

# main menu

## starters

- EDAMAME** 25  
steamed salted soybean pods.
- VIETNAMESE SPRING ROLLS** 62  
crunchy veggies, marinated tofu, roasted cashews & herbs wrapped in rice paper with cashew coconut sauce.
- HUMMUS PLATE** 56  
choose from sourdough bread or crudite of carrot, cucumber & capsicum sticks.
- FUN NUGGETZ** 53  
yummy, lightly crumbed pack of faux chicken nuggets, can't taste the difference!

## salads

### CHOICE OF DRESSINGS:

HERB VINAIGRETTE • TAHINI LEMON • BALSAMIC VINAIGRETTE  
MISO GINGER DRESSING • LEMON VINAIGRETTE

EXTRA DRESSING ADD 20

- STRAWBERRY FIELDS SALAD** **NEW!** 71  
mixed greens, strawberries, vegan cheese, glazed walnuts with apple cider vinegar dressing.
- GARDEN SIDE SALAD** 35  
salad greens to accompany any meal, served with a dressing of your choice.
- KALE DETOX SALAD** 70  
massaged kale with avocado, sliced carrots, red cabbage, poached beets, moringa & roasted walnuts tossed in a lemon vinaigrette.
- MEG'S MINI SALAD** 62  
every veggie under the sun with tofu - tempeh crunch & toasted seeds, served with a dressing of your choice.
- VEGAN CAESAR SALAD** 75  
crispy baby romaine leaves, vegan soy chicken, vegan caesar dressing, GF croutons with parmesan and coconut bacon on top.
- GRILLED VEGGIE SALAD** 75  
herb-tossed eggplant, zucchini, red pepper, potato, green salad. **ADD CHEESE 26 | CHICKEN 20**
- VEGAN GREEN BOWL** 56  
avocado, broccoli, spinach, baby romaine, red cabbage, edamame, tofu.
- KAFE SOBA PLATE** 75  
cold sesame soba noodles, teriyaki tofu, steamed bok choy, mixed salad & chopped veggies, served with homemade ponzu sesame sauce.

## pasta bowls

- PESTO PASTA** **NEW!** 25  
fusilli pasta tossed with pesto, cashew nuts, cashew cheese, and vegan parmesan cheese.
- POMODORO PASTA** **NEW!** 62  
fusilli pasta with rosemary, tomato sauce, cherry tomatoes, and vegan parmesan cheese.

## bowl food

- THAI GREEN CURRY BOWL** 71  
classic Thai green curry with mixed veggies & tofu, served with rice. **ADD CHICKEN 20**
- MORINGA PUMPKIN CURRY** 68  
pumpkin, tempeh, moringa leaves, potato, tomato in a Balinese coconut milk curry, served with rice.
- KITCHEREE BOWL** 44  
organic lentils & brown rice stewed with broccoli, spinach, coriander, ginger, turmeric, homemade garam masala & ghee.
- CURRY DHAL SOUP** 62  
served with chapati.
- PUMPKIN SOUP** 53  
served with garlic bread.
- HOMEMADE CHICKEN SOUP** 53  
potato, shredded chicken, carrot, broccoli, moringa leaves & mung bean sprouts. **ADD RICE NOODLES 10**
- HEARTY VEGETABLE SOUP** 55  
potato, chickpeas, carrot, broccoli, moringa leaves & mung bean sprouts. **ADD RICE NOODLES 10**
- MISO SOUP** 44  
shiitake mushroom, daikon, wakame, white miso, scallion, rice noodles, tofu.
- VEGAN VEGGIE BOWL** 71  
steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice. Served with tahini lemon sauce. **ADD CHICKEN 20 | SAUERKRAUT 10**
- SESAME DUSTED TEMPEH BOWL** 80  
brown rice with a pumpkin seed crunch surrounded by sesame tempeh, hummus, avocado, broccoli, edamame, kale, cherry tomato, cucumber, gomasio, served with miso dressing.
- RAINBOW BUDDHA BOWL** 70  
organic rice, fried tofu, roasted chickpeas, steamed broccoli, carrot, roasted beet, sauerkraut & radish with tahini lemon dressing.

