



VEGAN



CAN BE VEGAN



GLUTEN FREE



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Breakfast

7AM - 12PM

| | |
|---|-----------|
| Banana Porridge (GVC) (GF) | 70 |
| Oats, milk, banana, coconut crumble, almonds, avocado, chia seeds, honey red wine & berries reduction, maple syrup Change to almond / soy / coconut milk +15 | |
| Avocado Granola (GVC) (GF) | 50 |
| Avo yoghurt, granola, fresh fruits | |
| Fruits & Flowers (GVC) (GF) | 45 |
| Seasonal mix fruits, coconut yoghurt, bee pollen, avocado | |
| Green Goddess (V) (CGF) | 80 |
| Avocado smoothie, granola, banana, strawberry, mango | |
| Avo Pancakes | 75 |
| Avo pancakes, avocado, banana, strawberry, coconut, choco gelato, maple syrup | |

Eggs

7AM - 12PM

| | | | |
|---|-----------|-------------------|----|
| Egg Katsu Sando | 65 | | |
| Brioche toast, katsu fried egg, avocado, wasabi mayo, coleslaw, dijon mustard | | | |
| B.E.A. (CGF) | 65 | | |
| Bacon, Egg, Avocado, tomato relish, spicy mayo, rucola, milk bun | | | |
| Omelette (CGF) | 55 | | |
| 2 eggs omelette, cream, mushrooms, spinach, avocado, 1 slice sourdough | | | |
| Eggs Your Way (CGF) | 48 | | |
| 2 eggs poached/scrambled/fried/boiled/omelette served with 1 slice sourdough, avocado | | | |
| Add extra: | | | |
| Egg | 8 | Smoked salmon | 34 |
| Spinach sauteed | 18 | Stracciatella | 26 |
| Tomatoes | 20 | Cheddar cheese | 30 |
| Cherry tomatoes | 26 | Ricotta cheese | 18 |
| Mushrooms | 20 | Marinated tofu | 26 |
| Avocado sliced/mashed | 35 | Sourdough 1 slice | 12 |
| Smoked ham | 25 | Red rice | 15 |
| Crispy bacon | 28 | Quinoa | 22 |
| Grilled chicken | 28 | Butter | 10 |
| Tuna | 30 | Peanut butter | 10 |

All prices are subject to 10% Tax and 6% Service Charge

Benedicts

All day

- Benedict** ^{CGF} **65**
English muffin, spinach, avocado, poached eggs, H.S.,
black sesame seeds
Add crispy bacon +28 / smoked salmon +34
- Vegan Benedict** ^V ^{CGF} **70**
Rye sourdough, scrambled tofu, avocado vegan hollandaise,
pumpkin, black sesame
- Truffle Benedict** ^{CGF} **75**
English muffin, mixed mushrooms, avocado, poached eggs
truffle H.S., black sesame seeds
Add ham +25 / bacon +28 / salmon +34

Brunch

All day

- Avo Cheese Croissant XL** **75**
Avocado, cheddar cheese, scrambled eggs, mustard seeds
Add ham +25 / bacon +28 / salmon +34
- Piadina Salmon** **85**
Tortilla, rucola wild, smoked salmon, poached egg, avocado,
basil pesto, za'atar
- Quesadilla** **80**
Tortilla, marinated chicken, cheese fondue,
7 spices mayo, fried chili, tomato, served with guacamole,
tomato relish, lime honey yoghurt
- Pumpkin Soup** ^V ^{CGF} **55**
Sourdough, avocado, corn, coconut yoghurt, pumpkin, almonds

Toasts

7AM - 12PM

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|--|----|-------------------|-----------|
| Broccoli Toast (V) (CGF) | | | 60 |
| Sourdough, stir fry broccoli, avo mash, basil & chili oil, rucola | | | |
| Hummus Toast (V) (CGF) | | | 64 |
| Sourdough, avo hummus, avocado, crispy chickpeas, green peas, red radish | | | |
| Curry Toast (CGF) (CVC) | | | 75 |
| Sourdough, curry hummus, mango, purple spinach, spicy chorizo, avocado, fried rosemary | | | |
| Spicy Mush (V) (CGF) | | | 50 |
| Sourdough, avocado, mixed mushrooms, almonds, chili dust, lime pulp | | | |
| Avo Bread (V) (CGF) | | | 44 |
| 2 slices of sourdough, avocado mashed/sliced, | | | |
| Add extra: | | | |
| Egg | 8 | Smoked salmon | 34 |
| Spinach sauteed | 18 | Stracciatella | 26 |
| Tomatoes | 20 | Cheddar cheese | 30 |
| Cherry tomatoes | 26 | Ricotta cheese | 18 |
| Mushrooms | 20 | Marinated tofu | 26 |
| Avocado slice/mash | 35 | Sourdough 1 slice | 12 |
| Smoked Ham | 25 | Red rice | 15 |
| Crispy bacon | 28 | Quinoa | 22 |
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Sandwiches

