



# GREEN & GRILLED

## Flexibowls

Regular \$13.95 | Large \$15.95

Flexible Protein Options



### Buddha Bowl

Fry's plant-based schnitzel, Avocado, cucumber, beetroot, red cabbage, pepitas and walnuts on a bed of roasted pumpkin and babay spinach and drizzled with vegan sriracha and lemon spiced mayo (V)



### Nourish Bowl

Grilled Chicken, roasted pumpkin, broccoli, boiled egg, and haloumi on a bed of steamed brown rice and quinoa and mesclun leaf, topped with pepitas and Japanese sesame and miso dressing



### Teriyaki Bowl

Teriyaki marinated tofu, broccoli, edamame beans, cucumber, Red capsicum, carrot, crunchy slaw and brown rice & quinoa on a bed of baby spinach, garnished with sesame seeds, crispy shallots and a teriyaki dressing (V)

### Swap your Protein

Fry's Plant-Based Schnitzel	Grilled Chicken
Pepper Smoked Salmon	Szechwan Beef
Slow Cooked Lamb	Teriyaki Marinated Tofu
Slow Cooked Pork	Falafel

## Green Bowls

Regular \$13.95 | Large \$15.95



### Green & Grilled Special

Grilled chicken, cucumber, edamame beans, snow peas, broccoli, avocado on a bed of baby spinach, topped with pepita and pesto dressing (GF)



### Honey Mustard Chicken

Grilled chicken, avocado, tomatoes, red onion, corn, bacon, cucumber on a bed of mesclun leaf and honey mustard dressing



### Classic Chicken Caesar

Grilled chicken, grilled bacon, parmesan cheese, egg, croutons on a bed of baby cos lettuce and caesar dressing



### Mediterranean Style Falafel (Vegetarian)

Falafel, roasted pumpkin, red roasted capsicum, red onion, olives, walnut, chickpeas, fetta on a bed of mesclun leaf and balsamic dressing (VG)



### Grilled Beef & Haloumi

Grilled beef, grilled haloumi, avocado, cucumber, red roasted capsicum on a bed of mesclun leaf with a lemon spiced dressing



### Protein Supreme

Grilled chicken, boiled egg, corn, tasty cheese, red onion, carrot, chickpeas on a bed of mesclun leaf with lemon mayo dressing (GF)

## Grain Bowls

Regular \$13.95 | Large \$15.95



### Chicken Avocado Pasta

Grilled chicken, pesto pasta, corn, carrots, tasty cheese, sundries tomatoes, roasted capsicum, avocado on a bed of baby spinach, topped with almond and lemon mayo dressing



### Warm Thai Beef

Grilled beef, vermicelli noodles, red capsicum, cucumber, red onion, bean sprouts, snow peas on a bed of mesclun leaf topped with crushed peanuts and lemon spiced dressing (DF)



### Salmon Soba Seaweed

Smoked salmon, carrots, fresh tomatoes, avocado, broccolis, edamame beans on a bed of soba noodle, topped with seaweed, sesame seed and Japanese sesame dressing



### Spicy Mexican Pulled Pork

Pulled pork, five beans, brown rice with quinoa, corn, tomatoes, red onion, tasty cheese on a bed of cos lettuce, with chilli flakes, sour cream and lime coriander dressing (GF)



### Balsamic Lamb

Roasted lamb, brown rice with quinoa, roasted pumpkin, broccoli, chickpeas, red onion, capsicum on a bed of mesclun leaf and balsamic dressing (GF) (DF)



### Asian Chicken Noodle

Grilled chicken, carrot, cucumber, red onion, coleslaw, capsicum, vermicelli, bean sprout on a bed of mesclun leaf and topped with peanuts, crispy shallots and Asian sesame dressing (DF)

(GF) Gluten Free (DF) Dairy Free (VG) Vegetarian (V) Vegan

## Design Your Own

BASE + INGREDIENTS + PROTEIN

### Bowls

Small \$11.95

Choose up to 5 Ingredients + 1 Protein

Regular \$13.95

Choose up to 6 Ingredients + 1 Protein

Large \$15.95

Choose up to 7 Ingredients + 1 Protein

### Wrap or Turkish Roll

\$11.95

Choose up to 3 Ingredients + 1 Protein

### Choose your Base

baby spinach	musclun leaf
cos lettuce	brown rice and quinoa
soba noodle	pesto pasta

### Choose your Ingredients

bean sprout	corn	carrot
red onion	roasted pumpkin	chickpeas
roasted capsicum	crunchy slaw	fresh red capsicum
fresh tomato	cucumber	olive
broccoli	snow peas	vermicelli noodle
edamame beans	sundried tomato,	beetroot

Extra ingredients \$1 each

Gourmet extra \$1.50 each

avocado	boiled egg	fetta
grilled bacon		

### Choose your Protein

fry's plant-based schnitzel	grilled chicken
pepper smoked salmon	szechwan beef
slow cooked lamb	teriyaki marinated tofu
slow cooked pork	falafel

Extra protein \$4 each

### Choose your Toppings

almond slivers	black sesame	crispy shallots
peanuts	walnut	white sesame

### Choose your Dressing (Maximum 2 choices)

Asian sesame	balsamic,	caesar
honey mustard	lemon spiced	light lemon mayo
teriyaki	green pesto	lime coriander
sriracha mayo	Japanese miso sesame	

Extra dressing 50 cents each

\*Our store offers products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consumer for people with peanut, tree nut, soy, milk, egg or wheat allergies.

## Wraps

\$12.95



### Chicken Caesar

Grilled chicken, cos lettuce, parmesan chesse, boiled egg, grilled bacon with a caesar Dressing



### Max Pulled Pork

Pulled pork, crunchy slaw, five bean mix, tomato, capsicum, corn with a lemon mayo dressing



### Greek Lamb & Fetta

Slow cooked lamb, baby spinach, cucumber, tomato, red onion with a garlic aioli dressing



### Beetroot Pumpkin

Roasted pumpkin, beetroot, fetta, walnut with mesclun leaves and lemon mayo dressing (VG)