



## STARTER

**R V GF NF** **AVOCADO CUCUMBER SOUP** 8.9  
avocado, cucumber, chili, lemon, lime, cilantro  
(served warm or cold)

**R VG GF** **VEGGIE NORI ROLL** 12  
avocado, beet, cucumber, carrot, leafy greens, red  
cabbage, wasabi, raw cashew mayo, balsamic orange  
dressing, bell pepper sauce  
(V without bell pepper sauce)

**V GF** **MUSHROOM SOUP** 8.9  
Portobello, shitake, white button, onions, raw cashew  
mayo

**GF** **BROWN RICE NORI ROLL**  
Hormone Free Chicken 13  
Smoked Salmon 14  
beet, cucumber, carrot, leafy greens, wasabi, raw  
cashew mayo, balsamic orange dressing, bell pepper  
sauce

**V GF NF** **PUMPKIN SOUP** 8.9  
Pumpkin, sweet potato, onions, carrots

**R V GF NF** **GUACAMOLE FLAXSEED CHIPS** 7.9  
Avocado, tomatoes, red onions, carrot, zucchini

## SALAD

**R VG GF NF** **THE LIVING SALAD** 18  
avocado, beet, carrot, cucumber, red cabbage,  
sprouts, leafy greens, tomatoes, sunflower seeds, flaxseed  
chips, Living dressing

**VG GF NF** **PUMPKIN ROCKET** 18  
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** 18  
organic quinoa, carrot, cucumber, edamame,  
red cabbage, capsicum, leafy greens, tomatoes, herbed  
tamari dressing

**VG GF** **APRICOT PISTACHIO QUINOA** 18.9  
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** 15.5  
Homemade pesto, zucchini, cherry tomatoes, alfalfa sprouts

**R V GF** **TACO BOATS** 17  
Guacamole, mango salsa, romaine lettuce, 'meatballs',  
raw cashew mayo

**R VG GF** **TLC 'CHEESE' BURGER** 19.5  
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 MUSHROOM PIZZA** 20  
(with Marinara or Pesto sauce)  
broccoli, olive, capsicum, mushroom, cauliflower,  
herbs, oats, flaxseed, onion, macadamia cheese

**R** RAW FOOD **V** VEGAN **VG** VEGETARIAN **GF** GLUTEN FREE **NF** NUT FREE  
PLEASE INFORM OUR STAFF IF YOU HAVE ANY ALLERGIES OR DIET RESTRICTIONS.  
PRICES SUBJECT TO SERVICE CHARGE AND GST



## SIGNATURE BURGER

(served with coleslaw & sweet potato wedges, **GF** option: change to lettuce bun)

**HERBED SALMON 18**

onion, tomatoes, lettuce, dill, raw sweet chili sauce, raw cashew mayo

**SPICED CHICKEN 17**

tomatoes, onion, lettuce, egg, paprika, aioli, raw cashew mayo

**VG**

**QUINOA VEGGIE 18**

carrot, celery, spinach, bell pepper, onion, mushrooms, basil, balsamic reduction, raw cashew mayo

**VG GF**

**SESAME TOFU 15**

sesame crusted tofu bun, eggplant, mushrooms, tomatoes, lettuce, raw dijon mustard  
(**V** without mustard)

**GF** option: gluten free bun available upon request, additional \$13; or lettuce bun )

## WHOLEWHEAT WRAP

**NF**

**SALMON & EGGS 17**

smoked salmon, scrambled eggs, caramelized onion, cucumber, lettuce, aioli

**HONEY GLAZED CHICKEN 16**

lettuce, chicken, coleslaw, tomatoes, cilantro, raw sweet chili sauce, raw cashew mayo

**V NF**

**GRILLED TOFU GUACAMOLE 15**

tofu, avocado, tomatoes, lettuce, red onion, mesclun, mexican salsa

**VG NF**

**CLASSIC GREEK 15**

lettuce, arugula, olive, capsicum, cherry tomatoes, cucumber, red cabbage, balsamic reduction, goat cheese  
(**V** without goats cheese)

## SANDWICHES

**PEPPERY SALMON 17.5**

arugula, cucumber, tomatoes, avocado, red onion, dijon mustard, raw cashew mayo

**HAWAIIAN CHICKEN 16**

lettuce, grilled pineapple, chicken, tomatoes, red onion, raw cashew mayo

**VG NF**

**“BACON” EGG & SPINACH 16**

eggplant bacon, spinach, scrambled eggs, tahini dressing

**V**

**14**

**GF** option: gluten free bread available upon request, additional \$13; or lettuce wrap )

## BROWN RICE BOWL

(served with Mexican or Pesto sauce) all garnished with shredded lettuce, red onion, avocado, lime wedges

**GF**

**WILD BARRAMUNDI 17**

**GF**

**CHICKEN 18**

**V GF**

**VEGGIE 15**

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## HOMEMADE WHOLEMEAL PIZZA

(10" pizza)

### SALMON SPINACH 26

salmon, spinach, caramelized onions, aioli, macadamia cheese, balsamic cream

### INDIANA CHICKEN 21

arugula, chicken, onion, goat cheese, macadamia cheese

### **VG** VEGGIE DELIGHT 18

pumpkin, shitake, sweet pea, tomatoes, zucchini, onion, capsicum, pumpkin seeds, macadamia cheese  
(✓ without goats cheese)

### **VG** SUNNY EGGS ON MUSHROOMS 21

organic eggs, nutritional yeast, assorted mushrooms, pesto truffle oil

### MARGHARITA

Marinara sauces, macademia cheese, goat cheese  
(✓ without goats cheese)

**GF** (gluten free base available upon request, additional \$3)

## SIDE

PUMPKIN	4	CHICKEN	6	ORGANIC EGG	2.5
TOFU/ TEMPEH	4	WILD BARRAMUNDI	7	QUINOA	7
EGGPLANT BACON	6	SMOKED SALMON	7	TOAST	4
SAUTEED GREENS	6.9	SALMON	9.9	ANY SAUCE	2
SWEET POTATO WEDGES	7				