



Lite Meal



Nourish Bowl

Quinoa, Sweet Potato, Zucchini, Spinach & Avocado w/
Dried Cranberries & toasted Seeds served with Tahini
& Lemon vinaigrette

GF, DF, VEGAN

18

S & P Calamari

Served w/ Salad Garnish, Aioli & Citrus

16

Roasted Cauli & Green Bean Plate

Sumac roasted Cauliflower, Green Beans, Figs, Feta,
Flaked Almond served w/ Balsamic Reduction

GF

18

Vietnamese Noodle Salad

Shredded Carrot, Cucumber, Tomato, Fresh Herb, Rice
Noodle Served w/ Spicy Sauce topped w/ toasted peanuts

GF, DF

18

Sides

Grilled Chicken 5

Grilled Steak Pieces 6

Grilled Prawns 6

Calamari 6

Sweet Potato Fries 5

Wedges 5

Fries 4

Grilled Haloumi 4

Garden Salad 4

Grill & Pasta

STEAK

250 G Rump Steak, on Fried Potatoes &
Greens w/ Chimichurri Sauce

28

Salmon

Pan Fried Salmon on Zucchini Noodles w/
Salsa

26

Chicken Breast

Greek style Marinated Chicken Breast on
Lemon Potatoes w/ Black olive tapenade

26

Seafood Fettucine

Mixed Seafood in a house-made Napoli
Sauce w/ Chili & Herbs

28

Mixed Mushroom Fettucine

Creamy Mixed Mushroom in a white wine,
Butter herb sauce, finished w/ truffle oil

20