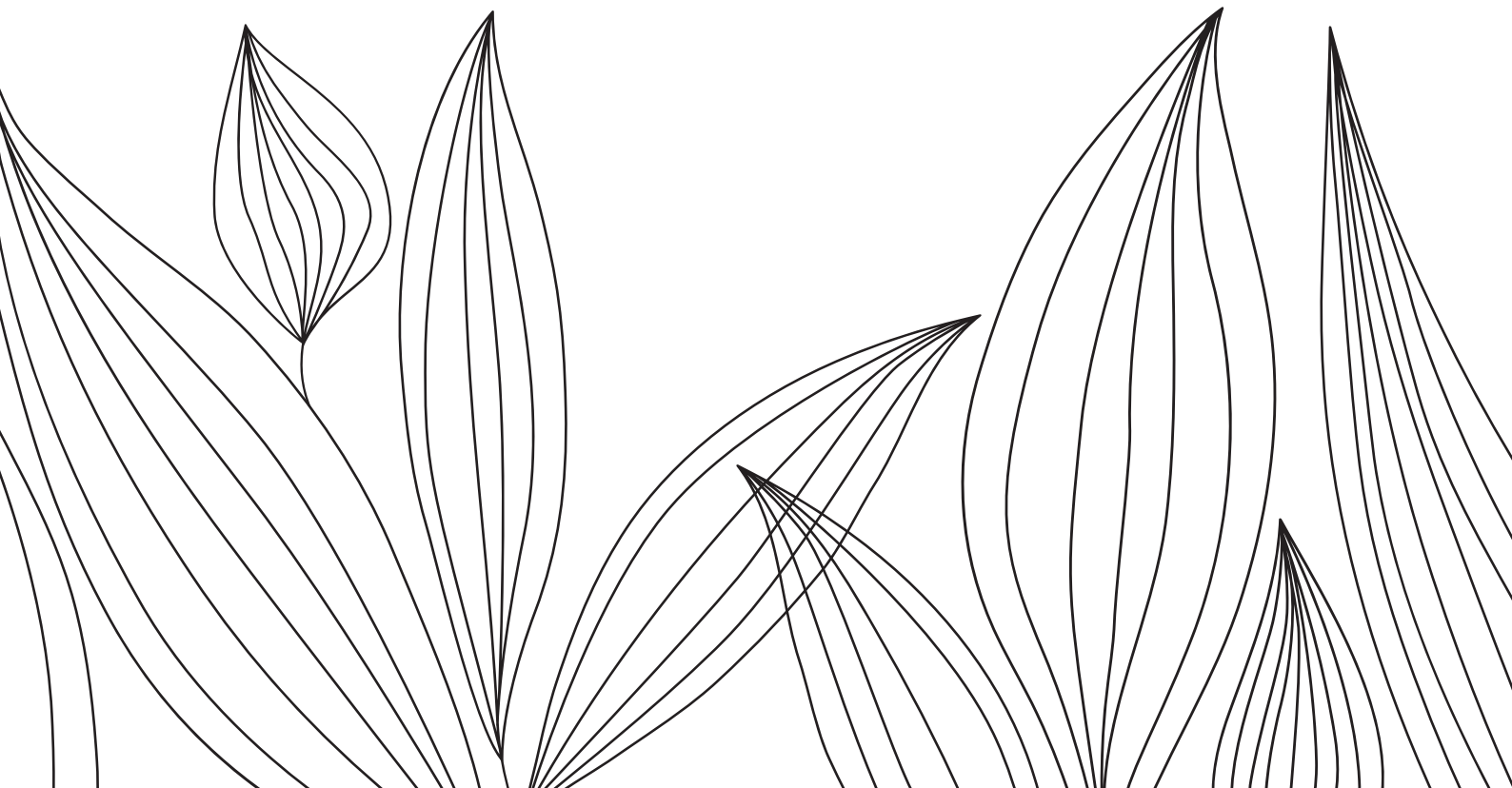


O

**salads . soups . wraps
juices . shots + rotating
hot dish specials**



Breakfast

Super breakfast bowls

acai bowl . blended banana
coconut water . acai

muesli bowl . blended banana . apple
peanuts . pea protein . goji

protein bowl {hot} . blended cashews
dates . chia . quinoa . goji

*all served with with honey spiced muesli,
seasonal fruit*

+ peanut butter

+ superfood of choice

pea protein isolate . fruit . greens . nuts

**or turn your favourite smoothie
into a breakfast bowl**

Three grain porridge

gluten free oats . quinoa . amaranth,
season fruit . roast almonds . coconut

+ turmeric elixir

Bruschetta

with hummus . tomato . avocado
goat cheese

+ egg

Bacon + egg roll

on a potato bun with baby spinach
tasty cheese . rocket . basil . chilli pesto

Smoked trout frittata

with roast pumpkin . spinach . dill
shallot . feta . baby leaf

Mexican spiced bacon

+ egg tortilla

with roast kumera . baby spinach
romesco sauce . baby leaf

Scrambled tofu

with mushrooms . chilli . garlic
turmeric . herbs . charred sourdough

Omelette of the day

two eggs + charred sourdough

Turkish style baked eggs

two eggs . smoked eggplant
roast capsicum . tomato . chickpea
lime . charred sourdough

