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····· WE DELIVER HONEST FOOD ·····



() QUESADILLAS

CHICKEN QUESADILLA

43.50

SLOW COOKED MEXICAN CHICKEN, MONTEREY JACK CHEESE, GUACAMOLE, SOUR CREAM AND PICO DE GALLO.



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"OUR PROMISE IS TO PROVIDE QUALITY, HEALTHY FOOD IN A RESPONSIBLE YET AFFORDABLE WAY"

BEEF QUESADILLA

46.50

SLOW ROASTED PREMIUM BEEF MARINATED IN MEXICAN SPICES, MONTEREY JACK CHEESE, GUACAMOLE, SOUR CREAM AND PICO DE GALLO.



VEGETARIAN QUESADILLA 📎

41.50

MINCED SMOKED CAULIFLOWER, MONTEREY JACK CHEESE, MORITA CHILI BLACK BEANS, GUACAMOLE, SOUR CREAM AND PICO DE GALLO.





(B) BURRITO BOWLS



CHICKEN BURRITO

48.50

SLOW COOKED CHICKEN, ROASTED SWEET CORN, PICKLED ONION, MORITA CHILI BLACK BEANS, SPANISH RICE, LETTUCE, MONTEREY JACK CHEESE, CORIANDER AND SALSA ROJA WRAPPED ON A LARGE WHEAT TORTILLA.



49.50

SLOW COOKED CHICKEN, MORITA CHILI BLACK BEANS, ROASTED SWEET CORN, PICKLED ONION, SPANISH RICE, GUACAMOLE, MONTEREY JACK CHEESE AND LETTUCE WITH A SALSA ROJA ON TOP AND ON THE SIDE.





BEEF BURRITO

52.50

SLOW ROASTED PREMIUM BEEF MARINATED IN MEXICAN SPICES, MORITA CHILI BLACK BEANS, SPANISH RICE, PICKLED LOCAL CUCUMBER, PICO DE GALLO, LETTUCE, MONTEREY JACK CHEESE, CORIANDER AND SMOKY SALSA VERDE WRAPPED ON A LARGE WHEAT TORTILLA.



BEEF BURRITO BOWL

54.50

SLOW ROASTED PREMIUM BEEF MARINATED WITH MEXICAN SPICES, MORITA CHILI BLACK BEANS, SPANISH RICE, GUACAMOLE, MONTEREY JACK CHEESE, LOCAL PICKLED CUCUMBER, PICO DE GALLO, LETTUCE AND SMOKY SALSA VERDE ON TOP AND ON THE SIDE.



VEGETARIAN BURRITO

48.50

SMOKED MINCED CAULIFLOWER, MORITA CHILI BLACK BEANS, SPANISH RICE, GUACAMOLE, PICKLED RED RADISH, LETTUCE, MONTEREY JACK CHEESE, CORIANDER AND SALSA ROJA WRAPPED IN A LARGE WHEAT TORTILLA.

VEGETARIAN BURRITO BOWL

47.50

SMOKED MINCED CAULIFLOWER, MORITA CHILI BLACK BEANS, SPANISH RICE, GUACAMOLE, PICKED RED RADISH, LETTUCE, MONTEREY JACK CHEESE AND SALSA ROJA ON TOP AND ON THE SIDE.



POKE BOWLS

CHOOSE YOUR BASE

WHITE SUSHI RICE | BROWN RICE | QUINOA | MIXED GREENS



SALMON & AVOCADO

34.95

BASE OF YOUR CHOICE, RAW SUSHI GRADE SALMON, CRAB MEAT TOSSED IN APPLE-WASABI MAYO, AVOCADO, CRUNCHY EDAMAME, ASIAN SLAW & ROASTED COCONUT FLAKES. BURNT ORANGE SKIN MAYO ON THE SIDE.



59.85

BASE OF YOUR CHOICE, CHICKEN BREAST, ROASTED CORN, AVOCADO, CRUNCHY EDAMAME, CHERRY TOMATOES, SPRING ONION, ASIAN SLAW, FRESH CHILI AND PICKLED CARROTS TOPPED WITH ROASTED SESAME SEEDS. HOMEMADE TERIYAKI SAUCE ON THE SIDE.





BEEF TENDERLOIN

63.90

BASE OF YOUR CHOICE, GRILLED PREMIUM BEEF, AVOCADO, CHERRY TOMATOES, PICKLED RADISH, STEAMED BROCOLI, FRESH CHILI, SPRING ONIONS, ROASTED CORN, CRUNCHY EDAMAME AND ROASTED SESAME SEEDS. HAWAIIAN BBQ SAUCE ON THE SIDE.

