

LIVE WELL WITH US



Nutrify Approved.
All gluten-free + dairy-free



FRESH BEGINNINGS

Miles-to-Grow Salad \$10

local leaves with fresh herbs, spicy pumpkin seeds with a maple, lime and extra virgin olive oil vinaigrette *Ve*

Coconut Curry Super Soup \$10

Mildly spiced with sweet potato, antioxidant-rich veg, coconut, turmeric, garlic, ginger and lemongrass. Great for detox pathways and heart-healthy too! *Ve*

main dishes

Mumbai Chickpea Quinoa Salad \$15

roasted chickpeas, cauliflower + carrots, cashews, arugula with Indian spices on a bed of arugula with creamy Indian aquafaba dressing *Ve*

Omega-3 Greek Super Salad \$24

salmon with local leaves, cucumber, olives, baby tomatoes, sun-dried tomatoes, pumpkin seeds + Mediterranean herbs

Miso Detox Bowl | Tofu (\$23) or Chicken (\$26)

brown rice with miso, ginger, carrots, lime, spring onions, chili, white/black sesame seeds and a touch of maple. Served with your choice of Tamari chicken or tofu, on a bed of spinach (can be made *Ve*)

Island Spiced Grilled Chicken (\$30) or Local Catch (\$35)

with coconut and butternut mash, Jamaican jerk roasted cauliflower + chargrilled zucchini

Spicy Sweet Chili Noodle Bowl

spicy sweet chili tofu (\$22), chicken (\$24) or shrimp (\$26), green/yellow peppers, broccoli, red cabbage, spinach and lightly toasted sesame seeds - Served hot! (Can be *Ve*)

DESSERT

Pukka herbal tea and dark chocolate.



To learn more about Nutrify,
scan the QR code here:

