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**BETWEEN 12-2:30PM**

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**BROWN RICE BOWL** (GF) (DF) (V) **\$14**

A salad of brown rice, quinoa, ferments, cranberries, almonds, baby parsley, raaita and a light vinaigrette dressing.

**KALE CAESAR!** (DF) (V) **\$14**

A vegan take on a classic caesar. Chopped kale & cos, croutons, crispy capers, beetroot, bacon bits and a creamy cashew dressing.

**SOBA RAINBOW SALAD** **\$14**

Buckwheat noodles with edamame, eggplant, cashew nuts, sesame seeds and a rainbow of vegetables.

**SHAKSHOUKA** **\$14**

Capsicum & tomato sauce spiced with cumin and smoked paprika with brown rice, almonds, rasins and a side of pita (GF Toast +\$1).

**AS THESE DISHES ARE VARIATIONS OF OUR REGULAR MENU  
ITEMS PLESAAE LET OUR STAFF KNOW THAT YOU ARE  
ORDERING FROM THE VEGAN MENU.**

PLEASE PLACE YOUR ORDER AT THE COUNTER

**VEGAN LUNCH**

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UNTIL 11AM

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**ORGANIC SOURDOUGH OR FRUIT TOAST** **\$5**

+ Avocado **\$3** Wilted Kale **\$3**

Mushrooms **\$3** Roast tomato **\$3** Fresh Tomato **\$2** GF Toast **\$1**

**POWERKRAUT™ (V) (DF)** **\$12**

Sourdough with avocado, powerkraut, kimchi gomashio & chilli.

**RAWNOLA (GF)** **\$13**

Buckwheat Rawnola served with fruit, almond milk & coyo.

**STRAWBERRY & COYO BIRCHER** **\$12**

Oats, nuts, seeds & dried fruit soaked in apple juice and served with coconut yoghurt and fresh strawberries.

**SHAKSHOUKA** **\$14**

Capsicum & tomato sauce spiced with cumin and smoked paprika with brown rice, almonds, raisins and a side of pita (GF Toast +\$1).

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**VEGAN BREAKFAST**