

lunch & dinner starters

EDAMAME

steamed salted soybean pods.

VIETNAMESE SPRING ROLLS

crunchy veggies, marinated tofu, roasted cashews & herbs wrapped in rice paper with cashew coconut sauce.

HUMMUS PLATE

choose from sourdough bread or crudite of carrot, cucumber & capsicum sticks.

FUN NUGGETZ

yummy, lightly crumbed pack of faux chicken nuggets, can't taste the difference!

salads

CHOICE OF DRESSINGS:

HERB VINAIGRETTE • TAHINI LEMON
MISO GINGER DRESSING • LEMON VINAIGRETTE

EXTRA DRESSING ADD 20

KALE DETOX SALAD

massaged kale with avocado, sliced carrots, red cabbage, poached beets, moringa & roasted walnuts tossed in a lemon vinaigrette.

MEG'S MINI SALAD

every veggie under the sun with tofu - tempeh crunch & toasted seeds, served with a dressing of your choice.

VEGAN CAESAR SALAD

crispy baby romaine leaves, vegan soy chicken, vegan caesar dressing, croutons with parmesan and coconut bacon on top.

GRILLED VEGGIE SALAD

herb-tossed eggplant, zucchini, red pepper, potato, green salad. **ADD CHEESE 29 | CHICKEN 23**

VEGAN GREEN BOWL

avocado, broccoli, spinach, baby romaine, red cabbage, edamame, tofu.

KAFE SOBA PLATE

cold sesame soba noodles, teriyaki tofu, steamed bok choy, mixed salad & chopped veggies, served with homemade ponzu sesame sauce.

pasta bowls

PESTO PASTA

fusilli pasta tossed with pesto, cashew nuts, cashew cheese, and vegan parmesan cheese.

POMODORO PASTA

fusilli pasta with rosemary, tomato sauce, cherry tomatoes, and vegan parmesan cheese.

(AVAILABLE AFTER 11AM)

bowl food

28 THAI GREEN CURRY BOWL

classic Thai green curry with mixed veggies & tofu, served with rice. **ADD CHICKEN 23**

65 MORINGA PUMPKIN CURRY

pumpkin, tempeh, moringa leaves, potato, tomato in a Balinese coconut milk curry, served with rice.

60 KITCHEREE BOWL

organic lentils & brown rice stewed with broccoli, spinach, coriander, ginger, turmeric, homemade garam masala & ghee.

58 MEZZE PLATE

hummus, raita, sourdough, feta cheese, cucumber, carrot, tomato cherry, sauerkraut, and romaine.

PUMPKIN SOUP

served with garlic bread.

HOMEMADE CHICKEN SOUP

potato, shredded chicken, carrot, broccoli, moringa leaves & mung bean sprouts. **ADD RICE NOODLES 13**

HEARTY VEGETABLE SOUP

potato, chickpeas, carrot, broccoli, moringa leaves & mung bean sprouts. **ADD RICE NOODLES 13**

MISO SOUP

shiitake mushroom, daikon, wakame, white miso, scallion, rice noodles, tofu.

VEGAN VEGGIE BOWL

steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice. Served with tahini lemon sauce. **ADD CHICKEN 23 | SAUERKRAUT 13**

SESAME DUSTED TEMPEH BOWL

brown rice with a pumpkin seed crunch surrounded by sesame tempeh, hummus, avocado, broccoli, edamame, kale, cherry tomato, cucumber, gomasio, served with miso dressing.

RAINBOW BUDDHA BOWL

organic rice, fried tofu, roasted chickpeas, steamed broccoli, carrot, roasted beet, sauerkraut & radish with tahini lemon dressing.

CHICKEN TERIYAKI RICE BOWL

brown rice, broccoli, fresh carrot, and cabbage

CHICKEN RICE BOWL

Grilled chicken, avocado, cucumber, tomato, edamame, romaine with miso dressing

bread food

SANDWICHES & WRAPS SERVED WITH SWEET POTATO CHIPS.

THE REAL MUSHROOM BURGER

mushroom patty, cashew cheese, creamed mushrooms, caramelized onion, rucola. **ADD EGG 13 | CHEESE 29**

GREAT VEGGIE BURGER

veggie patty, avocado, caramelized onion, rucola, cashew cheese.

GK'S TACOS

with tempeh, tofu, guacamole, salsa, greens, chapati, onion, cheddar cheese. **ADD CHICKEN 23**

NOURISH VEGGIE WRAP

marinated veggies, avocado & feta cheese, wrapped in a green tortilla.

CHICKEN CAESAR WRAP

crispy baby romaine leaves, grilled chicken, boiled egg, vegan caesar dressing & parmesan all wrapped in a green tortilla with coconut bacon on the side.

stir-fried

CAULIFLOWER FRIED RICE

cauliflower, torch ginger, green peas, sweet corn, bokchoy, carrot, tofu and tempeh.

RED NASI GORENG

our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews.

