

LUNCH SET MENU

Two Course \$28.00++ Per Pax

from 11am until 3pm

STARTER

Choose from:

- Cajun Sweet Potato Fries*
- Spicy Sticky Chicken Wings*
- Truffled Sweet Potato Fries*
- Cajun Chicken Wings*

**Starter is approximately half-portion of an a la carte side.*

OR







DESSERT

Choose from:

- A Slice of Chilled Cake
- Double Scoop of Ice Cream

MAIN

Choose from:

- Mixed Mushroom Garlic Tossed Rice 
- Rosemary Sea Salt Chicken 
- Sea Bass & Cajun Prawn Salad 
- Sunshine Fish & Prawn Pilaf Bowl 
- Pink Salmon & Miso Eggplant 
- White Sea Bass & Tri Colour Quinoa 
- Fish Pesto Pasta
- Red Seafood Pasta
- Shellfish Pasta
- Black Pepper Crab Pasta

BEVERAGE+

Your choice of Hot/Iced Coffee, Wellness Tea and Signatures

Enjoy a smoothie, lassi or juice, with a top up of \$1.50

**Trade in your beverage for a full portion of Starter or a Plated Dessert.*

DINNER SET MENU

Three Course \$32.00++ Per Pax

from 5pm until 9.30pm

STARTER

Choose from:

- Cajun Sweet Potato Fries*
- Spicy Sticky Chicken Wings*
- Truffled Sweet Potato Fries*
- Cajun Chicken Wings*

**Starter is approximately half-portion of an a la carte side.*

DESSERT

Choose from:

- A Slice of Chilled Cake
- Double Scoop of Ice Cream

MAIN

Choose from:

- Mixed Mushroom Garlic Tossed Rice 
- Rosemary Sea Salt Chicken 
- Sea Bass & Cajun Prawn Salad 
- Sunshine Fish & Prawn Pilaf Bowl 
- Pink Salmon & Miso Eggplant 
- White Sea Bass & Tri Colour Quinoa 
- Fish Pesto Pasta
- Red Seafood Pasta
- Shellfish Pasta
- Black Pepper Crab Pasta

BEVERAGE+

Your choice of Hot/Iced Coffee, Wellness Tea and Signatures

Enjoy a smoothie, lassi or juice, with a top up of \$1.50

**Trade in your beverage for a full portion of Starter or a Plated Dessert.*

Cedele

EAT WELL • BE WELL

We carefully picked the freshest ingredients to create a nutritious meal that tastes delicious and is also good for you.

BRUNCH ALL DAY

THE FULL PLATE

18

eggs of your choice*, crispy bacon, sundried tomato sausage, herb sausage, vine tomatoes, sautéed button mushrooms, fresh greens, chive butter, toast^

*sunny side up / poached / scrambled

^wholemeal / sourdough bread

THE PETITE PLATE

14

eggs of your choice* on toast^
choice of: crispy bacon / sundried tomato sausage / smoked salmon / sautéed button mushrooms

*sunny side up / poached / scrambled

^wholemeal / sourdough bread

TRUFFLED EGGS BENNY

18

2 poached eggs on spinach brioche toast, truffle oil, hollandaise sauce, rocket leaves, vine tomatoes

choice of crispy bacon / smoked salmon / sautéed baby spinach

★ KALE & SWEET POTATO HASH ^{GF}

18

with sautéed button mushrooms, 2 fried eggs, furikake, sriracha ketchup

^V make it vegetarian (but not GF): replace eggs with housemade cauliflower quinoa chia seed patties, strawberry chilli jam

SMASHED AVO ON TOAST^

14

with 2 poached eggs, rocket leaves, vine tomatoes, lime, dukkah

add bacon / sausage / sautéed mushrooms +4

^wholemeal / sourdough bread

★ SUPER GREEN OMELETTE

18

spinach omelette with sautéed onions, zucchini, avocado, feta, pine nuts, red currant orange chutney, chive butter, toast^

^wholemeal / sourdough bread

★ GREEN BABY PANCAKES ^{GF}

18

broccoli, pinto beans, avocado, poached egg, spring onion yoghurt, vine tomatoes, dukkah

Superfood granola: chia seeds, oats, pumpkin seeds, almonds, cranberries

CINNAMON SWIRL FRENCH TOAST

16

with fresh berries, yoghurt, maple syrup, superfood granola

add bacon or sausage +4

add a scoop of ice cream +3.5

WILD BLUEBERRY PANCAKES

14

with fresh berries, maple syrup, superfood granola

add bacon or sausage +4

add a scoop of ice cream +3.5

CARAMELIZED BANANA PANCAKES

14

with fresh berries, maple syrup, superfood granola

add bacon or sausage +4

add a scoop of ice cream +3.5

MANGO BERRIES YOGHURT BOWL ^V

10

raw honey, mango, fresh berries, toasted coconut, superfood granola

★ SUPER ACAI BOWL ^V

11

acai yoghurt, raw honey, goji berries, fresh berries, superfood granola



★ Must Try

^V Veg Friendly: eggless, meatless, may contain garlic, onions, dairy

^{GF} Our Gluten Free food (GF) may not be suitable for Coeliacs due to the specific food preparation required for these people who are gluten intolerant.

