

# ALL DAY BRUNCH

## SAVOURY

### Turkish Eggs 12

Yogurt with herbs, poached eggs, chilli flakes, butter, cayenne pepper, paprika, sourdough bread  
*Health Note:* Yogurt provides probiotics that support digestion and gut health.

### Omelette 14

Avocado, crispy bacon, hummus, chives, cream cheese, sourdough bread  
*Health Note:* Avocado and hummus offer fiber and healthy fats; bacon adds a savory protein boost.

### Halloumi 16

Avocado, poached egg, hummus, mixed greens, sesame, lemon & herbs vinaigrette, crispy chilli oil, togarashi, sourdough bread  
*Health Note:* Avocado and sesame support cardiovascular health; eggs and halloumi are rich in high-quality proteins.

### Miso Chicken 16

Roasted sweet potatoes, quinoa, hummus, salad mix, miso tahini sauce, almonds, sourdough bread  
*Health Note:* Miso and pickled vegetables are fermented, supporting gut flora. Quinoa is a complete protein source.

### Pulled beef 18

Avocado, poached Egg, chives, sesame seeds, mixed salad, honey Dijon sauce, toasted Hokkaido bread  
*Health Note:* Iron-rich beef supports energy levels and cognitive function.

### Grilled salmon 18

Avocado, poached egg, chives, sesame seeds, mixed salad, miso tahini sauce, toasted Hokkaido bread  
*Health Note:* Salmon is high in omega-3s, supporting brain and heart health.



## SWEET BUT STILL HEALTHY

### Acai 12.5

Strawberry, blueberry, blackberry, banana, passion fruit, peanut butter, homemade granola  
*Health Note:* Açaí and berries are rich in antioxidants and vitamin C, promoting immune support.

### Chia pudding 9

Greek yogurt, passion fruit, mango, homemade granola  
*Health Note:* Chia seeds provide omega-3s and fiber; yogurt supports gut balance.

### Greek Yogurt 10

Butter roasted dates, strawberry, homemade granola, banana, berry cream  
*Health Note:* Dates are a natural energy source.

### Banana bread 12

Greek yogurt, roasted banana, peanut butter, tahini sauce,  
*Health Note:* Tahini and peanut butter offer plant-based proteins and magnesium.

## BAO

### Pulled beef 7

Carrot, pickled onion, daikon, salad, hoisin sauce  
*Health Note:* Slow-cooked beef is protein-rich; hoisin adds fermented umami depth.

### Fried prawn 6

Carrot, pickled onion, daikon, salad, lime mayo  
*Health Note:* Daikon is a digestive aid; prawns provide lean protein.

#### EXTRA

Poached egg	+2
Sourdough Bread	+1.5
Protein	+3
Homemade granola	+1.5
Peanut butter	+1

# ASIAN INSPIRED

## MAKE YOUR POKE

### Base: (up to 2)

- Sushi Rice  
Light and satisfying.
- Quinoa  
High in protein and fiber.
- Mixed Greens  
Low-calorie and nutrient-dense.

### Protein: (up to 1)

- Raw Salmon,
- Shoyu Tuna (+1),
- Grilled Salmon (+1.5),
- Roasted Chicken,
- Pulled Beef (+1,5),
- Oyster Mushrooms,
- Tofu,
- Fried Prawns

### Veggies: (up to 4)

- Corn,
- Tomatoes,
- Edamame,
- Radish,
- Wakame,
- Onion,
- Olives,
- Carrot,
- Mango,
- Cucumber,
- Shallot

### Sauces: (up to 2)

- Lime Herbs Vinaigrette,
- Truffle Yuzu Vinaigrette,
- Miso Sesame Vinaigrette,
- Acevichado,
- Sriracha Mayo,
- Wasabi Mayo,
- Lime Mayo,
- Miso tahini Sauce,
- Teriyaki,
- Soy sauce

### Toppings: (up to 2)

- Chives,
- Almonds,
- Cancha Corn,
- Crispy Onion,
- Nana-iro Togarashi,
- Furikake & Nori,
- Sesame Seeds

EXTRA	
Avocado	+2.5
Roasted sweet potatoes	+1
Sourdough bread slice	+1.5
Protein	+3
Veggie/Sauce	+0.5



## SALADS

### Choose up to 2 bases:

- Sushi rice - Mix of salad -
- Quinoa

**Cured Salmon** 16  
radish, onion, wakame, mango, truffle yuzu vinaigrette, lime mayo, crispy onions, sesame seeds  
Health Note: Wakame and sesame promote thyroid health and immunity.