ADD CHICKEN 23 | FRIED EGG 13

GK PAD THAI

chicken breast and rice noodles, with green onion, carrot, bean sprout and egg in a made from scratch thai inspired tamarind sauce

PAD THAI VEGETABLE

rice noodles stir-fried with veggies, tofu, egg, mung bean sprouts & ground cashew in homemade pad Thai sauce.

CASHEW GINGER TOFU

tofu & mixed veggies sautéed in aromatic spices, served with red rice.

EXTRAS & ADD-ONS

MINI FRUIT PLATE 29
SOURDOUGH 20
GLUTEN-FREE BREAD 25
CHAPATI / GREEN TORTILLA 20
RICE (brown/red) / RICE NOODLES 13
COCONUT BACON 29

GRILLED CHICKEN 23
VEGAN GRILLED CHICKEN 33
TOFU / TEMPEH 15
SAUTÉED SPINACH / MUSHROOMS / COMBO 23
SAUTÉED POTATOES 29
SAUERKRAUT / PICKLES 13

HUMMUS / AVOCADO / GUACAMOLE 29
YOGHURT 29
COCONUT YOGHURT 27
CHEESE / SOUR CREAM 29
SALAD DRESSING / SALSA 23
STEAMED PUMPKIN 13

desserts

raw vegan

HOMEMADE MIXED BERRY CHEESE CAKE 58

LUST LEMON TART 58

CHOCOLATE CHEESE CAKE 58

CHOCOLATE SPIRULINA MINT SLICE 63

ENERGY BALLS 33

A CHOICE OF:
SPIRULINA / MORINGA / SESAME DATE /
CHOCOLATE CHILI / COCONUT LEMON

bakery

CHOCOLATE BROWNIE  38

COCONUT CARAMEL CAKE  38

CHOCOLATE ZUCCHINI CAKE  38

CHOCO-COCONUT BLISS CAKE  38

BANANA BREAD  38

CARROT WALNUT CAKE  43

TIRAMISU JAR  78

VEGAN COOKIE  20

CHOCOLATE CHIP COOKIE  20

ORGANICALLY INSPIRED

we use locally grown organic
produce whenever
possible

kids menu

FUN NUGGETZ 58

yummy, lightly crumbed pack of faux chicken nuggets, can't taste the difference!

TEMPEH POPCORN 40

lightly fried crumbed tempeh bites served with tomato ketchup.

 VEGAN

 VEGETARIAN OPTION

 GLUTEN-FREE


 VEGETARIAN

 GLUTEN-FREE OPTION


PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES.


all day breakfast


SUPER SIZED TROPICAL BOWL   **58**
seasonal fresh fruits. **ADD MUESLI 29 | COCONUT YOGHURT 27**

YOGHURT BOWL  **58**
yoghurt with granola, strawberry, banana, toasted coconut.



MORINGA OAT PORRIDGE  **58**
with coconut milk & sliced banana.

THE HONEST PANCAKE  **69**
GF flour, strawberry jam, banana, and strawberry with coconut whipped cream



FRENCH TOAST  **56**
with caramelized banana, strawberry & cashew butter.


MORNING ROSTI  **56**
potato rosti, cheddar cheese, grilled tomato, scrambled egg.


SCRAMBLED TOFU & AVOCADO   **65**
with turmeric, avocado, scallion, toasted sourdough.



TWO EGGS ANY STYLE   **53**
poached, fried, boiled, scrambled or omelette on sourdough toast. **ADD A THIRD EGG 13**

DUXELLE SCRAMBLED   **56**
scrambled egg, mushroom duxelle, toasted sourdough.







SPINACH & MUSHROOM OMELETTE   **65**
made with 2 eggs topped with feta and served with sourdough toast.

BREAKFAST WRAP  **85**
2 scrambled eggs with guacamole, black beans, salsa, sour cream, and cheese served open-faced in a flour tortilla.

BURRITO  **85**
black bean, brown rice, pesto, grilled veggies, avocado with salsa and guacamole.

AVOCADO TOAST   **58**
sourdough toast topped with smashed avocado and an egg any style.



bakery

BANANA BREAD  **38**
CARROT WALNUT CAKE  **43**
CHOCOLATE BROWNIE  **38**
COCONUT CARAMEL CAKE  **38**
CHOCOLATE ZUCCHINI CAKE  **38**
CHOCO-COCONUT BLISS CAKE  **38**


morning favorites

FROM MAIN MENU


SUBSTITUTE EGGS WITH TOFU VEGGIE SCRAMBLE 15
UPGRADE TO GF BREAD 20

KITCHEREE BOWL   **50**
organic lentils & brown rice stewed with broccoli, spinach and a spice mix of ginger, turmeric & homemade garam masala, served with coriander & ghee.