PLANT

embark on your clean eating journey here...

- RED MISO TOFU SALAD** *vegan-friendly* **GF** 16
nori seaweed, mushrooms, edamame, walnuts, romaine lettuce, baby spinach, rocket leaves, cucumber, red radish, cherry tomatoes, sprouts, activated pumpkin and sunflower seeds, plum sesame dressing
- PORTOBELLO & TRI COLOR QUINOA** *vegan-friendly* **GF** 18
with grilled pumpkin, tofu, vine tomatoes, miso ginger sauce
- ★ **MIXED MUSHROOM GARLIC TOSSED RICE** **GF** 18
organic blackberry rice, poached egg, vegetarian furikake, edamame, cherry tomatoes, chilli padi, coriander
make it vegan (but not GF): replace egg with housemade cauliflower quinoa chia seed patties
- AKA MISO TOFU PASTA** *vegan-friendly* 15
wholemeal spaghetti or linguine
with mixed mushrooms, edamame, red miso sauce, chilli padi, sprouts
- ★ **SUPER GREEN PASTA** 15
wholemeal spaghetti or linguine
kale, zucchini, coriander pesto, chilli padi, poached egg, pine nuts, shaved Grana Padano, sprouts
- MUSHROOM ARRABIATA** 14
wholemeal spaghetti or linguine
button mushrooms, garlic, herbed tomato sauce, chilli padi, sprouts
- BETROOT AVOCADO BURGER** 14
avocado slices, spiced chilli jam, mayo, arugula leaves, tomatoes, side salad, activated pumpkin and sunflower seeds
choice of bread: wholemeal / sourdough / spinach brioche bun
mayo may be omitted upon request

MEAT

- CHICKEN WALNUT SALAD** **GF** 16.5
grilled boneless chicken leg, romaine lettuce, baby spinach, rocket leaves, cucumber, red radish, cherry tomatoes, sprouts, activated pumpkin and sunflower seeds, orange wholegrain mustard
- ★ **BACON & PRAWN SPINACH SALAD** **GF** 18
with baby spinach, quinoa, cucumber, red radish, cherry tomatoes, sprouts, activated pumpkin and sunflower seeds, warm paprika mustard dressing
- GRILLED RIB EYE STEAK** **GF** 28
250g grass-fed NZ rib eye steak, tri colour quinoa, warm vegetables, arugula leaves, garlic mustard sauce
- ★ **ROSEMARY SEA SALT CHICKEN** **GF** 20
grilled boneless chicken leg, sweet potato patty, baby spinach, red currant orange chutney
- WHITE MUSHROOM BACON PASTA** 16
wholemeal spaghetti or linguine
with garlic, rocket leaves, cream sauce, sprouts
- PORTOBELLO & BEEF BURGER** 17
lean beef patty, onion Marmalata, wholegrain mustard, mayo, arugula leaves, tomatoes, spinach brioche bun, side salad, activated pumpkin and sunflower seeds
- GRILLED CHICKEN AVOCADO SANDWICH** 16
grilled boneless chicken leg, melted brie cheese, onion Marmalata, mayo, baby spinach, tomatoes, side salad, activated pumpkin and sunflower seeds
choice of bread: wholemeal / sourdough
- HAM & CHEESE MUSHROOM SANDWICH** 14
grilled mixed mushrooms, cheddar cheese, mayo, tomatoes, romaine lettuce, side salad, activated pumpkin and sunflower seeds
choice of bread: wholemeal / sourdough
- BLT AVOCADO SUPREME SANDWICH** 14
crispy bacon rashers, cheddar cheese, onion Marmalata, mayo, tomatoes, romaine lettuce, side salad, activated pumpkin and sunflower seeds
choice of bread: wholemeal / sourdough



