


## Breakfast (Available all day)

**Toastie (GF)** ..... 7  
Three slices of Bread (choice of Quinoa, Chia Seeds or Superseeds) with Butter and house-made Strawberry Jam.

**Wellzones Brekkie (GF DF)** ..... 17.5  
Two toasted Superseeds Breads served with sliced Avocados, sautéed Mushroom, fresh Greens, roasted Capsicum, Sprouts, Cherry Tomatoes and poached Egg, sprinkled with house-made Italian Vinaigrette dressing and Sesame Seeds.  
**Vegan** version available with Vegan toasted Breads and roasted Pumpkin (instead of poached egg).


**Eggs on toasts (GF DF)** ..... 11  
Two Free-Range Eggs your way with two toasted Chia Seeds Breads.

**Breakfast Board (GF DF)** ..... 16.5  
Mango Chia Pudding; Smashed Avocado on a toasted Chia Seeds bread, poached Egg, sprinkled with Hemp and Sesame Seeds; Fresh Orange Juice.

**Chilli Scrambled Eggs**  **(GF DF)** ..... 16.5  
Scrambled Eggs with sliced Chillies, Spring Onion, grilled Tomato and Greens, sprinkled with House-made Italian Vinaigrette dressing, Hemp and Sesame Seeds, served with two toasted Chia Seeds breads.

**Chicken Pie (GF LF)** ..... 9  
Chicken (Free Range) Ragout with Egg Slice topped with Potato Mash.

## Low Carb & Protein-Rich Meals

**Crispy Skin Salmon**  **(GF DF)** ..... 22.5  
Pan-seared Salmon, Cayenne, Grilled Broccolini and Asparagus, Red Radish, Lemon, and house-made Spicy Mango Chutney Puree.

**Power Bowl (Chicken) (GF DF)** ..... 20.5  
Almond Crumbed Fried Chicken (Free-Range), roasted Pumpkin & Capsicum, Mixed Salad with Japanese Dressing, Cauliflower Rice, sprinkled with Teriyaki Sauce and Sesame Seeds.

**Power Bowl – Tempeh (GF DF Vegan)** ..... 18.5  
Grilled Organic Tempeh, roasted Pumpkin & Capsicum, Mixed Salad with Japanese dressing, Cauliflower Rice, sprinkled with Teriyaki Sauce and Sesame Seeds.

**Poke Bowl (Chicken, Salmon or Tempeh \*) (GF DF)** ..... 19  
Spiced Infused Rice, Edamame, Seaweed, half boiled egg, Diced Pan-seared Salmon **or** Almond Crumbed Chicken (Free-Range) **or** Crispy Organic Tempeh, Grilled Pineapple, Ginger Chilli Cucumber, Avocado, Beetroot, Sesame Soy Sauce, drizzled with house-made Spicy Chipotle Mayo.

\* Tempeh is served without egg (Vegan)

## Herbs & Spices Soup-based Meals

**Lemongrass Chicken Soup (GF DF)** ..... 16.5  
Chicken (Free-Range), Lemongrass, Turmeric Root, Galangal, Ginger, House-made Broth, Egg (Free-range), served with Rice Noodles.

**Beef Spare Rib (Sour and Savoury Stew) (GF DF)** ..... 20  
Slow Cooked Beef Spare Rib with Lemongrass, Turmeric Root, Galangal, Ginger, Cayenne, Tamarind, House-made Bone Broth, served with Spiced Infused Rice.

## Wholesome Salad Meals

**Caesar Salad (GF)** ..... 15  
Classic Salad with anchovies, Bacon Bits, Croutons, Cherry Tomato, Cos Lettuce, Hard-boiled Egg, Radicchio, Spanish Red Onion, Cheese Sprinkles and topped with House-made Signature Caesar Dressing.

**Vegan Salad (GF DF RSF Vegan)** ..... 15  
Kale, Red Cabbage, Sprouts, Red Radish, Baby Spinach, Baby Rocket, Cherry Tomatoes, Cucumber, Tofu and Potatoes, topped with Signature House-made Peanut Lime Dressing.