RED NASI GORENG   **67**
our version of the classic organic fried rice with veggies, tofu, tempeh & toasted cashews. **ADD CHICKEN 23 | FRIED EGG 13**



VEGAN VEGGIE BOWL   **75**
steamed greens, pumpkin, cauliflower & crunchy tempeh on brown rice, served with tahini lemon sauce. **ADD CHICKEN 23 | SAUERKRAUT 13**

smoothie bowls

CHIA PUDDING  **56**
chia seed, coconut milk, frozen fruit, smoothie, fresh fruit & granola. **BERRY NANA** (strawberry & banana)

ACAI DELIGHT BOWL   **85**
acai, banana, strawberry, and granola.

TROPICAL IMMUNE BOOST  **75**
banana, papaya, pineapple, granola, dried coconut.

SUPERCHARGER SMOOTHIE BOWL   **75**
coconut milk, banana, cacao, maca, seasonal fruit, granola & tahini.

EXTRAS & ADD-ONS

MINI FRUIT PLATE	29	BREAKFAST POTATOES	29
YOGHURT / MUESLI	29	COCONUT BACON	29
COCONUT YOGHURT	27	SAUTÉED SPINACH / MUSHROOMS / COMBO	23
CHEESE / SOUR CREAM	29	AVOCADO / GUACAMOLE	29
TOAST WITH BUTTER & JAM	29	SALSA	23
SOUSDOUGH	20	EGG	13
GLUTEN-FREE BREAD	25	(any style: fried, scrambled, poached or boiled.)	
BUTTER / JAM	13		
RICE (brown / red)	13		

 **VEGAN**  **VEGETARIAN OPTION**  **GLUTEN-FREE**
 **VEGETARIAN**  **GLUTEN-FREE OPTION**

PLEASE INFORM STAFF OF ANY ALLERGIES OR INTOLERANCES.

juices & shakes

LIVER DETOX SHOT **38**
carrot & turmeric.

TURMERIC CAYENNE SHOT **35**
Turmeric, Lime, Ginger, Himalayan Salt, Apple cider, & Cayenne Pepper.

SOMETHING GREEN **58**
apple, celery, parsley & spinach.

LIME MINT SLUSH **47**
lime juice & mint leaf.

ROSELLA REFRESHER **38**
rosella tea, lime, and soda water.

BEET RETREAT **58**
apple, carrot, beet, ginger & lime.

ENERGY DRINK **65**
pineapple, apple, cucumber & ginger.

CACAO MACA SHAKE **65**
raw cacao, herbal maca Java, banana, coconut milk & soy milk.

cacao

RAW CEREMONIAL CACAO
M (200ML) 92 | L (300ML) 128

BITTER (80%) **BITTER SWEET (70%)** **SWEET (64%)**

WITH YOUR CHOICE OF TOPPING:

- COCONUT CREAM
- CINNAMON
- CAYENNE PEPPER
- SEA SALT
- ALL SPICE (nutmeg, cinnamon, clove)

DELUXE RAW CHOCOLATE DRINK
200ML HOT / ICED 65
SUBSTITUTE VEGAN MILK 10

ORGANICALLY INSPIRED

we use locally grown organic produce whenever possible

EXTRAS

DECAF COFFEE **20**
ONE CUP OF STEAMED MILK **25**
HAZELNUT OR CARAMEL SYRUP **10**
RAW HONEY **10**

drinks

coffee

HOT / ICED	SIGNATURE BLEND	ARABICA BLEND	DECAF
AMERICANO	29	32	44
ESPRESSO	29	32	
DOUBLE ESPRESSO	35	37	
MACCHIATO		35	
CAPPUCCINO		39	62
CAFÉ LATTE		39	62
FLAT WHITE		39	
MOCHA LATTE		42	

SUBSTITUTES: ALMOND MILK / SOY / COCONUT / CASHEW +10
OAT MILK +15
KOPI TUBRUK 20

signature latte

HOMEMADE CHAI MASALA **56**
MATCHA LATTE **47**
MORINGA LATTE **47**
moringa with homemade organic almond milk.
GOLDEN LATTE **41**
SHILAJIT CACAO ELIXIR **65**
cacao, shilajit, ashwagandha, coconut milk, VCO, coconut nectar, cinnamon.

tea

HOT GINGER LIME HONEY **38**
BEFORE YOGA ENERGIZE **38**
fresh lemongrass, ginger, pandan leaf with honey or palm sugar.
SHU PU-ERH **38**
origin Yunnan.
YERBA MATE TEA **38**
MANGOSTEEN TEA **35**
GREEN TEA MORINGA **35**
ROYAL EARL GREY **35**
MINTY BREEZE **35**
CHAMOMILE **35**
JASMINE GREEN **35**
ORGANIC BALINESE OOLONG **35**
LEMONGRASS DELIGHT **35**
ROSELLA TEA **35**
TEMPLE OF ROSE **35**
GINGSENG TEA **35**

sea moss

ORIGINAL **35**
PINEAPPLE **35**
PASSION FRUIT **35**