### EXTRAS & ADD-ONS

MINI FRUIT PLATE	26	GRILLED CHICKEN	20	HUMMUS / AVOCADO / GUACAMOLE	26
SOUSDOUGH	26	VEGAN GRILLED CHICKEN	30	YOGHURT	26
GLUTEN-FREE BREAD	17	TOFU / TEMPEH	12	COCONUT YOGHURT	24
CHAPATI / GREEN TORTILLA	17	SAUTÉED SPINACH / MUSHROOMS / COMBO	20	CHEESE / SOUR CREAM	26
RICE (brown/red) / RICE NOODLES	10	SAUTÉED POTATOES	26	SALAD DRESSING / SALSAS	20
COCONUT BACON	26	SAUERKRAUT / PICKLES	10	STEAMED PUMPKIN	10

## bread food

- AVAILABLE AFTER 11AM
- SANDWICHES & WRAPS SERVED WITH SWEET POTATO CHIPS.** 89
  - THE REAL MUSHROOM BURGER** 89  
mushroom patty, cashew cheese, creamed mushrooms, caramelized onion, rucola. **ADD EGG 10 | CHEESE 26**
  - GREAT VEGGIE BURGER** 75  
veggie patty, avocado, caramelized onion, rucola, cashew cheese.
  - GK'S TACOS** 75  
with tempeh, tofu, guacamole, salsa, greens, chapati, onion, cheddar cheese. **ADD CHICKEN 20**
  - NOURISH VEGGIE WRAP** 62  
marinated veggies, avocado & feta cheese, wrapped in a green tortilla.
  - CHICKEN CAESAR WRAP** 75  
crispy baby romaine leaves, grilled chicken, boiled egg, vegan caesar dressing & parmesan all wrapped in a green tortilla with coconut bacon on the side.
  - TEMPEH REUBEN SANDWICH** 80  
marinated tempeh with avocado, sauerkraut, salad, tomato, red onion & sprouts with thousand island dressing on sourdough toast. **ADD COCONUT BACON 26**
- ## stir-fried
- SOBA STIR FRY** 71  
soba noodles, button mushroom, baby corn, broccoli, tossed in a savory stir fry sauce.
  - CAULIFLOWER FRIED RICE** **NEW!** 62  
cauliflower, torch ginger, green peas, sweet corn, bokchoy, and carrot.
  - RED NASI GORENG** 62  
our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews. **ADD CHICKEN 20 | FRIED EGG 10**
  - PAD THAI VEGETABLE** 68  
rice noodles stir-fried with veggies, tofu, egg, mung bean sprouts & ground cashew in homemade pad Thai sauce. **ADD CHICKEN 20**
  - CASHEW GINGER TOFU** 53  
tofu & mixed veggies sautéed in aromatic spices, served with red rice.

# desserts

## raw vegan

- MIXED BERRY CHEESE CAKE** 55
- CHOCOLATE CHEESE CAKE** 55
- CHOCOLATE SPIRULINA MINT SLICE** 60
- ENERGY BALLS** 30  
A CHOICE OF: SPIRULINA / MORINGA / SESAME DATE / CHOCOLATE CHILI / COCONUT LEMON

## bakery

- CHOCOLATE BROWNIE** 35
- COCONUT CARAMEL CAKE** 35
- CHOCOLATE ZUCCHINI CAKE** 35
- CHOCO-COCONUT BLISS CAKE** 35
- BANANA BREAD** 35
- CARROT WALNUT CAKE** 40
- CARROT RAISIN CAKE** 35
- TIRAMISU JAR** **NEW!** 75
- VEGAN COOKIE** **NEW!** 17
- CHOCOLATE CHIP COOKIE** **NEW!** 17

## raw chocolate

55  
CHOCOLATE & CACAO

**MINT & GOJI BERRY**  
cooling superfood energy.

**PURE & RAW**  
absolute chocolate.

**RAISIN & CASHEW**  
manifesting abundance.

**WILD ORANGE & FIG**  
biblical citrus magic.

### ORGANICALLY INSPIRED

we use locally grown organic  
produce whenever  
possible

## kids menu

- FUN NUGGETZ** 53  
yummy, lightly crumbed pack of faux chicken nuggets, can't taste the difference!
- TEMPEH POPCORN** 35  
lightly fried crumbed tempeh bites served with tomato ketchup.

