

BREAKFAST / BRUNCH

AVOCADO ON TOAST \$6
TOASTED BREAD, SMASHED AVOCADO, FETA, ALMONDS, SEEDS
PICK: POACHED EGGS OR BACON OR ROASTED TOMATO

VEGAN AVOCADO ON TOAST [VG] \$5.5
TOASTED BREAD, SMASH AVOCADO, SUN-DRIED TOMATOES,
ALMONDS, SEEDS

CLASSIC ACAI BOWL [VG] \$4.75
ACAI, BLUEBERRIES, BANANA, AVOCADO, GRANOLA, FRUITS

OVERNIGHT OATS [VG] \$3.5
MANGO, BANANA, YOGHURT, MILK

COCONUT PANCAKES [VG] \$5.5
COCONUT, OATS, CASHW MILK, COCONUT OIL
PICK: BERRIES OR BANANA OR BACON

SALMON TOAST \$6
TOASTED BREAD, CURED SALMON, CREAM CHEESE,
PICKLED RED ONION, CAPERS

HEALTHY OMELETTE \$4.5
EGGS, SPINACH, CHEESE, ONION, HERBS

EGGS BENEDICTS \$5.5
POACHED EGGS ON MUFFIN WITH HOLLANDAISE SAUCE
EGGS BENEDICT, HAM
EGGS ROYALE: SALMON
EGGS FLORENTINE: SPINACH