+ chorizo sausage

Free range eggs x two

poached . fried . scrambled
with charred sourdough

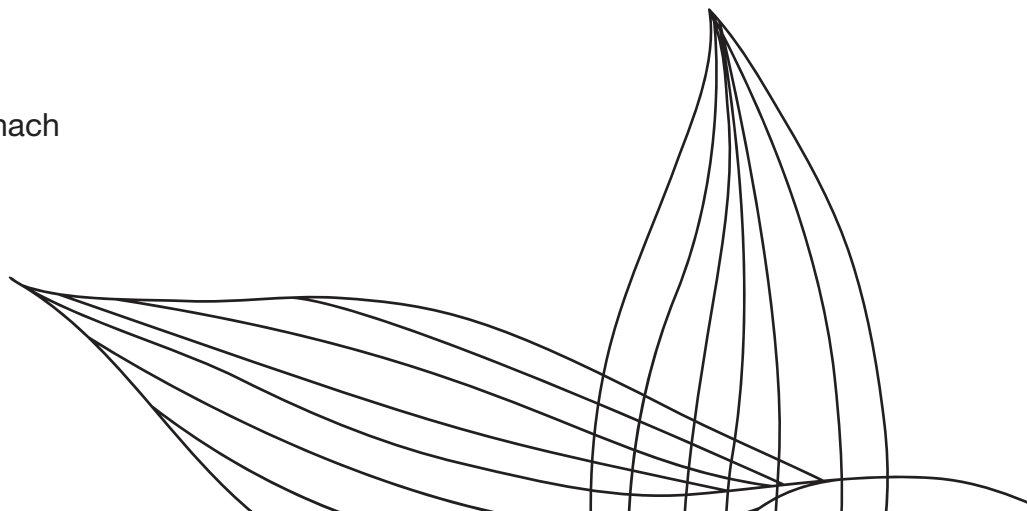
SOURDOUGH

soy/linseed + gluten free

SIDES

mushrooms . herbs . fresh spinach
tomato . bacon . avocado
harris smokehouse smoked salmon
chorizo sausage

**+ rotating daily
specials using
the best seasonal
ingredients**



Lunch

The O Superfood philosophy is to provide fresh quality ingredients, that are not only great tasting, but are great for your body too.

We like to keep it fresh by rotating dishes daily and adding to the menu regularly, all based on the best seasonal produce.

So come inside and have a look at what's fresh today.

SEASONAL SALADS

[see inside for today's rotating salads]

Broccoli . daikon . sesame . arame .
roast garlic lemon vinaigrette

Quinoa . pumpkin . fennel . pomegranate
. spinach . roast garlic lemon vinaigrette

Beetroot . rocket . lentil . walnut . goats
cheese . roast quinoa . pomegranate
vinaigrette

Zucchini . pumpkin . kale . spinach .
toasted seeds . dill . ginger miso dressing

Raw superfood . avocado . lemon
baobab dressing

Japanese style brown rice . quinoa sushi
salad . ginger miso vinaigrette

Indian spiced kumera . roast peanuts .
coconut sesame . coriander

Roast asparagus . pumpkin . white beans
. roast garlic lemon vinaigrette

+ hot smoked salmon
+ marinated chicken
+ marinated tofu

SEASONAL SOUPS

served with toasted organic sourdough
[see inside for today's rotating soup]

Chicken bone broth . seasonal vegetables
. shredded chicken . enoki mushroom .
quinoa . kale . turmeric . coriander

Organic chicken bone broth . fresh
turmeric . ginger

Seasonal vegetables with tomato, black
beans, kale and herbs - also available with
chicken

Pumpkin with lemongrass, herbs and miso
- also available with chicken

Turkish spiced red lentil with vegetables
and coriander - also available with chicken

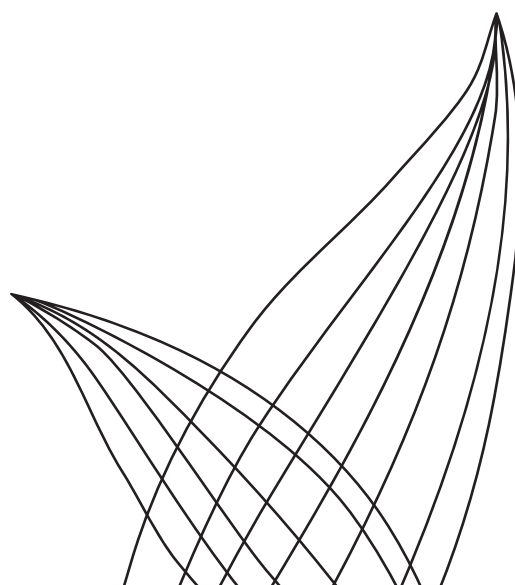
Moroccan spiced lamb and lentil with
seasonal vegetables