VEGAN VEGETARIAN OPTION GLUTEN-FREE  
 VEGETARIAN GLUTEN-FREE OPTION

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES.

# all-day breakfast

- SUPER SIZED TROPICAL BOWL** ve gf **55**  
seasonal fresh fruits. **ADD MUESLI 26 | COCONUT YOGHURT OR MILK 24**
- YOGHURT BOWL** ve **55**  
yoghurt with granola, strawberry, banana, toasted coconut.
- MORINGA OAT PORRIDGE** ve **55**  
with coconut milk & sliced banana.
- BUBUR INJIN** ve gf **35**  
traditional black rice pudding with homemade coconut milk & sliced banana.
- TROPICAL PANDAN CREPES** ve gf **62**  
with shredded coconut & brown sugar syrup.
- FRENCH TOAST** ve **53**  
with caramelized banana, strawberry & cashew butter.
- MORNING ROSTI** ve **53**  
potato rosti, cheddar cheese, grilled tomato, scrambled egg.
- SCRAMBLED TOFU & AVOCADO** ve gf **60**  
with turmeric, avocado, scallion, toasted sourdough.
- TWO EGGS ANY STYLE** ve gf **50**  
poached, fried, boiled, scrambled or omelette on sourdough toast. **ADD A THIRD EGG 10 | FREE-RANGE 26**
- DUXELLE SCRAMBLED** ve gf **53**  
scrambled egg, mushroom Duxelle, toasted sourdough.
- SPINACH & MUSHROOM OMELETTE** ve gf **62**  
made with 2 eggs topped with feta and served with sourdough toast.
- BREAKFAST WRAP** ve **89**  
3 scrambled eggs with guacamole, black beans, salsa, sour cream, and cheese served open-faced in a flour tortilla
- BURRITO** ve NEW! **80**  
black bean, brown rice, pesto, grilled veggies, avocado with salsa and guacamole.
- AVOCADO TOAST** ve gf **53**  
sourdough toast topped with smashed avocado and an egg any style.
- EGGS BENEDICT** ve NEW! **60**  
sourdough bread, egg, vegan carrot lox, and salad.

## bakery

- BANANA BREAD** ve **35**
- CARROT WALNUT CAKE** ve **40**
- CHOCOLATE BROWNIE** ve **35**
- COCONUT CARAMEL CAKE** ve **35**
- CARROT RAISIN CAKE** ve **35**
- CHOCOLATE ZUCCHINI CAKE** ve **35**
- CHOCO-COCONUT BLISS CAKE** ve **35**

## morning favorites

### FROM MAIN MENU

SUBSTITUTE EGGS WITH TOFU VEGGIE SCRAMBLE **15**  
UPGRADE TO GF BREAD **17**

- KITCHEREE BOWL** ve gf **44**  
organic lentils & brown rice stewed with broccoli, spinach and a spice mix of ginger, turmeric & homemade garam masala, served with coriander & ghee.
- RED NASI GORENG** ve gf **62**  
our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews. **ADD CHICKEN 20 | FRIED EGG 10**
- VEGAN VEGGIE BOWL** ve gf **71**  
steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice, served with tahini lemon sauce. **ADD CHICKEN 20 | SAUERKRAUT 10**

## smoothie bowls

- CHIA PUDDING** ve **53**  
chia seed, coconut milk, frozen fruit, smoothie, fresh fruit & granola. **BERRY NANA** (strawberry & banana)
- ACAI DELIGHT BOWL** ve gf NEW! **89**  
acai, banana, strawberry, and granola
- TROPICAL IMMUNE BOOST** ve **71**  
banana, papaya, pineapple, granola, dried coconut.
- SUPERCHARGER SMOOTHIE BOWL** ve gf **71**  
coconut milk, banana, cacao, maca, seasonal fruit, granola & tahini.
- CACAO SUPER FOOD** ve gf **71**  
banana, papaya, strawberry, maca, granola & dried coconut.

