

greentreat

PROTEIN PLATES

CHICKEN SATAY POWER PLATE DF GF \$16.00

warm roast chicken, warm brown rice, broccoli, edamame, rainbow slaw, crushed peanuts, toasted sesame seeds, crispy shallots
+ warm peanut satay sauce
+ double chicken \$5

SATAY PLANT POWER PLATE PB GF \$16.00

roasted tofu, warm brown rice, broccoli, edamame, rainbow slaw, crushed peanuts, toasted sesame seeds, crispy shallots
+ warm peanut satay sauce
+ sweet potato \$2

TEXAN PLATE GF \$16.00

warm blackened chicken, warm white rice, tex - veggies, raw slaw, black beans, corn, crispy shallots
+ chipotle ranch
+ jalapeños \$2

PESTO PLATE GF \$16.00

warm roasted chicken, brown rice, tex - veggies, roasted sweet potato, tomato + onion, crumbled feta, toasted pepitas + sunflower seeds
+ pesto vinaigrette
+ warm shrooms \$5

MUSCLE PLATE GF \$16.00

warm roast chicken, brown rice, baby spinach, broccoli, free range boiled egg, toasted almonds
+ warm peanut satay sauce
+ avocado \$3

WARM BOWLS

BLACKENED CHICKEN BURGER BOWL GF \$19.50

warm blackened chicken, avocado, cheddar cheese, tortilla chips, house pickles, raw slaw, chopped cos, warm brown rice
+ gs burger dressing

THE TACO BOWL GF V \$18.90

slow cooked plant-based chilli, smashed avo, corn, tomato + onion, tortilla chips, cheddar cheese, sour cream, chopped cos, warm white rice
+ jalapeno lime vinaigrette

BEEF + PICKLE BOWL GF \$19.5

slow cooked beef brisket, smashed avocado, house pickles, tomato + onion, cheddar cheese, crispy shallots, raw slaw, cos lettuce, warm white rice
+ gs burger dressing

BURRITOS

COWBOY BURRITO \$18.00

warm blackened chicken, smashed avo, tomato + onion, cheddar cheese, crushed tortilla chips, warm white rice, lime and jalapeno drizzle
+ chipotle ranch
+ jalapenos \$2

NEW

THAI ME UP BURRITO DF \$18.00

warm roasted chicken, avocado, spicy broccoli, bean shoots, coriander, cucumber, baby spinach, rainbow slaw
+ thai streat vinaigrette

CHICKEN CAESAR BURRITO \$19.50

warm roasted chicken, free range boiled egg, parmesan crisps, cherry tomatoes, parmesan, rocket, chopped cos, cracked pepper
+ caesar's ranch dressing
+ crispy bacon \$3

BLACKENED CHICKEN BURGER BURRITO \$19.50

warm blackened chicken, avocado, cheddar cheese, tortilla chips, house pickles, raw slaw, chopped cos, warm white rice
+ gs burger dressing
+ jalapeños \$2

SHAKE N BAKE BURRITO \$18.90

warm blackened chicken, tortilla chips, cheddar cheese, crispy bacon, tomato + onion, corn, parsley, rocket, mixed leaf, chopped cos
+ gs burger dressing
+ avocado \$3

SATAY BRISKET BOWL GF DF \$19.00

slow cooked beef brisket, smashed avo, roasted sweet potato, cucumber, coriander, rainbow slaw, baby spinach, warm white rice, crushed peanuts, toasted sesame seeds, crispy shallots
+ warm peanut satay sauce

NEW

SANTA FE BOWL GF \$18.50

slow cooked pulled pork, corn, tomato + onion, sour cream, coriander, black beans, tortilla chips, chopped cos, warm brown rice
+ chipotle ranch dressing

SPICY HARVEST BOWL PB \$18.90

warm roasted tofu, warm shrooms, roasted sweet potato, spicy broccoli, avocado, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach, warm brown rice
+ warm peanut satay sauce

