

FUEL

Weekday Lunch 11 – 4

Meat

Spiced Chicken Breast 11 – DF/G/N

Chickpea & Red Pepper Salad | Parsley & Mint Bulgur Wheat | Crumbled Feta | Mixed Leaf
Sundried Pesto Dressing
Add Extra Chicken +3

Turkey & Herb Patty 11 – NF/GF/D

Shredded Red Cabbage & Carrot Salad | Mango & Chilli Salsa | Mixed Leaf
Lime Coriander Yoghurt
Add extra turkey +3

Korean Beef Strips 11 – NF/GF/D

Brown Rice Salad with Mixed Peppers | Spring Onion | Pak Choi | Coriander | Peanut
Add Extra Beef Strips +3

Spiced Chicken Wrap 8.5 – G/D/N

Grilled Red Peppers | Mixed Leaf
Red Pesto Mayo
Add Soup of the Day +2.5

Guest Salad - substitute your dishes salad - 1.5 G/D/N

Bulgur Wheat | Chorizo | Mozzarella | Mixed Leaf | Sundried Pesto Dressing

Veggie

Boiled Egg Salad 9.5 – G/N

Mixed Greens | Mango Salsa | Cucumber | Tomatoes | Feta Cheese |
Spicy Red Pepper Hummus
Add Quinoa +1.5

Grilled Goats Cheese 9.5 – VG/GF/NF/D

Shredded Mixed Beetroot | Kohlrabi | Apple | Balsamic | Quinoa

Veggie Dahl 9.5 – VG/GF

Sweet Potato | Lentil | Spinach | Coconut | Turmeric | Brown Rice
Add Chicken or Steak +3

Veggie Wrap 8 – VG/G/D/N

Feta Cheese | Avocado | Spinach | Tomato | Green Pesto
Add Soup of the Day +3

Salad Bowls

Large – 8 Small - 7

- Turn over for Juices & Smoothies

Juices & Smoothies

Green Kick

Spinach | Cucumber | Apple | Kale | Lime

Turmeric & Ginger Boost

Orange | Carrot | Ginger | Turmeric – Small 3.5 / Large 5.5

Orange Juice & Apple Juice – Small 2.5 / Large 3.5

Avocado Smoothie – Spinach | Apple Juice | Avocado - Small 3.5 / Large 5.8

Banana Smoothie – Banana | Oats | Peanut Butter | Milk | Protein Powder

Berry Smoothie – Frozen Mixed Berries | Yogurt | Orange Juice

Add CBD Oil, Chia Seeds, Multivitamin Boost, Acai Powder, Coconut Oil or Flaxseed +1 each

Order & Pay At The Till Please