### EXTRAS & ADD-ONS

MINI FRUIT PLATE	26	BREAKFAST POTATOES	26
YOGHURT / MUESLI	26	COCONUT BACON	26
COCONUT YOGHURT	24	SAUTÉED SPINACH / MUSHROOMS / COMBO	20
CHEESE / SOUR CREAM	26	AVOCADO / GUACAMOLE	26
TOAST WITH BUTTER & JAM	26	SALSA	20
SOURDOUGH	26	EGG 10   FREE-RANGE 26	
GLUTEN-FREE BREAD	17	(any style: fried, scrambled, poached or boiled.)	
BUTTER / JAM	10		
RICE (brown / red)	10		

ve VEGAN ve gf VEGETARIAN OPTION gf GLUTEN-FREE  
ve gf VEGETARIAN ve gf GLUTEN-FREE OPTION

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES.

## juices & shakes

- LIVER DETOX SHOT** **35**  
carrot & turmeric.
- SOMETHING GREEN** **55**  
apple, celery, parsley & spinach.
- LIME MINT SLUSH** **44**  
lime juice & mint leaf.
- ROSELLA REFRESHER** **35**  
rosella tea, lime, and soda water.
- BEET RETREAT** **55**  
apple, carrot, beet, ginger & lime.
- ENERGY DRINK** **62**  
pineapple, apple, cucumber & ginger.
- CACAO MACA SHAKE** **62**  
raw cacao, herbal maca Java, banana, coconut milk & soy milk.
- CLEANSER JUICE** **53**  
pineapple, white ginger, turmeric, lime.

## cacao



**RAW CEREMONIAL CACAO**  
M (200ML) **89** | L (300ML) **125**

BITTER (80%)    BITTER SWEET (70%)    SWEET (64%)

### WITH YOUR CHOICE OF TOPPING:

- COCONUT CREAM
- CINNAMON
- CAYENNE PEPPER
- SEA SALT
- ALL SPICE (nutmeg, cinnamon, clove)

**DELUXE RAW CHOCOLATE DRINK**  
200ML HOT / ICED **62**  
SUBSTITUTE VEGAN MILK **15**

ORGANICALLY INSPIRED  
we use locally grown organic produce whenever possible

### SUBSTITUTES & EXTRAS

SOY / COCONUT / CASHEW / ALMOND / OAT MILK	15
DECAF COFFEE	35
ONE CUP OF STEAMED MILK	24
HAZELNUT OR CARAMEL SYRUP	10
RAW HONEY	10

# drinks

## coffee

HOT / ICED	SIGNATURE BLEND	ARABIAN BLEND	DECAF
ESPRESSO	32	35	
MACCHIATO	32	35	
AMERICANO	32	35	44
CAPPUCCINO	37	44	62
CAFÈ LATTE	37	44	62
FLAT WHITE	37	44	
MOCHA LATTE	40	44	
DOUBLE ESPRESSO		44	

KOPI TUBRUK **20**

## tea

- HOMEMADE CHAI MASALA** **53**  
SUBSTITUTE VEGAN MILK **15**
- MATCHA LATTE** SUBSTITUTE VEGAN MILK **15** **44**
- GOLDEN LATTE** SUBSTITUTE VEGAN MILK **15** **44**
- SHILAJIT CACAO ELIXIR** **62**  
cacao, shilajit, ashwagandha, coconut milk, VCO, coconut nectar, cinnamon.
- HOT GINGER LIME HONEY** **35**
- BEFORE YOGA ENERGIZE** **35**  
fresh lemongrass, ginger, pandan leaf with honey or palm sugar.
- SHU PU-ERH** **35**  
origin Yunnan.
- JAVANESE OOLONG BLACK TEA** **44**
- CHAMOMILE TEA** **44**
- BLACK TEA** **44**
- YERBA MATE TEA** **35**

## others

- COCONUT WATER (BOTTLE)** **NETT. 25**
- WHOLE YOUNG COCONUT** **NETT. 30**