GF

PROTEIN2 BOWL GF \$22.00

double warm blackened chicken, tex - veggies, roasted sweet potato, black beans, toasted pepitas + sunflower seeds, chopped cos, warm white rice
+ caesar's ranch dressing

GF = Gluten Free

DF = Dairy Free

V = Vegetarian

PB = Plant Based

SALADS

THAI HARD GF DF \$18.50

warm roasted chicken, edamame, vermicelli noodles, broccoli, bean shoots, coriander, red onion, toasted almonds, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach
+ thai streat vinaigrette

KALE CAESAR GF \$19.90

warm roasted chicken, free range boiled egg, kale mix, parmesan crisps, cherry tomatoes, parmesan, rocket, chopped cos, lime wedge, cracked pepper
+ caesar's ranch dressing
+ crispy bacon \$3.00

SHAKE N BAKE GF \$18.90

warm blackened chicken, tortilla chips, cheddar cheese, crispy bacon, cherry tomatoes, corn, red onion, parsley, rocket, mixed leaf, chopped cos
+ gs burger dressing
+ avocado \$3

THE O.G. GF \$17.90

warm roasted chicken, crispy bacon, cheddar cheese, corn, cherry tomatoes, red onion, rocket, mixed leaf, chopped cos
+ sweet curry mango dressing
+ avocado \$3

FARMERS HARVEST GF V \$16.90

roasted sweet potato, broccoli, cucumber, red onion, crumbled feta, toasted pepitas + sunflower seeds, rocket, baby spinach, rainbow slaw
+ pesto vinaigrette
+ warm roasted chicken/ tofu \$5

MEXICADO GREENS GF V \$16.90

avocado, black beans, corn, tortilla chips, cheddar cheese, jalapenos, cherry tomatoes, tex - veggies, coriander, rocket, chopped cos
+ jalapeno lime vinaigrette
+ slow cooked pulled pork \$5.00

SHARE SALADS

SERVES 4 MEALS OR 12 SIDES

FARMERS HARVEST GF V \$50.00

roasted sweet potato, broccoli, cucumber, red onion, crumbled feta, toasted pepitas + sunflower seeds, rainbow slaw, rocket, baby spinach
+ pesto vinaigrette

CAESAR SALAD GF \$50.00

free range boiled egg, parmesan crisps, cherry tomatoes, shaved parmesan, rocket, chopped cos, lime wedge, cracked pepper
+ caesar's ranch dressing

MEXICADO GREENS GF V \$50.00

avocado, tex-veggies, black beans, corn, tortilla chips, cheddar cheese, jalapenos, cherry tomatoes, coriander, rocket, chopped cos
+ jalapeno lime vinaigrette

THAI HARD DF \$50.00

edamame, vermicelli noodles, broccoli, bean shoots, coriander, red onion, toasted almonds, toasted sesame seeds, crushed peanuts and crispy shallots, rainbow slaw, baby spinach
+ thai streat vinaigrette

POPPY GARDEN SALAD GF \$50.00

mixed leaf, cherry tomatoes, cucumber, red onion, broccoli, parsley, crumbled feta
+ poppyseed dressing

+ ADD PROTEIN \$15.00

warm roasted chicken
warm blackened chicken
roasted tofu
warm shrooms
slow cooked pulled pork
slow cooked beef brisket

SMOOTHIES

AL GREEN GF DF V PB \$12.00

spinach, banana, medjool dates, mint, mango, fresh orange juice, coconut water, ice
+ vanilla protein \$2

ROCKET FUEL DF V PB \$12.00

natural peanut butter, medjool dates, chia seeds, rolled oats, cinnamon, chocolate protein, almond mylk, coconut water, ice
+ coffee shot \$2

TROPICAL RAVE GF DF V PB \$12.00

raspberries, mango, passionfruit, strawberry, apple juice, coconut water, ice

DAY SLAYER GF DF V PB \$12.00

coffee concentrate, almond mylk, coconut water, vanilla protein powder, date paste, chia seeds, banana, ice

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