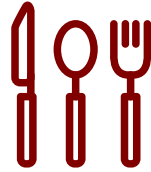


FLYING EGG

SPECIAL



OMELETTE RICE

FLYING EGG OMELETTE RICE 25

vegetable fried rice with zucchini onion carrot & free range egg omelette on top

CHOOSE SAUCE

creamy curry(v)
demi brown
marinara(v/gf)

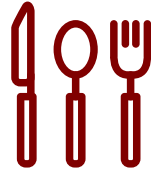
CHOOSE TOPPING

grilled chicken
grilled vegetable
marinated beef
spicy pork
chicken schnitzel strip



FLYING EGG

SPECIAL



HEALTHY POKE BOWL

POKE BASE 25

avocado red cabbage pickle edamame carrot cucumber
alfalfa on mixed brown rice

CHOOSE ONE SAUCE

wasabi mayo
chilli mayo
sweet soy

CHOOSE ONE TOPPING

grilled marinated beef
grilled chicken
sweet balsamic tofu



BEETROOT PASTA & GREEK SALAD 24

cashew nut beetroot pesto
pasta with wild rocket black
olive avocado cherry tomato
cucumber

LUNCH MENU



GRILL & SALAD



GRILLED SALMON KALE / 26

grilled salmon lentil quinoa avocado
red cabbage beetroot pickle grilled kale
furikake baby caper

GREENEST BENEFIT / 23

fajita marinated grilled chicken
poached baby broccoli green beans
avocado asparagus basil pesto w/ lime



ROAST PUMPKIN BEETROOT / 19

sticky beetroot avocado feta mixed
lettuce toasted coconut nuts Italian
dressing +grilled chicken 5

CAULIFLOWER TOFU / 19

Roasted cauliflower fried tofu lotus
root chips sweet corn green pea mixed
salad sweet miso citron dressing



PASTA & RISOTTO



SEAFOOD MARINARA / 24

king prawn mixed seafood linguini

LAMB RAGU GNOCCHI / 24

THREE MUSHROOM RISOTTO & GRILLED CHICKEN / 24

swiss mushroom portobello white
button mushroom with grilled chicken
& baby broccoli



LUNCH MENU



BURGER



WAGYU BEEF CHEESE BURGER / 18

200g wagyu beef patty double cheese
caramelized onion baby cos homemade
creamy smoky sauce on milky bun

HALLOUMI EGGPLANT BURGER / 18

grilled halloumi & eggplant tomato
portobello basil pesto wholeseeds mustard

ADD COMBO CHIPS / 4

COMBO SWEET POTATO / 5

*COMBO OPTION ONLY FOR BURGER ORDER

CHIPS / 7(S) 9(L)
SWEET POTATO / 9

LUNCH SPECIAL

HOMEMADE SOUP 14

served with sourdough

SWEET PUMPKIN



POTATO BROCCOLI

