YOUR HEALTHY KITCHEN
LOCAL®

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Dips

Tzatziki	4,10 € ST	Feta & Roasted Pepper	4,10 € ST
Beetroot Hummus	4,10 € ST SL	Baba Ganoush TOPSELLER	4,10 € ST SL

Served with Sourdough Bread & Pita - **3,10 €** SL or Served with Veggie Sticks - **4,70 €** ST SL

Starters

Bisque NEW — 6,30 € ST SL
With Prawns

Hummus — 8,40 € ST SL
With Baby Carrots & Celery

Guacamole — 9,40 € SL
With Wheat & Corn Tortilla Chips

Tuna Tartar TOPSELLER — 12,30 € SL
With Avocado, Ginger, Red Chilli & Classic Dressing

Burrata, Roasted Baby Carrots & Beetroot — 11,60 € ST
With Pistachio, Rocket & Homemade Pesto

Prawn Soft Tacos with Togarashi Mayo — 15,80 € SL
Red Cabbage, Carrot, Mango, Parsley, Red Chilli (Very Spicy)

House-Cured Salmon Carpaccio NEW — 13,65 € ST SL
With Pink Peppercorns, Dill & Orange Vinaigrette

Plant based / Vegetarian

Green Lentils with Roasted Vegetables & Harissa NEW RECIPE — 14,50 € ST SL
Served on Hummus

Hot Honey Halloumi Bowl NEW — 15,80 € ST
Halloumi, Avocado, Beetroot, Sweet Potatoes, Pomegranate, Spinach, Quinoa, Paprika Chickpeas, Tzatziki & Hot Honey

Greek Salad & Hummus — 14,40 €
Chickpeas, Tomato, Olives, Cucumber, Feta & Pita Bread

Pad Thai — 15,10 € ST SL
Rice Noodles, Asian Veggies, Edamame, Soybean Sprouts & Peanuts - Extra Soft- Boiled Egg **2,90€**, Extra Tofu **3€**, Extra Shrimp **5,50€**, Extra Chicken **5,50€**

Butternut Squash Lasagna TOPSELLER — 16,50 €
Spinach, Ricotta & Parmesan served with Rocket & Laminated Mushrooms

Organic Soft-boiled Eggs on Wholewheat Spaghetti — 16,70 €
Homemade Pesto, Green Asparagus, Mushrooms, Rocket & Parmesan

Organic Tofu & Vegetable Red Thai Curry — 15,40 € SL
With Brown Rice & Spinach (Very Spicy)

Tofu Paprika — 16,40 € ST SL
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)

CHILDREN OPTIONS ON OFFER - 11,95 €

Free Range Poultry

Mediterranean Chicken with Red Rice TOPSELLER — 16,90 € ST
Courgette, Aubergine, Cranberry, Pistachio, Almond & Yoghurt Dressing

Cajun Chicken — 16,70 € ST SL
With Creamy Coconut & Lime Brown Rice & Mango, Black Bean, Tomato & Coriander Salsa

Asian Duck NEW — 19,00 € ST SL
Duck Magret, Pak Choi & Shiitake Mushroom

Teriyaki Chicken — 17,10 € SL
With Egg Noodles & Asian-Style Vegetables

Chicken Paprika — 16,90 € ST SL
Chickpeas, Sweet Potato, Avocado "Mayo", Pickled Cucumber (Mildly Spicy)

Chicken & Vegetable Red Thai Curry — 16,50 € SL
With Brown Rice & Spinach (Very Spicy)

Miso Chicken NEW — 15,90 € ST SL
Black Rice, Pak Choi & Baby Carrot with Miso, Ginger & Carrot Dressing

Fish

Turmeric & Lemon Salmon — 17,90 € ST SL
With Green Asparagus & Rice Noodles (Mildly Spicy)

Black Rice & Prawns — 18,30 € ST SL
Cauliflower & Coconut Lime Infusion, Cashews & Citrus Basil Dressing

Stir-fry Prawn TOPSELLER — 17,10 € SL
With Egg Noodles & Asian-Style Veggies

Prawn & Vegetable Red Thai Curry — 16,90 € SL
With Brown Rice & Spinach (Very Spicy)

Prawn, Avocado & Orange Salad — 13,90 € ST SL
Baby Gem Lettuce, Rocket, Red Cabbage, Fennel, Almonds, Orange Vinaigrette

Braised Tuna With Roasted Vegetables — 17,60 € ST SL
Millet, Sweet Potato, Bimis, Courgette, Aubergine, Fennel, Red Onion & Chimichurri Dressing

Tuna Steak Niçoise with Caper & Mustard Dressing — 19,00 € ST SL
Organic Soft-boiled Egg, Bistrot Salad, Green Bean, Cherry Tomato, Red Onion & Olive

Panko-Crusted Salmon — 17,90 € SL
Black Rice, Red Cabbage, Carrot, Mango, Red Chilli & Parsley Slaw

