### Almond Brittle

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## 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 20

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 and Spice provides a nutty flavour.

### Leek & Roasted Pumpkin Tart 20

Made with a rich gluten-free Shortcrust Dough, lightly toasted Fennel Seeds with buttered sautéed Leeks add a rich texture to the delicious tart tossed with Rocket Leaves and Hazelnut Oil.

### Chat Roasted Japanese Sweet Potatoes with Tamarind & Coriander Chutney 22

Enriched with a natural creamy Coconut Yoghurt made from 100% organic coconuts creating a richly flavoured Tamarind Dressing.

### Crispy Fried Kale Leaves with Salted Chilli Spice 16.9

Organically farmed young Kale freshly baked and dried with Maldon & Chili infused Salt.

### Broccoli Toasted Almond & Mint Pesto with Infused Lemon Oil 19.8

Italian farmed Broccoli minced into a fine natural Pesto enhanced with the fresh flavours of Mint Leaves.

### Sweet Potato Fries with Spicy Mayo 16.9

Organic Japanese Sweet Potatoes enhanced with Harissa spiced vegan Mayonnaise.

### Raw Beetroot, Pecan Nuts, Sage and Sumac Pesto with Infused Orange Oil & Chardonnay Vinegar 19.8

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 can 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 and Sunflower Seeds, Hazelnuts, Maple Dijon Dressing 27.5

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

### Avocado Iceberg Wedges with Eggplant and Mustard Cream Dressing & Roasted Almonds 27.5

A modern twist on the classic Caesar Salad.

### Roasted Heirloom Beetroots with Lime Leaf Sauce and Ginger Yoghurt Dressing 27.5

Organically farmed heirloom beetroots from France with an Asian twist.

### Heirloom Tomato and Herb Salad with Roasted Plums and Pomegranate, Nori, Sesame Salt & Light Soy Mirin Dressing 27.5

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

### Steamed Asparagus, Fine Green Beans & Turkish Figs served with Warm Sicilian Olive Dressing and Hazelnuts 27.5

The sweet and bright Green Olives are cultivated 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 32

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 30

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 32

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 30

Young roasted Italian heirloom Tomatoes with a splash of Chilli Oil burst with flavours of the Mediterranean.

### Whole Roasted Portobello Mushroom with Sun-Dried Tomatoes, Onion, Sumac Spice served with Butterbean Mash 32

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 30

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 & CaviArt, Served with Vegan Yoghurt & Yoghurt Based Coconut Wasabi

### Wasabi Based Caviar

Served with gluten-free Biscuits & vegan based Coconut Yoghurt.

## HOT SANDWICHES

Our bakery team prepares Delectable Sandwiches from freshly baked gluten-free Bread, 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, & and K producing the recommended daily allowance of these Vitamins to keep started your day.

### Energising 21.5

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 21.5

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 21.5

Roasted Eggplant with Lemon Oil, Basil & Rocket Pesto, Cashew Milk smoked Mozzarella with smoked Spanish Oil and Mango Chutney.

### Refreshing 21.5

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 30

Refreshing dressing with Ginger, Sesame Seeds and Maple Syrup served cold.

### Vegan Earth Bowl 30

Goma Cream Dressing; shredded Red Cabbage, Carrot, Radish, Edamame, Broccoli, Avocado and organic Whole Grain Quinoa served warm.

### Raw Organic Beet Earth Bowl 30

Japanese Ginger Dressing; Avocado, Radish, Pink Ginger, Edamame and Green Tea Noodles served cold.

### Cauliflower Earth Bowl 30

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.

All prices are subject to a 10% service charge and prevailing government taxes.