**Summer Salad (GF DF RSF Vegan)** ..... 15  
Brown Rice, Dried Cranberries, Croutons, Mixed Salad, Oranges, Roasted Pumpkin, & Pumpkin Seeds, topped with Signature House-made Japanese Dressing.


## Appetisers

**Crispy Tempeh (3 pieces) (GF DF RSF Vegan)** ..... 9.5  
Nutritious Organic Tempeh coated with House-made spiced batter.

**Arancini Ball (3 or 5 pieces) (GF)** ..... 9.5/12.5  
Cheesy Rice coated with house-made Quinoa Bread Crumbs.

**Croquette (3 or 5 pieces) (GF DF RSF, Low FODMAP, Vegan)** ..... 9.5/12.5  
Mashed Fried Potato, Carrot, Edamame covered in House-made Vegan Bread Crumbs.

## Gourmet Sandwiches

- Bacon & Cheese (GF LF)** ..... 10  
 Bacon (glazed in Maple Syrup) & Cheese, Greens, Tomatoes, House-made Ranch Dressing with Quinoa Bread.
- Bacon & Cheese (Spicy)  (GF LF)** ..... 12  
 Bacon (glazed in Maple Syrup) & Cheese, Greens, Tomatoes, House-made Spicy Chipotle Sauce with Chia Seeds Bread.
- Chicken Pesto (GF DF)** ..... 12  
 Chicken (Free-Range), Greens, Tomatoes, House-made Ranch Dressing, Basil Pesto with Chia Seeds Bread.
- Egg Mayo Avocado (GF DF)** ..... 10  
 Free Range Egg, Avocado, Greens, Tomatoes, House-made Ranch Dressing with Quinoa Bread.
- Ham & Cheese (GF LF)** ..... 10  
 Ham & Cheese, Greens, Tomatoes, House-made Ranch Dressing with Quinoa Bread.
- Smoked Salmon (GF DF)** ..... 15  
 Smoked Salmon, Greens, Tomatoes, House-made Ranch Dressing with Super Seeds Bread.
- Stacked Sandwich (GF LF)** ..... 12  
 Double layer sandwich with Bacon, Cheese & Egg, Greens, Tomatoes, House-made Ranch Dressing with Quinoa Bread. (Chia Bread & Chipotle Mayo + \$2.00)
- Build Your Own (Custom) Sandwich**  
 - Please use the Custom Sandwich Order Form

## Kids Meal

- Bacon & Cheese Omelette (GF LF)** ..... 8.90  
 Two Eggs (Free-Range) with diced maple syrup glazed Bacon & melted Cheese.

## Gourmet Burgers (Served between 10:30am – 3:30pm) with **Wellzones Protein-rich Almond Wonder Bun**

- EBC (Egg Bacon Cheese) Burger (GF LF)** ..... 11.5  
 Egg (Free Range), Maple Glazed Bacon, Cheese, Cos Lettuce, Tomato and BBQ Sauce.
- Wellzones Ultimate Burger (GF LF)** ..... 18.5  
 Grilled Juicy spiced Beef Patty, Maple Glazed Bacon, Cheese, Pear Relish, Rocket and Mayo.
- Sweet Chick Burger (GF DF)** ..... 17.5  
 Grilled Chicken Teriyaki, Cos Lettuce, Tomato, Mayo and House-made Teriyaki Sauce.
- Protein Punch Burger (GF DF)** ..... 17.5  
 Almond Crumbed Chicken, Coleslaw (Red Cabbage, Parsley, Spanish Red Onion), Tomato and House-made Spicy Chipotle Mayo.