COOKED SALMON

64.95

BASE OF YOUR CHOICE, SUSHI GRADE COOKED SALMON, CRAB MEAT TOSSED IN APPLE-WASABI MAYO, AVOCADO, CRUNCHY EDAMAME, PICKLED LOCAL CUCUMBER, ASIAN SLAW, POMEGRANATE SEEDS AND ROASTED COCONUT FLAKES. HONEY SPICY MUSTARD DRESSING ON THE SIDE.



SPICY SHRIMP

61.9

BASE OF YOUR CHOICE, GRILLED SHRIMPS, AVOCADO, FRESH MANGO, ASIAN SLAW, ROASTED CORN, CRUNCHY EDAMAME, PICKLED CARROTS, CHERRY TOMATOES AND SPRING ONION. SPICY KOREAN SAUCE.



62.95

BASE OF YOUR CHOICE, RAW TUNA, FRESH MANGO, AVOCADO, CRUNCHY EDAMAME, COCONUT FLAKES, CRAB MEAT TOSSED IN APPLE-WASABI MAYO, SHREDDED CARROTS, SPRING ONION AND MIXED SESAME SEEDS. BURNT ORANGE SKIN MAYO ON THE SIDE.



VEGAN 🕢

58.50

BASE OF YOUR CHOICE, PAN SEARED TOFU, ASIAN SLAW, AVOCADO, STEAMED BROCOLI, PICKLED CABAGGE, CRUNCHY EDAMAME, ROASTED CORN, DRY SEAWEED, ROASTED PEANUTS AND COCONUT FLAKES. VEGAN KIMCHI MAYO ON THE SIDE.



POWER BOWLS



GREEK KOFTA

6.50

PREMIUM BEEF GREEK KOFTA, BROWN RICE, MIXED LEAVES, BUTTON MUSHROOMS, KALAMATA OLIVES, FETA CHEESE AND CUCUMBER SALSA. TZATZIKI SAUCE.



59.00

FRESH (NEVER FROZEN) NORWEGIAN SALMON, QUINOA, AVOCADO, EDAMAME BEANS, RAISINS, POMEGRANATE SEEDS AND ALMOND FLAKES ON A BED OF BABY SPINACH. SPICY HONEY MUSTARD DRESSING.





52.50

GRILLED CAJUN CHICKEN BREAST, QUINOA, BABY SPINACH, PUMPKIN, FETA CHEESE, KALAMATA OLIVES, POMEGRANATE SEEDS AND GOLDEN RAISINS. BALSAMIC VINAIGRETTE DRESSING.



50.50

GRILLED FIERY CHICKEN, SLOW ROASTED SEASONAL VEGETABLES, SUN-DRIED TOMATOES & CUCUMBER ON JEWELED COUSCOUS AND BABY LEAF SPINACH. SWEET CHILI & LIME DRESSING.



JERK CHICKEN

51.50

GRILLED FIERY CHICKEN, SLOW ROASTED SEASONAL VEGETABLES, AVOCADO, TOMATOES, SWEET PEPPERS, RED ONIONS AND SWEET CORN ON WHOLE-WHEAT PENNE PASTA & BABY LEAF SPINACH. SPICY MANZANO DRESSING.



FALAFEL & HUMMUS 🛇

48.50

QUINOA COATED FALAFEL FILLED WITH GOAT'S CHEESE, HUMMUS, QUINOA TABOULEH, HALLOUMI CHEESE, KALAMATA OLIVES, CUCUMBER SALSA AND MIXED LEAVES. BASIL TARATOR SAUCE.



THE HIPPIE 🛇

49.50

GRILLED HALLOUMI CHEESE, QUINOA TABOULEH, KALE, BABY SPINACH, BROCOLI, CARROTS, CUCUMBER SALSA & FRESH MANGO. CRANBERRY VINAIGRETTE.



(PASTAS



BOLOGNESE

47.00

SPAGHETTI PASTA, HOMEMADE BOLOGNESE SAUCE, CHERRY TOMATOES AND BASIL TOPPED WITH PARMESAN CHEESE.



47.00

PENNE PASTA, CREAMY WHITE SAUCE, GRILLED CHICKEN BREAST, BUTTON MUSHROOMS AND PARSLEY TOPPED WITH PARMESAN CHEESE.





SEAFOOD PASTA

49.00

SPAGHETTI PASTA, HOMEMADE TOMATO SAUCE, CALAMARI, SHRIMPS AND CHERRY TOMATOES.



