MAINS

WARM $8
RICE (GF, V) - Brown jasmine + coconut rice Curried onion + roasted onion + coconut rice
GRAN (GF, V) - Red quinoa + orange, lemon, spinach, coconut rice + roasted onion + roasted red pepper + coconut rice
NOT RICE (GF, V) - Shredded cabbage + taro sprouts Curried onion + coconut + avocado

COOL $8
RUST (GF, V) - Shredded red & green cabbage + carrot + mint Black rice + rosemary + toasted dressing
EMERALD (GF, V) - Kale, baby spinach + tomato, sprouts + smoked corn + roasted red pepper + toasted dressing + toasted dressing
RAINBOW (GF, V) - Ribbon of carrots + carrot + cucumber + beetroot Puffed onion + lime + coriander + toasted dressing

PROTEINS
CHOOSE ONE
CHICKEN (GF) - $10 Farm raised + grilled in our house spices
STEAK (GF) - $4.5 Marinated BBQ in our red spice blend
RICCO’S BANANA LEAF PORK (GF) - $4 Slow roasted + hand pulled
SAUMON (GF) - $5.5 Lime-cured grilled in smoked Indian spices
SMOKED TOFU (GF, V) - $3 Charcoal smoked tofu in classic chimichurri marinade

CAPE WRAPS
WHEAT WRAP TOASTED + 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
SAUMON - $11 rice + tomato chutney + pickled onions + cucumbers
SMOKED TOFU (GF, V) - $9.5 rice + tomato chutney + pickled onions + cucumbers

GRAB & GO
SCOP (GF, V) - $3.5 Smoked eggplant + organic crops
EARTH JAR (GF, V) - $5 Onion, lentil, chilli peppers, shredded brown spouts, tomato chutney
DESSERT (GF, V) - $2.5 Yogurt + mango + almonds + honey

BEVERAGES
ICED TEA
by Leaf & Soda Kithces - Single Estate Darjeeling / Chai
INDAY ICED COFFEE
by Jack’s Siri Bone
LEMONADE
Lemon + ginger + mint

SAUCES
COOL RAITA Yogurt, cucumber MINT CHILLED CHUTNEY RED COCONUT CHUTNEY HOT HOT AF