Desserts

Basque Cheesecake with Pumpkin, Orange & Spices Cream NEW — 5,70 € ST

Banoffee NEW — 5,50 € ST SL

Hazelnut & Cocoa Cake NEW — 6,30 € ST SL

Blueberry & Açaí Chia Pudding NEW — 5,90 € ST SL

Apple & Pecan Pie with Cashew Cream — 7,40 € ST SL

Dark Chocolate Mousse with Macadamia TOPSELLER — 6,30 € ST SL

Brownie served with Salted Tahini Caramel — 6,10 € ST SL

Sweet Bites: Pistachio & Almond, Hazelnut & Cocoa, Cashew & Coconut — 1,90 € ST SL

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Build your own Bowl (byob)

base
- choose 1 -

Mixed Salad Greens ST SL
Sushi Rice ST SL
Black Rice ST SL
Portuguese Quinoa ST SL

protein
- choose 1 -

Tuna	15,80 €
Salmon	16,90 €
Shrimp	15,70 €
Org Tofu	14,10 €
Org Egg	13,40 €
Mix (choose 2 proteins)	17,20 €

mix & match
Choose your Mix-Ins, Toppings & Dressing

mix-ins
- choose 3 -

Red Onion
Red Cabbage
Mango
Cucumber
Avocado
Pineapple
Radish
Roasted Sweet Potato ST SL
Goma Wakame ST SL
Edamame ST SL
Shiitake Mushrooms SL

Extra mix-ins 1,90 € (Each)

toppings
- choose 2 -

Fresh Ginger
Macadamia Nuts
Wasabi Cashews
Herb Mix
Red Chili
Avocado "Mayo" ST SL
Togarashi Mayo SL
Wasabi Mayo SL
Crispy Onion SL
Tobiko Eggs SL
Nori Strip ST SL

Extra Toppings 1,40 € (Each)

dressing
- choose 1 -

Classic SL
Spicy SL
Citrus Basil ST SL
Ponzu SL
Miso & Sesame SL

Poke

Maui 16,60 € SL
Salmon, Tuna, Mango, Cucumber, Edamame, Macadamia, Avo "Mayo", Sushi Rice, Classic Dressing

Miso Salmon 16,50 € SL
Salmon, Avocado, Roasted Sweet Potato, Shiitake Mushroom, Edamame, Crispy Onion, Nori Strip, Portuguese Quinoa, Miso & Sesame Dressing

Luau TOPSELLER 16,60 € SL
Salmon, Tuna, Avocado, Mango, Cucumber, Crispy Onion, Wasabi Mayo, Sushi Rice, Spicy Dressing

Spicy 15,50 € SL
Tuna, Goma Wakame, Avocado, Edamame, Crispy Onion, Shiitake Mushrooms, Sushi Rice, Spicy Dressing

Salmon 16,80 € SL
Salmon, Avocado, Cucumber, Mango, Herb Mix, Wasabi Cashews, Sushi Rice, Ponzu Dressing

Surf 16,50 € SL
Salmon, Tuna, Mango, Avocado, Edamame, Cucumber, Crispy Onion, Red Chili, Sushi Rice, Classic Dressing

Protein 16,60 € SL
Tuna, Salmon, Avocado, Edamame, Mango, Tobiko Eggs, Portuguese Quinoa, Wasabi Mayo, Ponzu Dressing

Umami 13,20 € SL
Organic Egg, Avocado, Shiitake Mushrooms, Edamame, Fresh Ginger, Nori Strips, Sushi Rice, Miso & Sesame Dressing

Hawaiian Heat 15,80 € SL
Tuna, Avocado, Pineapple, Red Onion, Macadamia Nut, Nori Strips, Togarashi Mayo (Spicy), Black Rice, Ponzu Dressing

Fresh 16,40 € SL
Salmon, Mango, Edamame, Avocado, Red Cabbage, Fresh Ginger, Herb Mix, Sushi Rice, Ponzu Dressing

Reef 16,40 € SL
Salmon, Avocado, Mango, Cucumber, Crispy Onion, Tobiko Eggs, Sushi Rice, Classic Dressing

Tofu 13,90 € SL
Organic Tofu, Avocado, Mango, Cucumber, Crispy Onion, Nori Strips, Sushi Rice, Ponzu Dressing

ALL POKES are finished **WITH SLICED SPRING ONIONS** & sesame seeds

Any food, beverage or dish that is not asked for by the customer cannot be charged.

Please keep in mind that while we offer wheat-free menu options, we are not a gluten-free kitchen. Cross-contamination could occur and our restaurant is unable to guarantee that any item can be completely free of allergens. If you have food allergies please be sure to talk to your server before ordering.

All prices are inclusive of VAT

ST WHEAT FREE · SL DAIRY FREE · VEGETARIAN · PLANT BASED