

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 and Turmeric to enhance your immunity.

Coco Greenery 18

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

Wide Awake 18

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

Pink Flamingo 18

Crafted with Red Dragon Fruit, Soy Milk, Honey, Chia Seeds and 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 and 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

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.

Jasmine Green 10

An aromatic and delightfully refreshing green tea.

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

Kindel Bianco 2021 (Nelson, New Zealand) 130

Maloorf '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

Easteme 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 and infused with raw ingredients, combining carefully chosen superfoods to create sweet treats that are refreshing, indulgent and satisfying.

Olive Oil, Honey & Lemon

Cake with Yoghurt 18

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 Honey and Lemon 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 is great for sustaining energy levels.

Hazelnut & Raspberry

Chia Jam Cakes 16

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

Pear & Ginger Cake 16

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

Walnut & 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 & 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, and 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

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

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STARTERS & SIDE DISHES

Our mission is to prepare pure, nutrient-rich dishes and inspire guests to eat healthier, promoting wellness, longevity and immunity.

Classic Hummus with Za'atar & Orange Oil 22

The word Hummus means Chickpea in Arabic, and based on historical information, it originated in Ancient Egypt in the 13th Century. The combination of roasted Garlic and Spice provides a nutty flavour.

Leek & Roasted Pumpkin Tart 28

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

Chaat Roasted Japanese Sweet Potatoes with Tamarind & Coriander Chutney 25

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 17

Organically farmed young Kale freshly baked and dried with Maldon and Chilli-infused Salt.

Broccoli Toasted Almond & Mint Pesto with Infused Lemon Oil 20

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

Sweet Potato Fries with Spicy Mayo 17

Organic Japanese Sweet Potatoes enhanced with Harissa-spiced vegan Mayonnaise.

Raw Beetroot, Pecan Nuts, Sage & Sumac Pesto with Infused Orange Oil & Chardonnay Vinegar 20

A refreshing Pesto made from heirloom organic Beets, perfect as a mezza.

ORGANIC SALADS

Our raw salads are crafted from the finest organic ingredients, celebrating the seasons. Raw fruits, vegetables and other plant-based foods are alkaline-forming in the body, helping to neutralise acidity and bring the body's pH back into balance, resulting in a stronger immune system.

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

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

Avocado Iceberg Wedges with Eggplant and Mustard Cream Dressing & Roasted Almonds 30

A modern twist on the classic Caesar Salad.

Roasted Heirloom Beetroots with Lime Leaf Sauce & Ginger Yoghurt Dressing 30

Organically farmed heirloom beetroots from France with an Asian twist.

Heirloom Tomato & Herb Salad with Roasted Plums and Pomegranate, Nori, Sesame Salt & Light Soy Mirin Dressing 30

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 30

The sweet and bright Green Olives are cultivated from Olive trees in the Belice Valley of Western Sicily, surrounding Castelvetro.

SOUPS & CHEESE PLATTER

Soup of the Day 18

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 next-generation food science to craft the authentic cheese selection.

MAINS

Take a peek at our favourite Mains which feature 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 35

This popular dish was invented in Thailand in the early 1930s during a rice shortage caused by the war. The tangy Lime, sweet Palm Sugar and savoury Tamarind sauce are synonymous with 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. Buttery blanched Almonds add a much-needed crunch to the dish.

Smoked Onion & Asparagus Risotto with Grated Lemon Rind 40

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 its high humidity, is ideal for growing short- and medium-grain rice. 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 32

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 35

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

Pasta Casarec Gluten-free 35

With roasted Peppers, heirloom Tomatoes, Thyme and smoked Spanish Oil with Pine Nuts.

Vegan Burger 35

Portobello Mushroom, charred roasted Peppers, Spanish Onions and Tomato Chilli Jam. Served with Sweet Potato fries.

SELECTION OF CAVI-ART 35

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 and vegan-based Coconut Yoghurt.

HOT SANDWICHES

Our bakery team prepares delectable sandwiches with freshly baked gluten-free Bread, accompanied by crispy Kale and Garden Greens with Yuzu Dressing.

Kale is a fantastic superfood and a great source of vitamins and minerals. High in vitamins A, C, and K, it provides the recommended daily allowance to kick-start your day.

Energising 25

Pickled Japanese Cucumber, sun-dried Tomato, Basil and Rocket Pesto, and Spanish Onion with artisan vegan Garlic Herb Cheese crafted from Cashew Milk. Served with crispy Kale chips on Flat Bread.

Satisfying 25

Roasted Pumpkin with Orange Oil and Chilli Flakes, Oregano and Parsley Pesto, Pumpkin Seeds, Spanish Onion, and artisan vegan chive Cream Cheese crafted from Cashew Milk.

Soulful 25

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

Refreshing 25

Heirloom Tomatoes with Dukkah, sun-dried Tomato Pesto, Spanish Onions, artisan sun-dried Tomato and 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. These foods are packed with vitamins, minerals and antioxidants, and most are plant-based.

Our Earth Bowls are crafted from the finest organic ingredients to energise 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 a plant-based, GMO-free, gluten-free vegan restaurant that believes pure food is the key ingredient to cultivating your soul. We endeavour to provide exceptional and flavourful dishes made from the finest organic ingredients sourced locally and globally from small and family farms.

Cultivate Cafe is here to serve, inform and inspire a cultural shift towards plant-based intelligence through creativity and deliciousness.