

BURGERS & Wraps

BEEFROOT BURGER 12.5

Angus beef with a beetroot boost, house salad, crunchy pickle, Awesome Sauce & kumara brioche. *The classic.* **ADD SWISS CHEESE 2**

CHICKEN CRUNCH BURGER 12.5

Buckwheat crumbed chicken tenderloins, house salad, tangy date tomato relish, green goddess 'mayo'. *Crispy chicken you can feel good about.*

EPIC VEGGIE BURGER 12.5

Stacked ancient grain pakoras, house salad, smoky tomato kasundi & spinach hummus. *Built to power you through the day. Vegetarian.*

SPICY CHICKEN WRAP 14.5

Aztec spiced chicken thigh, crunchy kale slaw, lashings of chipotle yoghurt. *A hot day in a cool wrap.*

SUPERFOOD WRAP 12.5

All the good stuff in a wrap. Beetroot, carrot, quinoa, baby spinach & our famous 'redergize' miso good dressing. *Dairy free & vegan.* **ADD AZTEC CHICKEN 2**

SOFT CORN TACOS 14.5

Two soft Tio Pablo corn tortillas with smoky tomato salsa, romaine lettuce, spiced corn, chipotle yoghurt & chilli floss. *Gluten free, vegan available.*

CHOOSE AZTEC SPICED CHICKEN OR VEGETARIAN NUT MINCE

SIGNATURE Bowls

SUPER BOWL 17.5

Everything good in a bowl. Avocado, super grains, baby spinach, beetroot, carrot, almonds, sprouts, toasted buckwheat, sauerkraut, flax seeds & miso good dressing. *Gluten free, dairy free, vegan & paleo available.*

ADD AZTEC CHICKEN 4 OR SMOKED SALMON 8

BURRITO BOWL 16.5

Our take on a naked burrito. Lime infused black rice, quinoa & cauliflower supergrains, romaine lettuce, spiced corn, paper radish & chipotle yoghurt. *Gluten free, vegan available.*

CHOOSE AZTEC SPICED CHICKEN OR VEGETARIAN NUT MINCE

BURGER BOWL 15.5

Imagine a burger without the bun, constructed to eat with your hands in two tasty morsels, topped with sprouts & power seeds. *Paleo, gluten free, vegan available.*

CHOOSE BEEFROOT, CHICKEN CRUNCH OR EPIC VEGGIE

CLASSIC Sides

HASSELBACKS 5.5

Our take on french fries. Split-back agria spuds with rosemary salt & date tomato ketchup. *Gluten free & vegan.*

KUMARA CHIPS 7.5

Classic kiwi chip. Thick cut beauregard kumara with date tomato ketchup. *Gluten free & vegan.*

BURNT BROCCOLI 7.5

Broccoli florets, garlic confit, ground sesame & chilli floss. *Gluten free & vegan. Chef's favourite.*

PUMPKIN WEDGES 7.5

Slow roasted pumpkin, kale verde, toasted buckwheat. *Gluten free & vegan.*

POPEYE'S SALAD 7.5

Everything green on a plate, with olive oil & lemon juice (*makes you feel better about ordering the hasselbacks*). *Gluten free & vegan.*

SWEETS & Sundaes

JELLY TIP 6.5

Probiotic vanilla frozen yoghurt, raspberry chia seed jelly, 70% cocoa dark chocolate. *Be a kid again. Gluten free.*

CARAMELLO 6.5

Probiotic vanilla frozen yoghurt, date caramel sauce, goji berries, almonds & dark chocolate. *Gluten free.*

CHOC NUT 6.5

Probiotic vanilla frozen yoghurt, 70% cocoa dark chocolate sauce, goji berries, almonds & chocolate crumble. *Gluten free.*

SWEET NOTHINGS

MUDSLIDE 9

Gluten free brownie, smooth cacao mousse & chopped almonds. *Gluten free. Vegan without the brownie.*

RAW CHEESECAKE 9

Brazilian superfood Acai & blueberry 'raw' cheesecake. Made with cashew nuts & worth every penny. *Gluten free & vegan.*

EXTRAS

SWISS CHEESE	2	1/2 AVOCADO	4	SAUERKRAUT	1
CRUNCHY PICKLES	1	PROTEIN / PATTIE	4	AWESOME SAUCE	1
CORN 6" TORTILLA	1	FLOUR 12" TORTILLA	2		

NUTRIENT DENSE. 100% FREE-RANGE. PROUDLY LOCAL. VEGAN FRIENDLY.

Please advise kitchen of any allergies. Our packaging is 100% compostable – please dispose of it thoughtfully.