**Shoyu Tuna** 17  
edamame, carrot, shallot, tomatoes, miso sesame vinaigrette, wasabi mayo, furikake de sesamo, chives  
Health Note: Tuna provides lean protein and omega-3s; edamame is rich in fiber and folate.

**Fried prawn** 16  
cucumber, edamame, mango, shallot, lemon & herbs vinaigrette, acevichado mayo, chives, togarashi  
Health Note: Prawns are low-fat and high-protein; mango adds vitamins A and C.

**Grilled Salmon** 18  
roasted sweet potatoes, carrot, olives, edamame, miso sesame vinaigrette, teriyaki, cancha corn, furikake  
Health Note: Olives and salmon support brain and heart health; miso aids digestion.

**BBQ chicken** 16  
cucumber, carrots, onion, tomatoes, lemon herbs vinaigrette, lime mayo, almonds, chives  
Health Note: Almonds provide slow-release energy and vitamin E.

**Braised Beef** 18  
roasted sweet potatoes, corn, cucumber, onions, lemon herbs vinaigrette, sriracha mayo, crispy onions, chives  
Health Note: Balanced in protein and antioxidants; spicy sriracha supports metabolism.

**Miso Tofu** 16  
radish, corn, wakame, olives, miso sesame vinaigrette, miso tahini sauce, nana-iro togarashi, furikake & nori  
Health Note: Tofu is a complete plant protein; miso and wakame aid gut and thyroid health.

**Pulled mushrooms** 17  
onions, edamame, shallot, sweet potatoes, truffle yuzu vinaigrette, teriyaki, crispy onion, sesame seeds  
Health Note: Mushrooms contain antioxidants and support immune function.

# HOMEMADE DRINKS AND MORE



## NATURAL JUICE

**Fresh orange** 4  
Freshly squeezed orange juice, rich in vitamin C.  
Health Note: Boosts immunity and hydrates naturally.

**Golden root** 5  
Turmeric, black pepper, orange, carrot, pineapple  
Health Note: Anti-inflammatory and antioxidant-rich blend.

**Detox** 5  
Apple, pineapple, cucumber, celery, lemon, grapes  
Health Note: Detoxifying and refreshing juice for digestion.

**Beet boost** 5  
Beetroot, apple, carrot, ginger  
Health Note: Supports blood flow and liver function.

## SUPER SMOOTHIE

**Golden Monkey** 8  
Dates, Banana, cinnamon, peanut butter, almond milk  
Health Note: Excellent source of potassium and healthy carbs.

**Violet** 8  
Acai, Blueberry, strawberry, almond milk  
Health Note: High in antioxidants and supports focus.

**Tropical** 7  
Mango, passionfruit, almond milk  
Health Note: Vitamin-rich and brain boosting.

EXTRA	
Ginger	+2
Chocolate protein	+2
L-theanine	+2
Lion's mane mushrooms	+2

## MOCKTAILS

**Ginger mint lemonade** 6  
Lemon juice, ginger infusion, mint leaves.  
Health Note: Soothes digestion and refreshes.

**Mint hibiscus tea** 5  
Cold brew hibiscus tea with mint.  
Health Note: Rich in antioxidants and promotes hydration.

## COFFEE & TEA

**Espresso** 1.5

**Caffè Latte** 4  
Smooth espresso with steamed milk.  
Health Note: Classic energy booster.

**Matcha Cloud** 6  
Whisked matcha with frothy milk.  
Health Note: High in antioxidants and promotes calm focus.

## VITAMIN WELL

**Boost** 5  
Blueberry, raspberry  
Health Note: Vitamin C zinc + selenium

**Enhance** 5  
Orange  
Health Note: Vitamin C + B6 niacin + pantothenic acid

**Refresh** 5  
Lemon, kiwi  
Health Note: Vitamin B12 + C zinc

**Reload** 5  
Lemon, lima  
Health Note: Vitamin B + D magnesium + zinc

# BEVERAGES

*Junglebowl*

## DRINK

Water

2.00

Sparkling water

2.50

Coca cola

3.00

Coca cola 0

3.00

Fanta orange

3.00

Fanta lemon

3.00

Estrella galicia

4.00

Corona

4.00

Radler

4.00

Beer no gluten

4.00

Beer no alcohol

4.00

White wine

4.00

Rose wine

4.50