YOGHURT & GRANOLA \$3.5
YOGHURT, GRANOLA, FRUITS

GYPSY EGGS \$5.5
RICH TOMATO RAGU, CHORIZO, SAUSAGE, KALE, FETA,
POACHED EGGS

BACON BAP \$4
CIABATTA, BACON, ROASTED TOMATOES, AVOCADO

BAGEL FRENCH TOAST \$3
HOMEMADE JAM & FRUITS

BUN/ PITA / WRAP

PLANTA BURGER [VG] \$5.5
BLACK BEAN PATTY, VEGAN CHEESE, TOMATO, ONION, SALAD

CHICKEN WRAP \$4
MARINATED CHICKEN, TOMATO, ONION, CUCUMBER, OLIVES,
TZATZIKI, ROCKET

BBQ TOFU PITA [VG] \$4.5
BBQ TOFU, VEGETABLES

FALAFEL WRAP [VG] \$4
FALAFEL, CRUNCHY VEGETABLES, HUMMUS

'VEGAN PULLED PORK' CIABATTA [VG] \$5
PULLED JACKFRUIT, CASHW CREAM CHEESE, COLESLAW,
TOMATO, ONION, ROCKET

CHICKEN & RED PESTO \$5
CIABATTA, CHICKEN, SUNDRIED TOMATO PESTO, FETA,
ROCKET



QUICHES

KALE, BLUE CHEESE & WALNUT \$4
KALE, BLUE CHEESE, WALNUT, CHEDDAR, EGG, CREAM, PASTRY

RED PEPPER, OLIVES & PARMESAN \$4.5
RED PEPPER, OLIVES, PARMESAN, CHEDDAR, EGG, CREAM,
PASTRY

TOMATO PROVENCAL \$4
TOMATO, HERBS, MUSTARD, CHEDDAR, EGG, CREAM, PASTRY

PUMPKIN & SPINACH [VG] \$4
PUMPKIN, SPINACH, CASHW MILK, TOFU, PASTRY

BOWLS

CHICKEN BOWL \$4.5
PULLED CHICKEN, ROASTED RED PEPPER, HUMMUS, AVOCADO,
RICE & ROCKET

FALFEL BOWL [VG] \$5
FALAFEL, RED PEPPER, RADDISH, RED CABBAGE, HUMMUS,
BROCCOLI, RICE & ROCKET

BUDDHA BOWL [VG] \$5
ROASTED PUMPKIN, HUMMUS, RED PEPPER, AVOCADO,
PICKLED CAULIFLOWER, ROCKET

"VEGAN PULLED PORK" BOWL [VG] \$5
BBQ JACKFRUIT, BROCCOLI, CORN, COLESLAW, ROASTED
RED PEPPER, RICE & ROCKET

SASHIMI BOWL \$6
SALMON, AVOCADO, CARROT, RED PEPPER, EDAMAME,
POMEGRANATE, WASABI MAYO, RICE & ROCKET

SALADS

MEDITERRANEAN CHICKEN \$5.5
CHICKEN, CUCUMBER, RED ONION, CAPERS, FETA, TOMATO,
OLIVES

SALMON SALAD \$6
CURED SALMON, AVOCADO, BAGEL CHIPS, ROCKET, CAPERS,
CREAM CHEESE, BALSAMIC DRESSING

KALE & PUMPKIN [VG] \$5
TAHINI MASSAGED KALE, ROASTED PUMPKIN, CRANBERRIES,
APPLES

VEGAN PIZZAS

BBQ PULLED JACKFRUIT [VG] \$6.5
TOMATO SAUCE, VEGAN MOZZARELLA, BBQ JACKFRUIT,
PINEAPPLE, RED ONION, JALAPENOS

VEGAN ROASTED VEGETABLES [VG] \$5.75
TOMATO SAUCE, VEGAN MOZZARELLA, ROASTED VEGETABLES

MARGHERITA [VG] \$5.25
TOMATO SAUCE, VEGAN MOZZARELLA, BASIL

MAINS

SALMON FILLET \$10
PAN FRIED SALMON, BEANS, BABY POTATOES, RED ONION,
CHILI, LIME & CORIANDER DRESSING

CHICKEN THIGHS \$6
MARINATED CHICKEN, RED PEPPER COULIS, SESAME SEEDS,
SAUTEED BOK CHOI, POMEGRANATE

SEABASS FILLET \$10
BAKED SEABASS, TOMATO, PARSLEY, JALAPENOS CHILIES &
CORIANDER

CAULIFLOWER STEAK [VG] \$7
TURMERIC CAULIFLOWER, AVOCADO CREAM, ROASTED
TOMATOES, VEGAN CHEESE

CHICKEN SKEWERS \$6
MARINATED CHICKEN, VEGETABLES, COUS COUS,
MINTYOGHURT, HARISSA

SIDES

EDAMAME [VG] \$2.5
GINGER, SOY, SESAME

BROCCOLI [VG] \$2.5
SOY SAUCE

COUS COUS SALAD [VG] \$2.5

FRIES [VG] \$2.5
DR: PLS + CASHW CREAM CHEESE

SWEET POTATO FRIES [VG] \$2.5
DR: PLS + CASHW CREAM CHEESE

KALE SALAD [VG] \$2.5
TAHINI DRESSING



DESSERTS & TREATS

BLUEBERRY CHEESECAKE [VG] \$4.5

DRAGONFRUIT CHEESECAKE [VG] \$4.5

GRANOLA BAR [VG] \$2

POWER BAR [VG] \$2.5

PROTEIN BALLS [VG] \$2.5

MATCHA CAKE [VG] \$3

CARROT CAKE [VG] \$3

BANANA BREAD [VG] \$3

CHOCOLATE BROWNIE \$4.5
+ ICE CREAM

FRESH JUICES

ORANGE	\$3.5
WATERMELON	\$2.5
PINEAPPLE	\$3
APPLE	\$3
CARROT	\$2
GREEN	\$3
CELERY, KALE, LEMON, GINGER, CUCUMBER, APPLE	\$3
COCONUT	\$2.5

SODAS

MANGO SODA	\$2.5
PASSION FRUIT SODA	\$2.5
STRAWBERRY SODA	\$2.5
BLUEBERRY SODA	\$2.5
LIME SODA	\$2.5
ELDERFLOWER SODA	\$3.5
MINT, LIME, ELDERFLOWER, COCONUT SODA, COCONUT SODA	\$3.5

PLANTA

HEALTHY | ETHICAL | GREEN

COFFEES

HOT OR ICED

MATCHA FRAPPE	\$3	VANILLA LATTE	\$2.75
MOCHA FRAPPE	\$3	HAZELNUT LATTE	\$2.75
CARAMEL FRAPPE	\$3	MOCHA	\$2.75
VANILLA FRAPPE	\$3	LATTE	\$2.5
HAZELNUT FRAPPE	\$3	CAPPUCINO	\$2.5
HOT CHOCOLATE FRAPPE	\$3	FLAT WHITE	\$2.5
MATCHA LATTE	\$2.75	HOT CHOCOLATE	\$2.5
CARAMEL LATTE	\$2.75	SWEET COFFEE	\$2.75
VANILLA LATTE	\$2.75	ESPRESSO	\$2
CARAMEL LATTE	\$2.75	AMERICANO	\$2
		WHITE AMERICANO	\$2.25

Healthy Signature Smoothies

BERRY BLAST SMOOTHIE	\$3.5	ACAI LOVE SMOOTHIE [VG]	\$4
BANANA, BLUEBERRY, YOGHURT, APPLE & ORANGE JUICE		ACAI, BLUEBERRY, BANANA, PEANUT BUTTER, CHIA SEEDS, CASHW MILK	
GREEN MORNING SMOOTHIE [VG]	\$3.5	WAKE ME UP SMOOTHIE [VG]	\$3.5
AVOCADO, LIME, KALE, CELERY		CACAO, COFFEE, BANANA, VANILLA, PEANUT BUTTER, DATE, CASHW MILK	
THE TRAVELLER SMOOTHIE [VG]	\$3.75	THE BREAKFAST SMOOTHIE	\$3.75
MACA, BANANA, DATE, PINEAPPLE, CASHW MILK		MUSELI, YOGHURT, BANANA, PROTEIN POWDER	
MANGO DREAM SMOOTHIE	\$3.5	BANANA MANIA SMOOTHIE	\$3.5
MANGO, BANANA, YOGHURT, MILK		BANANA, YOGHURT, CASHW MILK, VANILLA	

SOFT DRINKS

COKE	\$2
DIET COKE	\$2
TONIC WATER	\$2
SINGHA SODA	\$2

SMOOTHIES

MILK + SWEET MILK

PASSION FRUIT SMOOTHIE	\$3.25
BLUEBERRY SMOOTHIE	\$3.25
STRAWBERRY SMOOTHIE	\$3.25
MANGO SMOOTHIE	\$3.25
AVOCADO SMOOTHIE	\$3.25
COCONUT SMOOTHIE	\$3.25
MATCHA SMOOTHIE	\$3.25



TEAS

ENGLISH BREAKFAST	\$2
SENCHA GREEN TEA	\$2
TONIC ROOIBOS	\$2
CAMOMILLE	\$2

WEEKEND BRUNCH

Brunch dish
Fresh Juice
Morning Cocktail
Coffee or Tea

\$12.5