41.00

FUSILLI PASTA, HOMEMADE SPICY TOMATO SAUCE, FRESH BASIL AND CHILLIES TOPPED WITH PARMESAN CHEESE.



PRIMAVERA 🛇

43.00

FUSILLI PASTA, CREAMY PINK SAUCE, BABY MARROW, BUTTON MUSHROOMS, CARROTS, BLACK OLIVES AND BROCCOLI ETOPPED WITH PARMESAN CHEESE.



PESTO VERDE 🛇

41.00

FUSILLI PASTA, HOMEMADE PESTO SAUCE AND PINENUTS TOPPED WITH PARMESAN CHEESE.

ADD CHICKEN ADD SHRIMPS 9



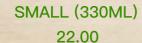
EXTRA INGREDIENTS

CHICKEN 9 | SHRIMPS 12 | BEEF STRIPS 12 | SALMON 14 AVOCADO 9 | PARMESAN 8

PENNE PASTA IS ALSO AVAILABLE IN WHOLEWHEAT (FOR A HEALTHIER OPTION) AT NO EXTRA CHARGE



SIDES



LARGE (460ML) 28.00



CHICKEN HARIRA

ROASTED CHICKEN, CHICKPEAS, DAL, CORIANDER AND ARABIC HERBS AND SPICES.



CHICKEN NOODLE

ROASTED CHICKEN, CARROTS, CELERY, MIXED SWEET



PEPPERS, NOODLES & BABY SPINACH.



LENTIL & SAFFRON (V)

A CREAMY LENTIL SOUP WITH CARROTS, CUMIN, CORIANDER & SAFFRON.



KALE & ZUCCHINI (V)

TOMATO SAUCE, KALE, ZUCCHINI, CELERY, CARROTS, RED KIDNEY BEANS FRESH BASIL AND OREGANO.



TOMATO & BASIL (V)

PLUM ROASTED TOMATOES, BASIL, GARLIC AND OLIVE OIL.



BUTTERNUT SQUASH & SWEET PEPPERS (V)

ROASTED BUTTERNUT SQUASH AND MIXED GRILLED SWEET PEPPERS.



MIXED LEAVES SIDE SALAD (V)

15.00



EDAMAME (V)

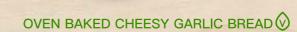


23.00



OVEN BAKED GARLIC BREAD

14.00



16.00





FALAFEL & HUMMUS 🛇

19.00 Quinoa coated Falafel filled with goat's cheese with a Hummus side



BREADED HALLOUMI CHEESE (V) With a cranberry vinaigrette

25.00





BREADED CHICKEN STRIPS

with a dynamite mayo dip with an avocado dip with a spicy Sriracha dip with a homemade BBQ dip 18.00

24.00 15.00

21.00

() DESSERT

(1) JUICES & SMOOTHIES

11

ORANGE JUICE

3 SCOOPS OF PREMIUM ITALIAN ICE CREAMS	14.00
SALTED CARAMEL	
MIXED BERRIES CHEESECAKE	
CHOCOLATE BROWNIE	
VANILLA	
COCONUT	
CHOCOLATE CHIP	
MANGO	R.C. mon
PISTACHIO	
DOUBLE CHOCOLATE	
GREEN TEA	A STATE OF THE STA

APPLE JUICE CARROT JUICE	12 14
CARROT JUICE	14
GO AWAY DOC APPLE, CARROT AND GINGER.	18
	10
APPLE, CELERY, KALE, GINGER AND LIME.	18
DEEP GREEN	20
APPLE, PEAR, KIWI, CUCUMBER, LIME, GINGER, BABY SPINACH AND KA	ALE.
IRON MAN	20
APPLE, ORANGE, MINT, AVOCADO, BABY SPINACH AND KALE.	
MANGOES AND PASSION FRUIT MANGO, PASSION FRUIT, BANANA, APPLE AND ORANGE JUICE.	21
CELEBRITY SKIN COCONUT WATER, MANGO, PINNEAPLE, STRAWBERRIES, ORANGE	21
AND BANANA.	
FOREVER YOUNG PEANUT BUTTER, BLUEBERRIES, STRAWBERRIES, RASPBERRIES,	21
BANANA AND LOW-FAT YOGURT AND MILK.	
FAT BURNER	21



() SOFT DRINKS



STRAWBERRIES, RASPBERRIES, BLUEBERRIES, CRANBERRIES,

BANANA, APPLE JUICE AND LOW-FAT YOGURT.