INDAY
GOOD KARMA SERVED DAILY

MAINS

STEP 1
PICK A MAIN

STEP 2
PICK A PROTEIN

WARM
$8

RICE (GF, V)
Brown basmati + wild rice
Cucumber & tomato + roasted cauliflower + mint & cilantro

GRAIN (GF, V)
Red quinoa + orange lentils + spinach
Cucumber & tomato + roasted cauliflower + mint & cilantro

NOT RICE (GF, V)
Shredded cauliflower + brussels sprouts
Cucumber & tomato + roasted cauliflower + mint & cilantro

COOL
$8

RUBY (GF, V)
Shaved red & green cabbage + carrot + mint
Masala corn + snap peas + tamarind dressing

EMERALD (GF, V)
Kale + baby spinach + brussels sprouts + roasted corn
Lime squeeze + toasted almonds + tamarind dressing

RAINBOW (GF, V)
Ribbons of zucchini + carrots + cucumber + beetroot
Pickled raisins + lime squeeze + spiced orange dressing

PROTEINS
CHOOSE ONE

CHICKEN (GF) - $3
Farm raised + grilled in our house spices

STEAK (GF) - $4.5
Marinated and BBQ in our red spice blend

RICCO'S BANANA LEAF PORK (GF) - $4
Slow roasted + hand pulled

SALMON - (GF) $4.5
Line-caught grilled in coastal Indian spices

SMOKED TOFU - (GF, V) - $3
Charcoal smoked tofu in cool cilantro marinade

CAPE WRAPS
WHOLE WHEAT FLATBREAD or GRILLED CABBAGE CUP (GF)

CHICKEN - $8.5
rice + mint chutney + pickled onions + cucumbers

STEAK - $10
rice + mint chutney + pickled onions + cucumbers

RICCO'S BANANA LEAF PORK - $10
rice + mint chutney + pickled onions + cucumbers

SALMON - $11
rice + tomato chutney + pickled onions + cucumbers

SMOKED TOFU - (V) - $9.5
rice + tomato chutney + pickled onions + cucumbers

GRAB & GO

SCOOP (GF, V) - $3.5
Smoked eggplant + organic crisps

EARTH JAR (GF, V) - $5
Grain, lentil, chickpeas, shredded brussels sprouts, tomato chutney

DESSERT (GF, V) - $3.5
Yogurt + mango + almonds + honey

BEVERAGES

ICED TEA
by In Pursuit of Tea
Hibiscus / Single-Estate Darjeeling / Chai

INDAY ICED COFFEE
by Jack's Stir Brew
INDAY Blend

LEMONADE
Lemon + ginger + mint

SAUCES

COOL RAITA
Yogurt, cucumber

MINT CILANTRO CHUTNEY

RED COCONUT CHUTNEY

HOT

HOT AF