

ALL DAY SIGNATURE MEALS

Made from scratch with whole, nourishing ingredients and a wellness-first approach. No garlic, onion, or refined oils, just clean, balanced flavour inspired by low-FODMAP principles.

Breakfast

SMOKED SALMON BAGEL 143 K

Toasted bagel with premium smoked salmon, whipped lemon dill cream cheese.

P: 21.2 F: 14 C: 58.5 Cal: 460

AVOCADO TOAST, POACHED EGG & SMOKED SALMON 115 K

Toasted artisan sourdough with pumpkin seed pesto, sautéed spinach, smashed avocado, smoked salmon, poached egg, radish, scallions & pickled onions.

P: 24.3 F: 22.5 C: 45.8 Cal: 512.8

AVOCADO TOAST, POACHED EGG & MUSHROOM DUXELLE 85 K

Toasted artisan sourdough with mushroom duxelles, tomato jam, sliced avocado, 2 poached eggs & red onion.

P: 24 F: 18.9 C: 46.3 Cal: 521.3

LEAN N' FIT OMELETTE 75 K

3 eggs, feta cheese, Wilted spinach, grilled Onion, cherry tomato, mixed bell pepper.

P: 27.1 F: 14.2 C: 16.3 Cal: 458.3

SALMON, EGG & GREENS 170 K

Grilled salmon fillet on a bed of baby gem romaine lettuce, sautéed local spinach, blanched broccoli, Indonesian Brussels sprouts, boiled egg, sunflower seeds & lemon olive oil dressing.

P: 38.3 F: 13.2 C: 11.6 Cal: 370.3

PROTEIN PANCAKE 100 K

Vanilla Whey Protein, cassava flour, rolled oats, egg, topped with protein roasted almond crunch, caramelized banana & house made low sugar maple syrup.

P: 25.2 F: 7.7 C: 65.4 Cal: 476.7

BUILD YOUR PROTEIN WAFFLES 50 K

CHOOSE YOUR WAFFLE: **50 K**
Vanilla waffle

P: 25.8 F: 9.5 C: 32.3 Cal: 390.1

Chocolate Chip Waffle **55 K**

P: 27.2 F: 16.4 C: 51.7 Cal: 465.4

CHOOSE YOUR TOPPINGS:

Banana 50gr P: 0.5 F: 0 C: 11.5 Cal: 44.5 **10 K**

Mango 40gr P: 0.4 F: 0 C: 6.8 Cal: 26 **17 K**

Strawberry 40gr P: 0.4 F: 0 C: 3.2 Cal: 12.8 **17 K**

Caramelized Banana 50gr P: 0.4 F: 0 C: 19.1 Cal: 73.6 **12 K**

CHOOSE YOUR DRIZZLE:

Homemade protein Nutella 30gr P: 4.5 F: 4.6 C: 4.7 Cal: 72.2 **20 K**

Protein whipping cream 15gr P: 0.7 F: 4.5 C: 0.6 Cal: 45.9 **8 K**

House made low sugar maple syrup 20gr P: 0 F: 0 C: 3.9 Cal: 15.1 **5 K**

Bone Broths 65 K

Slow-simmered for 24 hours to nourish the gut, support recovery & boost digestion, immunity & overall wellbeing.

CHICKEN BONE BROTH

Slow-simmered organic chicken bones.

Clean, nourishing, supports digestion, immune health, joint recovery, and skin repair. Ideal for breaking your fast.

DETOXING TONIC

Organic chicken broth infused with turmeric, beetroot, apple cider vinegar, lemon, cayenne, black pepper and ghee.

Formulated to support your body's natural detox pathways by nourishing the liver, aiding digestion & helping reduce inflammation.

IMMUNITY TONIC ★

Organic chicken broth infused with lemon, ginger, turmeric, cayenne, black pepper & Himalayan salt.

Formulated to support immune resilience and digestion. Ginger and turmeric offer antioxidant and anti-inflammatory support, while black pepper enhances curcumin absorption.

BEEF BONE BROTH & GHEE

Slow-simmered beef bone broth blended with homemade ghee.

Rich in collagen, gelatin & healthy fats to support joint health, muscle recovery, gut repair & brain function.

BEEF MARROW & BLACK PEPPER ★

A rich, slow-simmered broth made from beef bones and marrow.

Naturally high in collagen, gelatin & essential minerals. Supports gut health, skin, joints, immune function & post-exercise recovery. Deeply nourishing and grounding.

Lunch & dinner



CHICKEN, RICE & GREENS

Grilled chicken breast on white rice, blanched green beans, Indonesian Brussels sprouts, broccoli, grilled zucchini & peri peri sauce.

P: 34.7 F: 8.3 C: 28 Cal: 339.4

BONE MARROW BURGER

Double lean beef and bone marrow patty on brioche, sunny side up egg, tomato, cucumber, baby gem romaine lettuce, side salad with carrot ginger dressing & barbeque mayo sauce.

P: 54.3 F: 33 C: 7.1 Cal: 606.2

BRIOCHE BUN:

P: 8 F: 8.3 C: 45.0 Cal: 279.8

MUSCLE BUILDING BRUNCH

Lean Beef Patty with liver and bone marrow served with 3 poached eggs, bacon and avocado.

P: 45.6 F: 16.8 C: 6.1 Cal: 521.4

BURRITO BOWL

Your choice of seasoned chicken or ground beef, served with rice, mashed avocado, grilled rainbow bell peppers, black beans, cheddar cheese, grilled corn, FODMAP-friendly salsa, house-pickled jalapenos & sour cream.

CHOOSE YOUR PROTEIN:

CHICKEN 150GR	P: 44.8 F: 15.7 C: 38.9 Cal: 448.2	100 K
BEEF 150GR	P: 30 F: 17.2 C: 38.3 Cal: 470.7	120 K

95 K

CHICKEN CAESAR SALAD

Traditional Caesar salad (anchovy) with grilled chicken breast on baby gem romaine lettuce with bacon, gluten-free croutons, parmesan, and lemon wedge.

P: 39.5 F: 22 C: 12.7 Cal: 415.4

95 K

BOLOGNESE

Lean ground beef Bolognese sauce on tagliatelle noodles, gluten-free spaghetti, or white rice.

P: 26.3 F: 3.9 C: 60.5 Cal: 386.7

95 K

NOURISH GARDEN SALAD

Mixed lettuce, grilled corn, red cabbage, cherry tomato, mango, cucumber, sunflower seeds, green goddess dressing & mixed sesame seeds

CHICKEN 150GR	P: 34.4 F: 10.5 C: 23.9 Cal: 313.1	90 K
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BARRAMUNDI 150GR	P: 29.8 F: 9.1 C: 23.9 Cal: 295.6	120 K
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SALMON 100GR.	P: 28.6 F: 21.7 C: 23.9 Cal: 419.8	170 K
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WHOLESOME HARVEST SALAD

Mixed lettuce, grilled mixed veggies, charred pineapple, pickle beetroot, red radish, pumpkin seeds & honey mustard dressing.

CHICKEN 100GR	P: 32.5 F: 14.1 C: 17.7 Cal: 360.2	90 K
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BEEF PATTY 100GR	P: 27 F: 22.5 C: 17.8 Cal: 436.4	110 K
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BEEF STEAK 100GR	P: 29 F: 18.8 C: 18.3 Cal: 406.5	130 K
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