

STARTER

R V GF NF **AVOCADO CUCUMBER SOUP** 8.5
avocado, cucumber, chili, lemon, lime, cilantro
(served warm or cold)

V GF **MUSHROOM SOUP** 8.5
Portobello, shitake, white button, onions, raw cashew
mayo

V GF NF **PUMPKIN SOUP** 8.5
Pumpkin, sweet potato, onions, carrots

R VG GF **VEGGIE NORI ROLL** 11
avocado, beet, cucumber, carrot, leafy greens, red
cabbage, wasabi, raw cashew mayo, balsamic orange
dressing, bell pepper sauce

GF **BROWN RICE NORI ROLL**
Hormone Free Chicken 12
Smoked Salmon 13
beet, cucumber, carrot, leafy greens, wasabi, raw
cashew mayo, balsamic orange dressing, bell pepper
sauce

R V GF NF **GUACAMOLE FLAXSEED** 7.5
CHIPS
Avocado, tomatoes, red onions, carrot, zucchini

SALAD

R VG GF NF **THE LIVING SALAD** 17
avocado, beet, carrot, cucumber, red cabbage,
sprouts, leafy greens, tomatoes, sunflower seeds, flaxseed
chips, Living dressing

VG GF NF **PUMPKIN ROCKET** 17
roasted pumpkin, rocket, caramelized onion,
sweet pea, goat cheese, pumpkin seeds, balsamic orange
dressing
(**V** without onions, goat cheese and dressing)

VG GF NF **ASIAN QUINOA** 17
organic quinoa, carrot, cucumber, edamame,
red cabbage, capsicum, leafy greens, tomatoes, herbed
tamari dressing

VG GF **APRICOT PISTACHIO** 18
QUINOA
organic quinoa, dried apricot, arugula, carrot, pistachio,
capsicum, red onion, flaxseed chips,
balsamic orange dressing

For **V** options, ask for a **V** dressing

ENTREES - RAW

R V GF **ZUCCHINI PESTO PASTA** 14
Homemade pesto, zucchini, cherry tomatoes, alfalfa sprouts

R V GF **TACO BOATS** 16
Guacamole, mango salsa, romaine lettuce, 'meatballs',
raw cashew mayo

R VG GF **TLC 'CHEESE' BURGER** 18.5
lettuce bun, tomato, caramelized onions, carrot, beets,
sprouts,
almonds, sunflower seeds, oats, mushrooms, flaxseed,
macadamia cheese, guacamole
(**V** without caramelized onions)

R V GF **RAWoasted BROCCOLI** 19.5
MUSHROOM PIZZA
(with Marinara or Pesto sauce)
broccoli, olive, capsicum, mushroom, cauliflower,
herbs, oats, flaxseed, onion, macadamia cheese

SIGNATURE BURGER

*(served with coleslaw & sweet potato wedges, ^{GF} option: change to lettuce bun)***HERBED SALMON 17***onion, tomatoes, lettuce, dill, raw sweet chili sauce, raw cashew mayo***SPICED CHICKEN 15***tomatoes, onion, lettuce, egg, paprika, aioli, raw cashew mayo*^{VG} **QUINOA VEGGIE 17***carrot, celery, spinach, bell pepper sauce, onion, mushrooms, basil, balsamic reduction, raw cashew mayo
(^Vwithout red pepper sauce)*^{VG GF} **SESAME TOFU 14***sesame crusted tofu bun, eggplant, mushrooms, tomatoes, lettuce, raw dijon mustard
(^Vwithout mustard)*

WHOLEWHEAT WRAP

^{NF} **SALMON & EGGS 15***smoked salmon, scrambled eggs, caramelized onion, cucumber, lettuce, aioli***HONEY GLAZED CHICKEN 14***lettuce, chicken, coleslaw, tomatoes, cilantro, raw sweet chili sauce, raw cashew mayo*^{V NF} **GRILLED TOFU GUACAMOLE 14***tofu, avocado, tomatoes, lettuce, red onion, mesclun, mexican salsa*^{VG NF} **CLASSIC GREEK 14***lettuce, arugula, olive, capsicum, cherry tomatoes, cucumber, red cabbage, balsamic reduction, goat cheese
(^Vwithout goats cheese)*

SANDWICHES

*(^{GF} option: change to lettuce bun)***PEPPERY SALMON 16***arugula, cucumber, tomatoes, avocado, red onion, dijon mustard, raw cashew mayo***HAWAIIAN CHICKEN 15***lettuce, grilled pineapple, chicken, tomatoes, red onion, raw cashew mayo*^{VG NF} **“BACON” EGG & SPINACH 15***eggplant bacon, spinach, scrambled eggs, tahini dressing*

BROWN RICE BOWL

(served with Mexican or Pesto sauce) all garnished with shredded lettuce, red onion, avocado, lime wedges^{GF} **WILD BARRAMUNDI 16**^{GF} **CHICKEN 17**^{V GF} **VEGGIE 14**

HOMEMADE WHOLEMEAL PIZZA*(10" pizza)***SALMON SPINACH 25***salmon, spinach, caramelized onions, aioli, macadamia cheese, balsamic cream***INDIANA CHICKEN 20***arugula, chicken, onion, goat cheese, macadamia cheese***VEGGIE DELIGHT 17***pumpkin, shitake, sweet pea, tomatoes, zucchini, onion, capsicum, pumpkin seeds, macadamia cheese
(without goats cheese)***SUNNY EGGS ON MUSHROOMS 19***organic eggs, nutritional yeast, assorted mushrooms, pesto truffle oil***SIDE**

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| PUMPKIN | 3.5 | CHICKEN | 5.5 | ORGANIC EGG | 2 |
| TOFU/ TEMPEH | 3.5 | WILD BARRAMUNDI | 6.5 | QUINOA | 6.5 |
| EGGPLANT BACON | 5.5 | SMOKED SALMON | 6.5 | TOAST | 3 |
| SAUTEED GREENS | 6.5 | SALMON | 9.5 | ANY SAUCE | 2 |
| SWEET POTATO WEDGES | 6.5 | | | | |

**RAW FOOD****VEGAN****VEGETARIAN****GLUTEN FREE****NUT FREE**

PLEASE INFORM OUR STAFF IF YOU HAVE ANY ALLERGIES OR DIET RESTRICTIONS.

PRICES SUBJECT TO SERVICE CHARGE AND GST