

BREAKFAST

OAT & NUT PORRIDGE | 65,-
almond milk, oat, nuts, mango, strawberry, mint, coconut
K C P F

OVER NIGHT OATS | 60,-
oats, chia seeds, dates, almond milk, pumpkin seed, carrot, raisins, cashews, coconut yoghurt, maple
K C P F

PROTEIN GRANOLA BOWL | 75,-
cashew & coconut granola, whey protein, fruits, almond milk, date tahini sorbet, coconut, mint
K C P F

FRUITS & YOGHURT | 50,-
fresh seasonal fruits, coconut yoghurt, granola, mint, lime
K C P F

PROTEIN WAFFLE or PANCAKE | 75,-
almond flour + egg + whey protein (25gr) batter, caramelized banana, berry compote, granola, mango, strawberries, maple
K C P F

THE DRISK | 75,-
eggs any style (4pc) streaky bacon (4pc), avocado, marinated feta (30gr), & your choice of toast
K C P F

POWER BENEDICT | 75,-
seed & sumac English muffin, Greek yoghurt hollandaise, sautéed kale, pulled chicken (50gr), bacon (2pc), avocado (50gr), rucola, grilled tomato
K C P F

KETO BIG BREAKFAST | 110,-
eggs your style (2pc), slow roasted paprika, feta cheese (30gr), grilled chicken breast (100gr), bacon (2pc), avocado, edamame hummus, nut seed toast
K C P F

STEAK & EGGS | 100,-
grilled rib eye (150gr), eggs your style (2pc), chimichurri sauce
K C P F

WANDERLUST OMELETTE | 55,-
egg omelette (3pc) with sautéed mushrooms, tomato, onion, cheddar cheese & your choice of toast
K C P F

BREAKFAST WRAP | 60,-
tortilla, scrambled eggs (3pc), streaky bacon (1pc), house made pork sausage (2pc), caramelized onion, cheddar cheese, rucola & a side of harissa sauce
K C P F

AVOCADO TOAST | 65,-
whole grain sourdough topped with chili, paprika, olive oil & lemon marinated avocado, poached eggs (2pc), feta cheese (30gr), tomato, pickled onion & rucola
K C P F

HUMMUS & EGGS | 60,-
chickpea hummus (150gr) with olive oil, dry spices, poached eggs (2pc), grilled tomato, herb, sprouts salad and your choice of toast
K C P F



BOWLS

BARAMUNDI QUINOA BOWL | 85,-
steamed barramundi (150gr), quinoa, tomato, olives, basil, red onion, rucola, capers, burn lemon, cucumber, paprika & tomato vinaigrette
K C P F

INDIAN LENTIL CURRY | 75,-
with snow peas, mint coconut yoghurt, paprika, fresh herbs, grilled pumpkin & choice of rice (white, red, cauliflower)
K C P F

KOREAN SESAME CHICKEN & BROCCOLI | 75,-
nut & sesame seed crusted chicken pieces (200gr), tossed with Korean chili sauce, broccoli & choice of rice (white, red, cauliflower)
K C P F

OX TAIL BROTH | 95
Roasted ox tail & vegetable broth with chives, soft boiled egg (1pc), beef short rib crisp (50gr)
K C P F

CHICKEN & AVOCADO SALAD | 85,-
chefs cut salad with, roasted chicken (120gr), avocado (150gr), broccoli, lettuce, feta cheese (30gr), beetroot, tomato, red onion, basil, parsley, artichoke dressing
K C P F

ZUCCHINI NOODLE BOWL | 75,-
zucchini noodles, coriander lime dressing, burn corn, feta cheese, edamame, avocado, red onion, fresh herbs
K C P F

MEXICAN RICE BOWL | 75,-
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 C P F

THAI CHICKEN CASHEW | 75,-
Thai inspired chicken (150gr) & cashew stir-fry served with choice of rice (white, red, cauliflower)
K C P F

SALMON POKE BOWL | 95,-
Japanese-inspired salad with smoked salmon (50gr), beetroot, cucumber, red onion, cabbage, edamame, carrot, mushroom, radish, Japanese dressing, coriander, choice of rice (white, red, cauliflower)
K C P F

KETO FRIED "RICE" | 75,-
wok tossed cauliflower grit, shredded chicken (100gr) yellow curry paste, egg, carrot, cabbage, onion, coriander, kale, poached egg
K C P F

BURGERS & WRAPS

all served with a side of sweet potato fries
PERI" CHICKEN WRAP | 60,-
Tortilla wrap filled with grilled (peri peri or plain) chicken breast (120gr), avocado, cheddar, lettuce, red cabbage, onion, house mayonnaise
K C P F

BIG VEGETABLE WRAP | 55,-
with edamame falafel (140gr), beetroot, red onion, coriander, carrot, red cabbage, tomato, chimichurri, rucola, cucumber, edamame hummus
K C P F

GRILLED BEEF WRAP | 95,-
grilled ribeye (100gr), caramelized onion, mustard, aioli, avocado, gherkins, tomato, rucola, red onion, cheddar cheese
K C P F

BEEF BURGER | 95,-
House-made beef patty (150gr brisket) cheddar cheese, lettuce, tomato, caramelized onion
K C P F

DOUBLE BEEF BURGER | 135,-
double brisket beef patty (300gr), double cheese, onion relish pickles, barbecue mayo, lettuce & tomato
K C P F

CHICKEN SLAW BURGER | 75,-
pan seared dusted buttermilk-chicken (150gr), Mexican spice paste, red cabbage slaw, cheddar cheese, mayonnaise, herbs
K C P F

MAINS

HERB CRUSTED BEEF TENDERLOIN | 150,-
Australian beef tenderloin (180gr) with garlic almond baby beans & black-garlic, charcoal, mustard, avocado puree
K C P F

SEARED SALMON FILLET | 140,-
fresh salmon (150gr) served on salt-pepper cauliflower and eggplant-miso puree
K C P F

CHICKEN BREAST | 80,-
chicken breast (200gr) with sautéed vegetables, smashed sweet potato, red onion, chimichurri sauce
K C P F

KETO CHICKEN PARMIGIANA | 85,-
shallow fried chicken fillet (180gr), crusted in pumpkin seeds, flax seed, almond, topped with Napoli sauce, mozzarella (80gr), avocado, bacon salad
K C P F

CARNIVORE PLATE | 110,-
Grilled short rib (80gr), truffle butter eggs (2pc), pork sausages (1pc), bacon (2pc) grilled cheddar & mozzarella
K C P F

TANDOORI SKEWERS | 85,-
Grilled tandoori spiced chicken (200gr) & served quinoa tomato, cucumber salad, yoghurt cucumber, pickled onion & herb salad
K C P F

BUILD YOUR OWN PLATE

- PROTEINS**
 - Eggs your way (2pc) | 15,-
 - Bacon (2pc) | 20,-
 - Seared salmon (150gr) | 100,-
 - Smoked salmon (50gr) | 75,-
 - Falafel patty (150gr) | 45,-
 - Rib eye (150gr) | 95,-
 - Beef patty (150gr) | 55,-
 - Grilled pork sausage (1pc) | 20
 - Grilled chicken (150gr) | 30,-
 - Marinated tempeh (80gr) | 15,-
- VEGETABLES, BREADS & DAIRY**
 - Sweet potato fries (120gr) | 25,-
 - Avocado your way (80gr) | 20,-
 - Marinated Feta cheese (20gr) | 25,-
 - Blanched cauliflower (50gr) | 10,-
 - 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,-
- 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,-

