

MAINS

MEDITERRANEAN PLATE *Vegetarian* 16

Tabouleh, spanish chickpeas, greek salad, hummus, roasted vegetables, tzatziki, focaccia

ADD: • Falafel +5 • Chicken Milanese +7

CATCH OF THE DAY *Gluten Free* 22

ORGANIC CHICKEN BREAST *Gluten Free* 22

Pan roasted with miso yuzu glaze, served with coconut jasmine rice, sauteed greens & asian vegetables in a light broth

COCONUT CURRY SOUP *Vegan & Gluten Free* 14

Asian vegetables sauteed with ginger & garlic, served with rice noodles in a spicy Thai coconut curry broth

ADD: Marinated Tofu 4 Grilled Mahi 7 Seared Tuna 7 Grilled Chicken \$7

TUNA POKE BOWL 17

*Spicy sesame tuna (line caught locally), Jasmine rice, cucumber, avocado, daikon radish, carrot purple cabbage, broccoli, baby corn, snow peas, edamame & kimchi
Served with sesame, ginger, sriracha & soy dressing*

VEGAN POKE BOWL *Gluten Free* 17

*Marinated tofu, Jasmine rice, cucumber, avocado, daikon radish, carrot purple cabbage, broccoli, baby corn, snow peas, edamame, toasted peanuts & kimchi
Served with spicy peanut dressing*

MUSHROOM PESTO LASAGNA *Vegan & Gluten Free* 18

Layers of Gluten Free lasagna noodles, sauteed mushrooms & spinach oven baked in a vegan pesto cream sauce

HOMEMADE CANNELLONI

Oven baked pasta tubes stuffed with sauteed spinach, ricotta & mozzarella

Rose Sauce *Vegetarian: white wine, tomato, garlic, basil & cream* 16

Bolognese: *slow cooked beef & pork in rich tomato herb sauce* 18

CHANA MASALA *Vegan & Gluten Free* 16

*Chickpeas slow cooked in aromatic curry paste made from ground fresh coriander & mint leaves, tomato, onion & fragrant Indian spices, served with basmati rice & **garlic roti
**Gluten Free please request papadum*

CHICKEN TIKKA MASALA *Gluten Free* 17

*Rich & fragrant tomato cream curry with grilled marinated chicken breast served with basmati rice & **garlic roti **Gluten Free please request papadum*