Must Try



Veg Friendly: eggless, meatless, may contain garlic, onions, dairy



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COMPLETE YOUR MEAL

Soup and Long Black / Tea +9

House White Wine +8

House Red Wine +9







Beer +10

WHOLESOME SOUPS

All our Soups are Gluten Free

Small 6 Large 10

FISH & SHELLS

- PRAWN & AVOCADO SALAD**  16
with romaine lettuce, baby spinach, rocket leaves, cucumber, red radish, cherry tomatoes, sprouts, activated pumpkin and sunflower seeds, orange wholegrain mustard dressing
- ★ **SEA BASS & CAJUN PRAWN SALAD**  18
with baby spinach, cucumber, red radish, cherry tomatoes, sprouts, activated pumpkin and sunflower seeds, orange wholegrain mustard dressing
- ★ **MASALA SALMON & PRAWN SALAD**  19
with romaine lettuce, baby spinach, rocket leaves, cucumber, red radish, cherry tomatoes, fried onions, sprouts, activated pumpkin and sunflower seeds, tamarind palm sugar dressing
- WHITE SEA BASS & TRI COLOUR QUINOA**  23
with grilled aubergines, kumara patty, tomato coriander salsa, rocket leaves
- PINK SALMON & MISO EGGPLANT**  23
with organic blackberry rice, red miso, garlic, rocket leaves, sprouts, miso ginger dressing
- ★ **SUNSHINE FISH & PRAWN PILAF BOWL**  23
grilled prawns, grilled sea bass, crispy ginger, kale, pine nuts, toasted coconut, rocket leaves, turmeric pilaf basmati rice, lemongrass lime dressing
- ★ **BLACK PEPPER CRAB PASTA** 19
*wholemeal spaghetti or linguine
black pepper, curry leaves, soft shell crab, chili padi, sprouts*
- RED SEAFOOD PASTA** 19
*wholemeal spaghetti or linguine
prawns, sea bass, lala clams, herbed tomato sauce, rocket leaves, chilli padi, sprouts*
- FISH PESTO PASTA** 18
*wholemeal spaghetti or linguine
sea bass, edamame, cherry tomatoes, coriander pesto, garlic, arugula leaves, pine nuts, chilli padi, sprouts*
- LEMONGRASS FISH PASTA** 18
*wholemeal spaghetti or linguine
sea bass, tomato salsa, edamame, lemongrass lime sauce, rocket leaves, chili padi, sprouts*
- ★ **SHELLFISH PASTA** 19
*wholemeal spaghetti or linguine
prawns, lala clams, kale, tomatoes, aged rice wine, garlic, ginger, chili padi, coriander*



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SIDES

WHOLESOME SOUP OF THE DAY

Please ask our friendly staff for the soup of the day

small 6

large 10

★ SPICY STICKY CHICKEN WINGS *set of 4* **GF**

spicy miso honey sauce

10

CAJUN CHICKEN WINGS *set of 4* **GF**

with warm paprika mustard dressing

10

MASALA PRAWN BITES **GF**

with tamarind palm sugar dip

9

CAJUN SWEET POTATO FRIES **GF**

with spring onion yoghurt

9

Vegan-Friendly

TRUFFLED SWEET POTATO FRIES **GF**

with furikake

9

★ QUINOA CHIA SEED CAKES

with strawberry chilli jam

10

CRISPY PORTOBELLO

with sriracha ketchup

9

FOR THE KIDS

served with cookie and a choice of drink (freshly squeezed orange juice / apple juice / milk / hot chocolate)

KIDDO'S PLATE

scrambled eggs, sundried tomato sausage, toast^

^wholemeal / sourdough bread

9

EGG FRIED RICE

button mushrooms, basmati rice

add chicken +3

9

TOMATO PASTA

wholemeal spaghetti or linguine

cheese, tomato sauce

add mushrooms or chicken +3

9

CREAM SAUCE PASTA

wholemeal spaghetti or linguine

add chicken +3

9

BUTTER PASTA

wholemeal spaghetti or linguine

add egg* +3

* poached / over easy / sunny side up

9

BURGER & FRIES

beef patty, cheddar cheese, mayo, sweet potato fries

10



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DESSERTS

PLATED

COFFEE ICE CREAM & COOKIE STACK <i>cappuccino ice cream, housemade vanilla oats cookies, fresh fruit, maple syrup, superfood granola</i>	10.9	★ PAVLOVA & FRUITS <i>berries swirl meringue shards, fresh fruit, mango coulis, vanilla ice cream, superfood granola</i>	11.9
★ CHOCOLATE 3 WAYS <i>chocolate Belgium marquise*, Belgian chocolate ice cream, chocolate oat soil, chocolate drizzle *contains alcohol</i>	11.9	SOMETHING SWEET & SALTY <i>cheesecake of the day, vanilla ice cream, caramel sauce, fresh fruit, superfood granola</i>	10.9
WARM APPLE CRUMBLE TART <i>apple crumble tart, vanilla ice cream, caramel drizzle, superfood granola</i>	10.9	★ TRUFFLE MOUSSE BOMBS <i>chocolate truffle profiteroles, matcha profiteroles, almond florentine, fresh fruit, chocolate drizzle</i>	11.9

