

LIGHT MEALS

WANDERLUST SUSHI

SMOKED SALMON AND AVOCADO | 85,-
Smoked salmon, avocado, cucumber, wakame, Japanese mayo, soy, pickled ginger, wasabi

SPICY TUNA | 75,-
Minced spicy tuna, daikon, cucumber, shiso leaf, Japanese mayo, soy, pickled ginger, wasabi

LOW CARB NUT & SEED ROLL | 65,-
spiced nut and seed filling, avocado, asparagus, broccoli, red cabbage, cucumber and herbs with Japanese dipping sauce, cashew mayonnaise

TOASTED PANINI

TANDOORI CHICKEN PANINI | 65,-
Tandoori spiced chicken, yoghurt sauce, mint & coriander

PORK SAUSAGE AND CHEESE OMELETTE PANINI | 65,-
Shredded pork sausage, cheese almonds sauce & omelette

MUSHROOMS AND SWISS CHEESE PANINI | 65,-
Sautéed mushrooms, Swiss cheese, carnalized onion & rucola

SNACKS

KOREAN CAULIFLOWER POPCORN | 55,-
Crisp oat and seeds coated cauliflower tossed with Korean chili sauce, toasted sesame seeds, garlic and coriander

SOFT CHICKEN TACOS | 65,-
3 soft tacos filled with Mexican spiced chicken, corn salsa, avocado, slaw and jalapeno

HONEY CHILI CHICKEN WINGS | 55,-
Marinated chicken wings with barbecue spiced tofu mayonnaise

CHICKEN QUESADILLA | 65,-
Spiced chicken, mozzarella, cheddar, jalapeno salsa, smashed avocado

MIXED SKEWER PLATE | 85,-
Mixed sate of Spiced chicken, soy beef and yellow curry fish served with trio of dipping sauces



FUELING BETTER HUMANS FUELING BETTER HUMANS



BREAKFAST

OAT & NUT PORRIDGE | 75,-

almond milk, oat, nuts, mango, strawberry, mint, coconut

K 70 C 80 P 0 F 70

OVER NIGHT OATS | 70,-

oats, chia seeds, dates, almond milk, pumpkin seed, carrot, raisins, cashews, coconut yoghurt, maple

K 80 C 80 P 0 F 70

PROTEIN GRANOLA BOWL | 85,-

cashew & coconut granola, whey protein, fruits, almond milk, date tahini sorbet, coconut, mint

K 80 C 70 P 0 F 70

FRUITS & YOGHURT | 60,-

fresh seasonal fruits, coconut yoghurt, granola, mint, lime

K 80 C 80 P 0 F 70

PROTEIN WAFFLE or PANCAKE | 90,-

almond flour + egg + whey protein (25gr) batter, caramelized banana, berry compote, granola, mango, strawberries, maple

K 80 C 80 P 0 F 70

THE DRISK | 85,-

eggs any style (4pc) streaky bacon (4pc), avocado, marinated feta (30gr), & your choice of toast

K 110 C 50 P 50 F 80

POWER BENEDICT | 85,-

seed & sumac English muffin, Greek yoghurt hollandaise, sautéed kale, pulled chicken (50gr), bacon (2pc), avocado (50gr), rucola, grilled tomato

K 80 C 0 P 50 F 80

KETO BIG BREAKFAST | 120,-

eggs your style (2pc), slow roasted paprika, feta cheese (30gr), grilled chicken breast (100gr), bacon (2pc), avocado, edamame hummus, nut seed toast

K 80 C 0 P 0 F 80

STEAK & EGGS | 120,-

grilled rib eye (150gr), eggs your style (2pc), chimichurri sauce

K 80 C 0 P 0 F 80

WANDERLUST OMELETTE | 70,-

egg omelette (3pc) with sautéed mushrooms, tomato, onion, cheddar cheese & your choice of toast

K 80 C 70 P 0 F 70

BREAKFAST WRAP | 70,-

tortilla, scrambled eggs (3pc), streaky bacon (1pc), house made pork sausage (2pc), caramelized onion, cheddar cheese, rucola & a side of harissa sauce

K 80 C 0 P 0 F 70

AVOCADO TOAST | 75,-

whole grain sourdough topped with chili, paprika, olive oil & lemon marinated avocado, poached eggs (2pc), feta cheese (30gr), tomato, pickled onion & rucola

K 70 C 80 P 0 F 70

HUMMUS & EGGS | 70,-

chickpea hummus (150gr) with olive oil, dry spices, poached eggs (2pc), grilled tomato, herb, sprouts salad and your choice of toast

K 70 C 80 P 0 F 70



WANDERLUST

FOODS

BOWLS

BARAMUNDI QUINOA BOWL | 85,-

steamed barramundi (150gr), quinoa, tomato, olives, basil, red onion, rucola, capers, burn lemon, cucumber, paprika & tomato vinaigrette

K 80 C 70 P 0 F 70

INDIAN LENTIL CURRY | 85,-

with snow peas, mint coconut yoghurt, paprika, fresh herbs, grilled pumpkin & choice of rice (white, red, cauliflower)

K 80 C 0 P 0 F 70

KOREAN SESAME CHICKEN & BROCCOLI | 90,-

nut & sesame seed crusted chicken pieces (200gr), tossed with Korean chili sauce, broccoli & choice of rice (white, red, cauliflower)

