

Healthy Happenings®



SALADS

Rainbow Salad (V)

Roasted beetroot carrot & parsnip medley with seasonal green leaves, tossed with an orange balsamic zest

45.00

Cyclic Garden Salad (V N)

A merge of frisee, radicchio, rocca, lollo rosso & iceberg dressed with a mustard dill vinaigrette, topped with black sesame

45.00

Prawn & Herb Noodlette Salad (SF)

Mix of coriander, mint, micro cress and whole wheat noodles complimented by fresh pink prawns tossed in a lemon garlic Provencal Aioli

55.00

Larp Gai (N)

Parcels of Thai basil flavored minced chicken topped with a nut crumble

55.00

SANDWICHES & WRAPS

Thunder (S)

Shredded chicken with angry kidney beans, jalapenos & spinach leaves wrapped with a spicy salsa

55.00

Sam Tam (V,N & DY)

Thai raw papaya salad wrapped in rice paper

45.00

Smokey Guacamole 'Swich' (SF)

Smoked salmon with chive lemon and avocado spread on toasted baguette

55.00

Panzy (V,DY & N)

Pan grilled open faced mozzarella 'swich with pesto char grilled vegetables on rye'

45.00

(V)= Vegetarian, (S) = Spicy, (N) Nuts, (SF) Seafood, DY (Dairy)

**All above are Low Cholesterol- Whole Grain
Low Fat - Gluten & Toxin- Free**

Above prices are inclusive of %7 Municipality fee & %10 Service Charge and 5% VAT

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LIFESTYLE JUICES

Berry A-Peeling

Zesty Apple, lime and strawberry Mix

25.00

Original V8

Green bell pepper, carrot, celery, cucumber, parsley, spinach and tomato.

25.00

Red Tangy Spice

Beetroot, carrot, celery, ginger root, jalapeno, lime and spinach

25.00

Apple Berry Slush

Apple, strawberry and carrot on crushed ice

25.00

Golden Zing

Apple, beetroot, ginger, lemon, pineapple, pumpkin spices

25.00

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