## Rice Bowls (Served between 10:30am – 3:30pm)

- Teriyaki Rice Bowl (Low FODMAP)**
- Chicken Teriyaki (GF DF) ..... 17.5  
 Salmon Teriyaki (GF DF) ..... 19.5  
 Tofu Teriyaki (GF DF Vegan) ..... 15.5  
*Served with Seasonal Vegetables & Spiced-infused White Rice (Low GI) or with Brown Rice + \$2 / Cauliflower Rice + \$2.5*
- Turmeric Rice (GF DF Vegan)** ..... 9.9  
*Recommended with Crispy Tempeh (3 pieces) + \$9.5*
- Pesto Rice (GF DF Vegan)** ..... 9.9  
*Recommended with Chicken (Poached) + \$5*

Sides / Add-on		
Avocado (Sliced) .....	4	Egg (Free-Range) ..... 2.5
Avocado (Smashed) .....	4	Ham ..... 3.5
Bacon .....	3.5	Roasted Pumpkin ..... 4.5
Chicken (Almond Crumbed) ....	5.5	Roasted Tomato ..... 3.5
Chicken (Poached) .....	5	Smoked Salmon ..... 5
Chips (French Fries) .....	5	Stir Fried Mushroom ..... 4.5
Chips (Lotus Root) .....	6	Wilted Spinach ..... 4.5

## Specialty Coffee & Tea

White .....	4
Black .....	4
Espresso .....	3.5

Mocha .....	4.5
Hot Choc 33% .....	4.5
Beetroot Latte .....	4.5
Chai Latte .....	5
Matcha Latte .....	4.5
Turmeric Latte .....	4.5

**(Alternative Milk)** ..... +0.5

Soy (Bonsoy)  
Coconut (Coco Quench)  
Almond (Milk Lab)  
Lactose Free (Zymil)

Large .....	+1
Iced .....	6
Ice Cream .....	+0.5

**Tea** ..... 5  
Chamomile, Earl Grey,  
English Breakfast, Green Tea, Lemongrass  
Ginger, Peppermint

**Kombucha** ..... 5

**Still and Sparkling Water** ..... 4



**Rich flavours, balanced & heavy bodied**



**Cold Pressed Juice (by Botanica)**

Beetroot .....	5
Bondi .....	5
Green .....	5

## Fresh & Made to Order

**Orange or Apple Juice** ..... 7

*Freshly squeezed from real Orange/Apple fruits*

**Super Orange Juice** ..... 8

*Freshly squeezed from real Orange fruits blended with fresh Lemon, Ginger and Carrots*

**Avocado Power Milk Shake** ..... 10

*Incredibly nutritious blend of Avocado, Banana, Pure Maple Syrup, Collagen (or Hemp) and your Milk of choice.*

**Blueberry Power Milk Shake** ..... 10

*Healthy, nutritious, sweet and colourful blend of Organic Blueberry, Banana, Pure Maple Syrup, Collagen (or Hemp) and your Milk of choice.*

**Strawberry Goji Power Milk Shake** ..... 10

*A Blend of Strawberry, Banana, Lemon Juice, Goji, Pure Maple Syrup, Collagen (or Hemp) and your Milk of choice.*

**Chocolate Milk Shake** ..... 10

*A Blend of Chocolate Ice Cream and your Milk of choice.*

**Vanilla Milk Shake** ..... 10

*A Blend of Vanilla Ice Cream and your Milk of choice.*

**Green Mango Smoothie** ..... 9

*Refreshing blend of Mango, Organic Kale, Pure Maple Syrup and Coconut Water.*

## Bread Loaves

**Quinoa Bread Loaf** ..... 15  
Nutritious Loaf with Organic Quinoa. **GF DF**

**Quinoa Vegan Bread Loaf** ..... 15  
Nutritious Vegan Loaf with Organic Quinoa. **GF DF Vegan**

**Chia Seeds Bread Loaf** ..... 15  
Health boosting Chia Seed Loaf. **GF DF**

**Superseeds Bread Loaf** ..... 18  
Hearty Seeds (Sunflower, Pumpkin and Flax) Loaf **GF DF**

**Cheese Bread Loaf** ..... 18  
Loaf for cheese lovers and a perfect breakfast companion. **GF LF**

**Raisin Bread Loaf** ..... 18  
Sweet wrinkly dried Raisin fruit Loaf. **GF DF**

*\*\* Breads are baked fresh daily on our premises*

## Snacks

**Almond Brownie** ..... 5.5  
Delicious fudgy Brownie topped with fluffy chocolate frosting. We use Premium Chocolate by Callebaut **GF**