K 70 C 80 P 0 F 70

OX TAIL BROTH | 95

Roasted ox tail & vegetable broth with chives, soft boiled egg (1pc), beef short rib crisp (50gr)

K 70 C 0 P 0 F 70

CHICKEN & AVOCADO SALAD | 95,-

chefs cut salad with, roasted chicken (120gr), avocado (150gr), broccoli, lettuce, feta cheese (30gr), beetroot, tomato, red onion, basil, parsley, artichoke dressing

K 80 C 0 P 0 F 70

ZUCCHINI NOODLE BOWL | 75,-

zucchini noodles, coriander lime dressing, burn corn, feta cheese, edamame, avocado, red onion, fresh herbs

K 80 C 0 P 0 F 70

MEXICAN RICE BOWL | 85,-

Grilled Mexican spiced chicken (100gr), burn corn, tomato salsa, blistered paprika, avocado, tomato, half-way mozzarella & cheddar, red cabbage. choice of rice (white, red, cauliflower)

K 80 C 0 P 0 F 70

THAI CHICKEN CASHEW | 85,-

Thai inspired chicken (150gr) & cashew stir-fry served with choice of rice (white, red, cauliflower)

K 70 C 80 P 0 F 70

KETO FRIED "RICE" | 85,-

wok tossed cauliflower grit, shredded chicken (100gr) yellow curry paste, egg, carrot, cabbage, onion, coriander, kale, poached egg

K 70 C 80 P 0 F 70

BURGERS & WRAPS

all served with a side of sweet potato fries

PERI" CHICKEN WRAP | 75,-

Tortilla wrap filled with grilled (peri peri or plain) chicken breast (120gr), avocado, cheddar, lettuce, red cabbage, onion, house mayonnaise

K 70 C 80 P 0 F 70

BIG VEGETABLE WRAP | 65,-

with edamame falafel (140gr), beetroot, red onion, coriander, carrot, red cabbage, tomato, chimichurri, rucola, cucumber, edamame hummus

K 70 C 80 P 0 F 70

GRILLED BEEF WRAP | 110,-

grilled ribeye (100gr), caramelized onion, mustard, aioli, avocado, gherkins, tomato, rucola, red onion, cheddar cheese

K 70 C 80 P 0 F 70

BEEF BURGER | 110,-

House-made beef patty (150gr brisket) cheddar cheese, lettuce, tomato, caramelized onion

K 80 C 70 P 0 F 70

DOUBLE BEEF BURGER | 145,-

double brisket beef patty (300gr), double cheese, onion relish pickles, barbecue mayo, lettuce & tomato

K 100 C 100 P 0 F 70

CHICKEN SLAW BURGER | 85,-

pan seared dusted buttermilk-chicken (150gr), Mexican spice paste, slaw, lettuce, tomato, cheddar cheese, mayonnaise, herbs

K 80 C 80 P 0 F 70

BUILD YOUR OWN PLATE

PROTEINS

- Eggs your way (2pc) | 20,-
- Bacon (2pc) | 25,-
- Seared salmon (150gr) | 120,-
- Falafel patty (150gr) | 45,-
- Rib eye (150gr) | 110,-
- Beef patty (150gr) | 55,-
- Grilled pork sausage (1pc) | 20,-
- Grilled chicken (150gr) | 30,-
- Marinated tempeh (80gr) | 15,-
- GF toast (2pc) | 20,-

DRESSINGS & SAUCES

- Lemon dressing (50ml) | 8,-
- Mint yoghurt (50ml) | 8,-
- Harissa dressing (50ml) | 8,-
- Mustard mayo (50gr) | 10,-
- Edamame hummus (50gr) | 12,-
- Chickpea hummus (50gr) | 12,-

VEGETABLES, BREADS & DAIRY

- Sweet potato fries (120gr) | 25,-
- Avocado your way (80gr) | 20,-
- Marinated Feta cheese (20gr) | 25,-
- Blanched broccoli (50gr) | 20,-
- Sautéed mixed vegetables (50gr) | 20,-
- Marinated grilled paprika (50gr) | 15,-
- Toasted bread (2pc) | 10,-
- Nut and seed wafer (1pc) | 10,-
- Steamed red rice (100gr) | 12,-

MAINS

HERB CRUSTED BEEF TENDERLOIN | 1

Australian beef tenderloin (180gr) with cauliflower puree, garlic, almond baby beans & avocado, bacon salad

K 100 C 80 P 0 F 70

SEARED SALMON FILLET | 150,-

fresh salmon (150gr) served on salt-pepper cauliflower and eggplant-miso puree

K 80 C 80 P 0 F 70

CHICKEN BREAST | 90,-

chicken breast (200gr) with sauteed vegetables, smashed sweet potato, red onion, chimichurri sauce

K 80 C 80 P 0 F 70

KETO CHICKEN PARMIGIANA | 95,-

shallow fried chicken fillet (180gr), crusted in pumpkin seeds, flax seed, almond, topped with Napoli sauce, mozzarella (80gr), avocado, bacon salad

K 100 C 80 P 0 F 70

CARNIVORE PLATE | 120,-

Grilled short rib (80gr), truffle butter eggs (2pc), pork sausages (1pc), bacon (2pc) grilled cheddar & mozzarella

K 70 C 0 P 0 F 70

TANDOORI SKEWERS | 95,-

Grilled tandoori spiced chicken (200gr) & served quinoa tomato, cucumber salad, yoghurt cucumber, pickled onion & herb salad

K 80 C 80 P 0 F 70

