

CHEF'S CREATIONS

CALORIES ARE BASED
ON PER PAX SERVING
FOR SALADS!

- | |  Wrapps |  Salad |
|--|--|---|
|  208
Calories |  1 MARTIAN'S DELIGHT
romaine lettuce, roasted mango chicken, pumpkin, cherry tomatoes, carrots, cucumber (wasabi mayo dressing) | 11.5 10.9 |
|  290
Calories | 2 TOWER OF PISA
romaine lettuce, grilled chicken, chick peas, cherry tomatoes, capsicum, kidney beans (classic italian dressing) | 11.5 10.9 |
|  497
Calories |  3 CLASSIC CAESAR
romaine lettuce, grilled chicken, parmesan cheese, croutons, boiled eggs (classic caesar dressing) | 11.5 10.9 |
|  184
Calories |  4 TAJ MAHAL
romaine lettuce, tandoori chicken, red onions, cherry tomatoes, cucumber, capsicum (mint yogurt dressing) | 11.5 10.9 |
|  180
Calories | 5 AMAZING THAILAND
romaine, red & white cabbage, grilled chicken, carrots, beetroot, capsicum, cucumber (spicy thai dressing) | 11.5 10.9 |
|  280
Calories | 6 NEW YORK NEW YORK
romaine lettuce, turkey breast, cherry tomatoes, olives, capsicum, celery (ranch dressing) | 11.5 10.9 |
|  157
Calories | 7 GREAT WALL
romaine lettuce, roast beef, broccoli, celery, capsicum, mushroom (hoisin vinaigrette) | 12.5 11.9 |
|  137
Calories | 8 JOURNEY TO NORWAY
romaine & mesclun leaves, smoked salmon, beetroot, capsicum, cherry tomatoes, broccoli (balsamic vinaigrette) | 12.5 11.9 |

- | |  Wrapps |  Salad |
|--|---|--|
|  333
Calories |  9 TUNA LOVERS
romaine lettuce, seared tuna, avocado, corn, edamame beans, cherry tomatoes (japanese roasted sesame dressing) | 12.5 11.9 |
|  176
Calories | 10 SINGAPORE MIXED SEAFOOD
romaine lettuce, shrimps, crab stick, cherry tomatoes, carrots, cucumber (chilli crab dressing) | 12.5 11.9 |
|  489
Calories | 11 IRON RICH
spinach leaves, roasted almond, feta cheese kidney beans, chick peas, raisins (cranberry vinaigrette dressing) | 12.5 11.9 |
|  335
Calories | 12 NUTTY FRUITY
romaine lettuce, almonds, grapes, mango, apple, orange, strawberry, sunflower seed (tropical mint dressing) | 11.5 10.9 |
|  311
Calories | 13 CLASSIC GREEK
romaine lettuce, feta cheese, olives, cherry tomatoes, cucumber, beetroot (lemon & oil) | 10.5 9.9 |
|  498
Calories | 14 ARABIAN PARADISE
romaine lettuce, felafel, sundried tomato, capsicum, olives, cucumber, onion (arabian spice dressing) | 11.5 10.9 |
|  496
Calories |  15 MEXICANA FIESTA
romaine, avocado, cheddar cheese, crushed corn chips, kidney beans, jalapeno, tomato (creamy avocado dressing) | 11.5 10.9 |

Make your own

WRAP or SALAD!

CHOOSE



Wrapps

\$9.50



Salad

\$8.90

ROMAINE or RED & WHITE CABBAGE
(+ 6 REGULAR DRESSINGS)

UPGRADE TO

BABY SPINACH / MESCLUN

+ \$1.50

EXTRA TOPPINGS

REGULAR + \$0.60

BLUE + \$1.60

GREEN + \$2.60

RED + \$3.20

CHOOSE YOUR WRAP



PLAIN

280
Calories



TOMATO BASIL

270
Calories



SPINACH

260
Calories



WHOLE MEAL

190
Calories



LEMON GRASS

260
Calories

CHOOSE YOUR DRESSINGS

Mini Yogurt

Classic Italian Vinaigrette

Classic Caesar

Spicy Thai

Ranch

Hoisin Vinaigrette

Japanese Roasted Sesame

Chili Crab

Cranberry Vinaigrette

Tropical Mint

Honey Dijon

Thousand Island

Wasabi Mayo

Arabian Spice

Creamy Avocado

Balsamic Vinaigrette

Lemon & Oil

Honey Chipotle

COLDPRESSED JUICES

FOR ALL JUICES
\$6.00

- 1. BABY SKIN**
cucumber, orange, grape
- 2. COOLER**
cucumber, ginger, apple
- 3. DAILY DOSE**
carrot, apple, orange
- 4. ENERGY**
grape, lemon, apple
- 5. "LOSE 2 POUNDS"**
cucumber, lemon apple
- 6. MAJOR SERVICE**
beetroot, carrot, apple
- 7. STAMINA**
orange, lemon, apple
- 8. SYSTEM OVERHAUL**
bittergourd, lemon, apple
- 9. VEGE MIGHT**
tomato, cucumber, celery, carrot

HOT BEVERAGES

FOR HOT BEVERAGES
\$3.30
HOT WATER
\$0.50

- 1. BELGIUM HOT CHOCOLATE**
- 2. TWININGS TEA**
- 3. CAPPUCINO**
- 4. EXPRESSO**
- 5. LATTE**
- 6. LONG BLACK**
- 7. MOCHA**



"Organic & 100% finest
Arabic Coffee beans"

SOUP

OF THE DAY \$3.50
(AS COMBO) \$3.00

BREAKFAST & TEA-BREAK

8.00 am - 11.00 am

- 1. BEEF QUESADILLA** \$7.50
roast beef, cheddar cheese, egg, jalapeno, tomato, cucumber, sour cream/mayo
- 2. WILD TURKEY SURPRISE WRAP** \$6.50
romaine, turkey breast, egg, cheddar cheese, tomato, cucumber, sour cream/mayo
- 3. POPEYE SPINACH WRAP** \$6.50
spinach, feta cheese, egg, tomato, cucumber, sour cream/mayo
- 4. MANGO CHICKEN QUESADILLA** \$6.50
roasted mango chicken, cheddar cheese, egg, tomato, cucumber, sour cream/mayo
- 5. GO VEGETARIAN WRAP** \$5.90
romaine, falafels, cherry tomatoes, olives, cucumber, capsicums, sour cream/mayo

2.30 pm - 6.00 pm

BAGELS

CHOOSE YOUR
BAGEL:



MULTI-GRAIN



BLUEBERRY

CHOOSE YOUR
SPREAD:

NONE	\$3.50
PLAIN CREAM CHEESE	\$4.00
ALMON CREAM CHEESE	\$4.90

**SALAD
BAGEL:**

ADDITIONAL TOPPINGS
AS PER SALAD BAR

Simply Happys