

LEAN & HEALTHY

WE CARE ABOUT YOU

we use a high quality, natural whey isolate in all of our protein smoothies



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chicken salad GF	25.9
marinated chicken breast, cos lettuce, sliced avocado, cherry tomatoes, red onion, shredded carrot, feta, semi-dried tomatoes, roasted capsicum, mushroom & cucumber w/ chilli aioli dressing	
fig salad GF V	26.9
figs, fresh rocket, walnuts, pine nuts, grapes & low fat ricotta w/ a honey balsamic vinaigrette	
lamb salad GF	26.9
lamb, avocado, feta, oregano, fresh rocket & semi-dried tomatoes w/ garlic aioli dressing	
grilled atlantic salmon GF	44.9
atlantic salmon fillet topped w/ smashed avocado & tomato bruschetta w/ steamed vegetables & chilli tapenade	
veggie risotto GF V	31.9
steamed rice w/ baby spinach, asparagus, mushroom, shallots, sliced avocado, semi-dried tomatoes & fresh chilli, topped w/ a poached egg	
grilled lemon chicken GF	37.9
chicken w/ lemon jus, garlic & rosemary, served w/ steamed vegetables	
bunless burger GF	26.9
lean beef patty w/ mozzarella, mustard, homemade pickles, caramelised onion & tomato sauce, wrapped in lettuce, served w/ sweet potato fries, garlic & chilli aioli dips	
steamed perch fillet V	39.9
steamed perch w/ lemon, basil & chilli, served w/ steamed vegetables	
beef tenderloin	45.9
120 day grain fed hereford black angus served w/ steamed vegetables	

PROTEIN SMOOTHIES

franco columbu	9.9
oats, peanut butter & almond milk w/ 30g of whey isolate	
rocky rocco V	9.9
honey, banana, peanut butter & soy milk w/ 30g of whey isolate	
berry bash	9.9
dates, banana, linseed, cocoa & soy milk w/ 30g of whey isolate	
berry bash	9.9
strawberries, blueberries, cinnamon, cocoa powder, walnuts & coconut water w/ 30g of whey isolate	
strawberries & cream	9.9
strawberries, banana, vanilla bean paste, chia seeds & almond milk w/ 30g of whey isolate	
arnold	9.9
ricotta, cottage cheese, blueberries, natural yoghurt, honey & almond milk w/ 30g of whey isolate	
wake up	9.9
blueberries, strawberries, banana, açai berries, honey & coconut water w/ 30g of whey isolate & a shot of coffee	
pasquale pat 'd' cat	9.9
baby spinach, green apple & cucumber w/ 30g of whey isolate	

PLEASE REFRAIN FROM MODIFYING DISHES AS WE DO NOT ACCEPT RESPONSIBILITY FOR UNFAVOURABLE OUTCOMES

V vegetarian items **V** chilli items - for those who love spicy food **GF** gluten free items - all care is taken however traces may still be present **V** upon request, item may be made to order as gluten-free by eliminating gluten ingredients
all care is taken, however olives may contain pits | small bones may be present when eating game, fish & ragù | traces of nuts & dairy may still be present

- 10% SURCHARGE APPLIES ON SUNDAYS & PUBLIC HOLIDAYS -

