

## LUNCH MENU

**Soup** - Check specials board **(GFO)** \$8.50

**Buddha Bowls** A Big Blast of Delicious Nutriciousness \$17.50

**Mexican Fiesta Bowl**

Layers of Quinoa, black beans, tomato, zucchini, corn, greens and topped with cashew queso. **(GF)**

**Feastival of Colour**

Layers of corn cous cous, red beans, capsicum, celery, spring onions, topped with sweet potato, walnuts, red cabbage and comeback sauce (a little like ranch). **(GF)**

**In the Raw**

Raw zucchini noodles, carrot, snow peas, red cabbage, spring onion, cherry tomatoes, on a bed of greens with a tangy, tahini cashew sauce. **(GF)**

**Pies** Everyone loves a perky pastry, served with a mouth watering chutney & gourmet salad \$16.50  
**Check what the delicious special of the day is**

**Toastie with the Mostie** Served with salad \$13.50

With avocado, sun-dried tomato, greens, fresh tomato, non dairy cheese, and fruit chutney and a choice of either ranch style or pesto sauce.

**Burgers** Big, Bold and Bootilicious. With salad and low fat fries \$17.50

**Born to Be Purple**

Betroot burger, served with avocado, pickles, onion, lettuce, tomato relish.

**BLT**

BLT in this case stands for Burger with Lots of Taste! Or Brilliant, lovely Tofu! Marinated Tofu, lettuce, tomato, avocado, relish and either mayo or pesto.

**Port**

Marinated Portabello mushroom, served with lettuce, tomato, sauerkraut and relish. Choice of either mayo or pesto.

**Open Sandwich** -Why open? Too much filling to close it, that's why!! \$17.50

Toasted sourdough with relish, greens, topped with sautéed mushrooms, sun dried tomato, artichokes, capsicum, almond fetta and topped with a zesty, creamy dressing. **(GFO)**

**Toasted Wraps** - A cross between a toastie and a wrap. Wrap your lips around these. \$15.50 With chips \$17.50

**Chicky Babe**

Not chicken pieces, lettuce, tomato, avocado, pineapple, coconut cheese, zesty ranch style sauce or spinach pesto.

**! never seen Herbivore**

Black beans, quinoa, tomato, zucchini, corn, greens and cashew queso.

**Garden of 'Vegn'**

Sweet potato, walnuts, spring onions, greens, capsicum, red beans and corn cous cous with a zesty comeback dressing and almond fetta.

**Desserts**

Please see what's available in our display today or ask our friendly staff. Our raw desserts are made with natural ingredients and do not contain unrefined sugar. As we do not use any eggs or dairy, our desserts are cholesterol free. **(GFO)**

**GF - Gluten free**

**GFO - Please ask our staff for our gluten free options.**

**Please note:** Our kitchen facility is not a gluten, nut or soy free environment.

24 Hours notice is required to cater for other **Dietary Requirements**.

Thank you 😊