Immune soup with roast garlic . cauliflower
. parsnip . roast almond . turmeric oil

[also available in frozen take home packs]

VIETNAMESE PHO

beef or chicken with rice noodles
shallots . coriander . red onion .
beansprouts . lime . chilli



Lunch

SUPER WRAPS

marinated chicken tenderloins with hommus plus a rotation of super salads

Moroccan spiced roast zucchini . avocado . rainbow slaw and lemon baobab dressing

Japanese style coleslaw with mixed salad sprouts . roast seaweed . avocado . sesame and wasabi spiced soy mayo

Gado Gado – steamed mixed vegetable salad with grilled tofu . soft boiled egg and spiced peanut and lime sauce

Thai salad of bean sprouts . cabbage . cucumber . green apple . carrot . coriander . basil . mint . and pomegranate with spiced chilli jam mayo

Mexican spiced roast sweet potato with four beans . avocado . spinach . coriander chilli jam mayo

Balinese spiced rendang with pickled daikon and cucumber . salad of bean sprouts . cabbage . spinach . roast quinoa . sunflower . coconut and lemon

Spanish romesco and goji sauce . shaved fennel . roast zucchini . avocado and baby spinach salad

Peruvian spiced chicken with chimichurri . baby spinach . avocado . bull horn pepper salsa

Indian spiced carrot . chickpea and coriander salad . baby spinach and coconut lemon yogurt dressing

vegetarian or **smoked trout** made to order with seasonal ingredients

SPECIAL HOT DISHES

[see inside for today's rotating dish]

Balinese chicken satay with brown rice . steamed vegetables . spiced peanut sauce . salad with kaffir chilli . coconut

Beef masaman curry with potato . brown rice . peanuts . pickled vegetables

Braised beef ragout with hot smoked paprika . tomato . herbs

Chicken pie with wild mushroom . turmeric . baby leaf salad

Balinese fried rice [nasi goreng] with fried egg . tofu . green chilli sambal + chicken

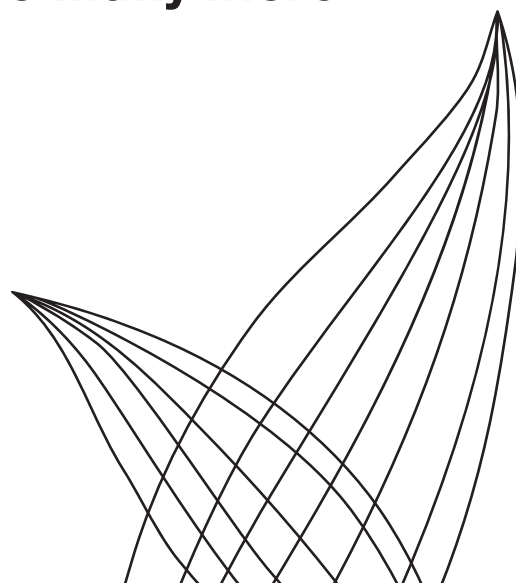
Open lamb kofta with middle eastern spices . labnah . cucumber . red onion . chilli flakes . coriander

Poke bowl with salmon teriyaki . avocado . wakame . cabbage . brown rice . cucumber . radish . sesame dressing

Spaghetti alla puttanesca with olives . capers . garlic . anchovies . tomato . parsley . parmesan

Fish taco with raw slaw . avocado . radish . tomato . salsa . jalapeno mayo

+ so many more



Smoothies

[see menu frames inside for what and why
+ specials board for new combinations]

**O Superfood smoothies
are dairy free, gluten free + vegan**

Super juices

immune carrot . celery . apple . ginger
lemon juice . camu camu . chia jelly

energise orange . cucumber . watermelon
lemon . wheatgrass powder . maca

purify cucumber . apple . celery . lemon
barley grass . coconut water . aloe vera

detox carrot . beetroot . apple . celery
ginger . chlorella

satisfy pineapple . beetroot . apple
spirulina . aloe vera

green spinach . cucumber . green apple
celery . lemon . mint . spirulina . chlorella

or make your own {no superfood}

Superfood Shots

energy maca . cacao . mesquite
coconut water . coconut sugar . chilli

immune camu camu . goji berry
orange juice . ginger juice

detox chlorella . wheatgrass
watermelon . stevia . lemon . aloe vera

anti-inflammatory turmeric
maca . pear . apple . lime . lemon . pepper

probiotic turmeric . blueberry
acai . ginger . black pepper