**Buckwheat Banana Bread** ..... 5.75  
Cardamom-infused Buckwheat Banana Bread sprinkled with Sunflower Seeds. **GF DF RSF**

**Cinnamon Roll** ..... 5.75  
Sweet, fluffy and delicious Organic Cinnamon flavoured roll topped with our signature Cream Cheese frosting. **GF**

**Cupcake** ..... 5.5  
Rich and appealing Cupcake topped with Banana, Chocolate, Raspberry, Salted Caramel or Strawberry frosting. **GF DF RSF Vegan**

**Cupcake (Low FODMAP)** ..... 5.75  
Specifically made for Low FODMAP diet. Chocolate-base Cupcake with Chocolate or Strawberry frosting. **GF DF RSF Low FODMAP Vegan**

**Cookie** ..... 4  
Chocolate Chip, White Chocolate Cranberry or Vegan Chocolate Chip Cookie. We use Premium Chocolate by Callebaut **GF**

## Snacks

**Donut** ..... 3.5  
Adorable, moist and perfectly sweet Donut with Chocolate Glazed (with option of Cocoa, Chocolate or Rainbow Sprinkles), Vanilla Glazed or Salted Caramel. **GF DF Vegan**

**Donut (Low FODMAP)** ..... 4  
Specifically made for Low FODMAP diet. Chocolate Glazed (with option of Cocoa, Chocolate or Rainbow Sprinkles) **GF DF Low FODMAP Vegan**

**Macaron** ..... 3.5  
Meringue Cookies sandwiched with Caramel, Chocolate, Coffee, Mango, Pistachio, Raspberry, Strawberry or Vanilla filling. **GF DF**

**Mango Chia Pudding** ..... 6.5  
Nutritious, creamy & delicious Chia Pudding that's perfect for breakfast, snack, or dessert. **GF DF RSF Vegan**

**Mini Tart** ..... 4  
Mini & Cutie Tart filled with Lemon or Passion Fruit Curd topped with Seasonal Fruits. **GF**

## Specialty Cake (Slice)

### **Cheesecake** ..... 10.5 / slice

*Rich, creamy and super fulfilling Cheesecake. A perfect after meal companion.*

**GF**

### **Pandan** ..... 9.5 / slice

*Delicious Pandan-flavoured cake, soft and moist with Cream Cheese and Shredded Cheese.*

**GF LF**

### **Pistachio** ..... 10.5 / slice

*Delicious, soft and moist 3-layer cakes with real Pistachio crumbs and fillings, topped with our signature Cream Cheese frosting.*

**GF**

### **Vegan Raspberry Chocolate** ..... 9.5 / slice

*House-made Raspberry Jam that is sandwiched between the Chocolate cakes and topped with Chocolate Frosting and Raspberry Fruits.*

**GF DF Vegan**

### **Vegan Espresso** ..... 9.5 / slice

*Chocolate cake with strong House-made Espresso Cream, topped with shaved premium dark chocolate.*

**GF DF Vegan**

## Specialty Cake (Whole)

### **Cheesecake** **GF**

9" (22.5 cm) 2 layers round cake ..... 108

### **Pandan** **GF LF**

8.5" (22 cm) 2 layers round cake ..... 108

### **Pistachio** **GF**

9" (22.5 cm) 3 layers round cake ..... 118

### **Vegan Raspberry Chocolate** **GF DF Vegan**

6.5" (16 cm) 2 layers round cake ..... 68

8.5" (22 cm) 2 layers round cake ..... 108

### **Vegan Espresso** **GF DF Vegan**

6.5" (16 cm) 2 layers round cake ..... 68

8.5" (22 cm) 2 layers round cake ..... 108

### **Vanilla Chocoberry Cake** **GF DF Vegan**

6.5" (16 cm) 2 layers round cake ..... 68

8.5" (22 cm) 2 layers round cake ..... 108

#### Add On

Custom Message (Chocolate Block) ..... 10

Custom Message (on the Cake) ..... 10

Edible Flower ..... 10

Fresh Flower ..... 10

Toppers/Other Decorations ..... Talk to us

## Custom Cake Order

Talk to us to discuss your requirements

