

# LIVE WELL WITH US



Nutrifit Approved  
All gluten-free + dairy free  
\* Vegan Options Available



## FRESH BEGINNINGS

### Watermelon Carpaccio 12

thinly sliced watermelon with fresh basil, avocado, baby arugula and a balsamic reduction. Ve

### Coconut Curry Super Soup 10

mildly spiced with sweet potato, antioxidant-rich veg, coconut, turmeric, garlic, ginger and lemongrass. Great for detox pathways and heart-healthy too! Ve

## MAIN DISHES

### Superfood Asian Salad \*

finely shredded savoy cabbage with kale, carrots, bell peppers and cilantro. Tossed in a refreshing sesame + ginger dressing and topped with toasted almonds and crispy leeks. Served with organic tofu (22), chicken (24) or shrimp (26) and our almond butter satay sauce (contains nuts)

### Fall BBQ Bowl \*

naturally sweet + spicy BBQ chicken (24), salmon (28) or tofu (22) with brown rice, spinach and charred pineapple topped with a radish, cucumber + basil salad with a fresh lemon and olive oil vinaigrette

### Nutrifit Niçoise

cherry tomatoes, cucumber, avocado, yellow peppers, red onion, black olives, parsley + fingerling potatoes, tossed in a Greek vinaigrette and topped with chargrilled chicken (24) or grilled fresh tuna (28), served on a bed of baby leaves

### Spicy Sweet Chili Noodle Bowl \*

spicy sweet chili tofu (22), chicken (24) or shrimp (26), green/yellow peppers, broccoli, red cabbage, spinach, rice noodles and lightly toasted sesame seeds  
Served hot!

## DESSERT

Pukka herbal tea and dark chocolate.



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Nutrifit, scan the  
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