CAKE SLICE

CARROT WALNUT CAKE <i>moist carrot cake with cream cheese frosting and Californian walnuts</i>	6.5
RED VELVET CAKE <i>moist chocolate cake coloured with natural red vegetable juice and vanilla cream frosting</i>	6.5
CAKE OF THE DAY <i>please ask for our daily specials!</i>	

ADD A SCOOP OF ICE CREAM +3.5

ICE CREAM Eggless

SINGLE	3.8
DOUBLE <i>almond cappuccino / Belgian chocolate / blueberry cheesecake / caramel sea salt / earl grey & fig / mango sorbet / vanilla bean / wild strawberry</i>	6.5
★ ESPRESSO AFFOGATO <i>almond cappuccino / Belgian chocolate / vanilla bean</i>	7.0

HEALTH BOOST

SMOOTHIE contains milk

HONEY VANILLA <i>honey vanilla ice cream, blueberries, superfood granola</i>	7.5
★ BERRIES LYCHEE <i>wild berries sorbet, lychee ice cream, yoghurt, chia seed</i>	7.5
SEA SALT CARAMEL CHOCOLATE <i>chocolate ice cream, sea salt caramel ice cream, chocolate drizzle</i>	7.5
MANGO COCONUT <i>mango sorbet, coconut ice cream and toasted coconut flakes</i>	7.5
COCONUT LYCHEE <i>coconut ice cream, lychee ice cream, toasted coconut flakes</i>	7.5

JUICES

ORANGE	6.5
GREEN APPLE	6.5
CARROT	6.5
GREEN MACHINE <i>celery, green apple</i>	7.0
DETOX <i>green apple, orange, ginger</i>	7.5
ENERGIZER <i>orange, carrot, celery</i>	7.5
ABG <i>green apple, beetroot, ginger</i>	7.5
ABC <i>green apple, beetroot, carrot</i>	7.5


LASSI yoghurt-based drinks

★ ACAI <i>acai, raw honey, superfood granola</i>	6.5	GOLDEN HONEY <i>contains turmeric</i>	6.0
MANGO <i>mango, chia seeds</i>	6.5	BLUEBERRY	6.0



★ Must Try

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COFFEE brewed with organic coffee beans

	hot	iced
ESPRESSO	3.0	
MACCHIATO	3.8	
LONG BLACK	3.8	4.0
FLAT WHITE	4.0	5.0
LATTE	4.0	5.0
CAPPUCCINO	4.0	5.0
MOCHA	4.8	5.8
VANILLA / HAZELNUT LATTE	4.8	5.8

add extra shot / Organic Soy Milk / Organic Almond Milk +1

*add syrup +1
choice of: hazelnut / vanilla*

SIGNATURES

	hot	iced
★ TURMERIC HONEY LATTE <i>inflammation fighting, anti-bacterial, caffeine alternative</i>	5.5	
VANILLA STEAMER	5.5	6.0
CHOCOLATE	5.5	6.0
MATCHA LATTE	5.5	6.0

HOMEMADE FIZZ

RASPBERRY VANILLA		6.0
BLUEBERRY		6.0
LEMONADE <i>with basil seeds</i>		6.0

WINE

HOUSE WHITE

Ned Sauvignon Blanc 2014, Marlborough

Fresh and vibrant with lime, gooseberry & nettle like character

Glass 10 Bottle 48

WELLNESS TEA caffeine free

LONGAN RED DATE GINGER <i>*non refillable</i>	5.0
ORGANIC GINGER	5.5
ORGANIC LEMONGRASS	5.5
ORGANIC PANDAN	5.5
ORGANIC MORINGA	5.5
HEALING GARDEN <i>ginger, lemongrass, lemon peel, ginseng root, spearmint and liquorice</i>	5.5
BLISSFUL BERRIES <i>hibiscus petals, apple, elderberries, rosehips, raspberry, blackberry and strawberry</i>	5.5
ORGANIC GREEN ROOIBOS	5.5
ORGANIC RED ROOIBOS	5.5
PEPPERMINT	5.5
ICED ROOIBOS LEMON TEA	6.0

WHOLE LEAF TEA

EARL GREY	5.5
ENGLISH BREAKFAST	5.5
LYCHEE GREEN TEA	5.5

BOTTLED WATER

SAN BENEDETTO - STILL	3.0
SAN BENEDETTO - SPARKLING	3.5

OTHERS

SOYA MILK	4.0
ICED SOYA MILK	4.5
ALMOND MILK	4.0
ICED ALMOND MILK	4.5
BABYCCINO	1.5

BEER

ERDINGER (Weissbier / Dunkel) 12 / bottle

SAPPORO 12 / bottle

