

JUICE BAR

Small \$5 / Large \$7

- **Energizer** orange - apple - pineapple
- **Vitalizer** celery - carrot - beetroot - apple
- **Green Room** kale - pineapple - mint - apple
- **Refresh** watermelon - apple - mint
- **Clean & Lean** orange - lemon - ginger
- **Tutti Fruitti** orange - pineapple - lemon - mint
- **Detox** celery - ginger - apple - lemon - kale
- **Extreme Green** celery - cucumber - parsley - spinach - kale - apple

SMOOTHIE BAR

Small \$6 / Large \$8

Extra \$1 for Almond / Soy milk / Coconut water
Extra \$1 for Chia / Macca / Peanut Butter / Raw cacao / Goji / Almonds
Extra \$2 for Protein

- **Mango Banana** yoghurt - honey - cinnamon - milk
- **Mix Berries** yoghurt - honey - cinnamon - milk
- **Simply Banana** yoghurt - honey - cinnamon - milk
- **Banana Blueberry** yoghurt - honey - cinnamon - milk
- **Banana, Date and Muesli** yoghurt - honey - cinnamon - milk
- **Acai** Acai - banana - apple juice / coconut water (only large size)

COFFEE BAR

Decaf / soy / almond / extra shot / monin syrup / large \$0.5

- **Flat white** \$3.5
- **Latte**
- **Piccolo**
- **Macchiato**
- **Doppio**
- **Cappuccino**
- **Long black**
- **Espresso** \$3
- **Mocha** \$4
- **Chai latte**
- **Hot chocolate**
- **Sahlab (Middle Eastern Pudding)**
- **Tea-English breakfast / Jasine Green / Mint / Lemongrass & ginger / Malabar Chai**



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▸ Catering available ▸

FRUIT AND YOGHURT From \$7 - \$12

- Fruit salad
- Plain yoghurt
- Chia pudding
- Acai bowl
- Toasted muesli with honey and cinnamon
- Mix berries
- Porridge

SANDWICH BAR From \$5 - \$11

Turkish / Rye Sourdough / Multigrain sourdough / Gluten Free / Bagel / Wrap

- **Toast with a spread**.....\$5
butter, jam, peanut butter, vegemite
- **Toast with Avocado** \$6/\$10
feta, tomato and Zaatar
- **Ham & Cheese Croissant**... \$7.5
- **Smoked Salmon**..... \$10
herb cream cheese, boiled egg and dill
- **Tuna & Egg** \$10.5
mayo, mix lettuce and fried eggplant
- **Green Omelette** \$8.5
mayo, mix lettuce, fresh tomato and tasty cheese
- **Bacon & Egg**.....\$9
baby spinach, fresh tomato and sauce of your choice
(Barbecue - tomato - chilli aioli - Tahini)
- **Salami & Cheese Stick**..... \$8.5
mayo, baby spinach, salami, tasty cheese and tomato
- **Ham & cheese**..... \$8.5
mayo, mix lettuce, tomato, ham and tasty cheese
- **Sabich**..... \$8.5
hummus, boiled egg, tomato, fried eggplant, pickles and tahini
- **Sweet chilli chicken**..... \$10.5
mayo, baby spinach and fresh tomato
- **Chicken Schnitzel**..... \$10.5
honey mustard, mayo, mix lettuce, pickles and fresh tomato
- **The Meat Lover** \$10.5
honey mustard, mayo, tomato sauce, chilli, salami, ham, white cabbage, tasty cheese and pickles
- **Chicken Burger**..... \$9.5
sweet chilli mayo, mix lettuce, tomato, Spanish onion
- **Falafel-Wrap**..... \$10
hummus, red cabbage slaw, white cabbage, Israeli salad, pickles and tahini
- **Chicken Shawarma-Wrap**... \$11
hummus, red cabbage slaw, white cabbage, Israeli salad, pickles and tahini
- **Jerusalem Pocket**..... \$9.5
(Middle Eastern pizza)
zaatar mix with olive oil, onion, tomato, kalamata olives and tasty cheese
- **EVS**..... \$10.5
feta, Tasty, kalamata olives, boiled egg and fresh tomatoes

FOOD BAR

Take away - small \$8 / medium \$11.5 / large \$15

Dine in plate - \$13

- **Mix & Match**
Choose from our food fridge display, whatever you can fit on your plate/container
- Falafel Plate with hummus, tahini, red and white cabbage, Israeli salad, pickles and pita bread
- Chicken Shawarma pan fried with onions and a blend of spices
- Hummus classic / shawarma / meatballs
- Red cabbage slaw
- Israeli Salad with fresh tomato, cucumber and parsley w lemon and olive oil dressing
- White cabbage with oil, lemon and salt
- Persian rice cooked with onions and grated carrots
- Egg salad with mayo, chives and Zaatar
- Moroccan meatballs cooked in special spiced tomato sauce
- Kale and quinoa salad with parsley, grated carrot and red capsicum
- Rocket Salad with avocado, kalamata olives, feta and almonds
- Fennel salad with parsley and cucumbers
- Tuna salad with mix greens, fresh tomato, Spanish onion, avocado and feta with lemon, dill and olive oil dressing
- Chicken salad with red and white cabbage, carrots, red capsicum, parsley and coriander
- Soup of the day (served with bread)
- **Chapter E's Special SHAKSHUKA \$15 Add Chorizo / Meatballs \$4**
Eggs cooked in a sauce of tomatoes, chillies, garlic, onions, red and green capsicums and spices... Served with bread \$15