All day

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|---|-----------|
| Ham Bagel | 80 |
| Smoked ham, horseradish cream, ponzu spinach, fried egg, avocado, parmesan | |
| Avo Cheese Toastie (CGF) | 70 |
| Sourdough, 4 cheeses, avocado, served with truffle bechamel | |
| Add smoked ham +25 | |
| Pulled Pork Sandwich | 80 |
| Brioche toast, bbq pulled pork, avocado, lettuce, spicy mayo, honey lemon yoghurt | |
| Chicken Katsu Sando | 75 |
| Brioche toast, katsu fried chicken, avocado, wasabi mayo, coleslaw, Dijon mustard | |

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Salads

11AM - 22PM

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- Caesar** (GF) 80
Baby lettuce, avocado, beans, croutons, corn, crispy bacon,
grated parmesan
Add grilled chicken +28
- Prawn & Stracciatella Salad** (GF) 80
Mix salad, prawns, stracciatella, grilled cherry tomatoes,
spiced croutons, avocado, zucchini, dukkah
- Kale and Fish** (GF) 85
Fresh kale, grilled fish of the day 70gr, edamame, avocado, ricotta,
fried eggplant, almonds, sesame seeds
- Tofu Salad** (V) (GF) 64
Avocado, grilled tofu, red rice, spring onions, iceberg lettuce, almonds
Add extra grilled chicken +28 / tuna +30
- Chicken & Avo Lassi** (GF) 80
Marinated chicken 120gr, coconut yoghurt and avo lassi, rucola,
purple spinach, stracciatella, asparagus, avocado, orange zest

Bowls

11AM - 22PM

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- Poke Bowl** (V) (GF) 60
Avocado, marinated tofu, edamame, corn, chives, sesame seeds
quinoa, red rice
Add tuna +30 / smoked salmon +34
- Salmon Bowl** (GF) 85
Red rice, quinoa, avocado, grilled salmon, sour cream, beetroot,
pickled cucumber, dill
- 7 Spices Fried Rice** (V) (GF) 70
Rice, spinach, king oyster mushrooms, torch ginger, avocado, corn,
avo rice crackers
Add egg +8 / grilled chicken +28 / squids +30
- Baby Squids** (GF) 90
Grilled baby squids, olive oil mashed potatoes, baby carrot,
avocado, lemon, thyme

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Snacks

11AM - 22PM

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|--|-----------|
| Tacos | 65 |
| Avocado, mushrooms, rucola, spicy coconut yoghurt, almonds | |
| Avo Tempura | 50 |
| Avocado, avo mayo, spicy mayo | |
| Hummus + Pita | 35 |
| Guacamole + Chips | 40 |
| Fries + Avo Mayo | 30 |

Desserts

All day

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|---|-----------|
| Avo Chocolate Mousse (V) (GF) | 45 |
| Dark chocolate avo mousse, coconut flakes, strawberries | |
| Burnt Avo Cheesecake | 55 |
| Avo creme cheese cake, blueberry jam | |
| Avo Vegan Brownie (V) | 50 |
| Dark chocolate avo brownie, chocolate ice cream | |

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Keto Menu

11AM - 22PM



If you're also a big fan of avocado, you'll be thrilled to know that Avocado is a Keto diet rockstar superfood!

It's one of the best fruits – because yes, avocado is a fruit - to eat on Keto.

It's full of heart-healthy monounsaturated fats and fiber that will crush your hunger and keep your blood sugar stable.

One-half of a medium avocado contains around 15g of healthy fats and 9g of carbs, but seven of these are from fiber.

This means that each half only has 2g of net carbs, which makes avocados a very healthy and keto-friendly option.

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|--|-----------|
| Kale and Fish (GF) | 85 |
| Kale, grilled fish of the day 70gr, edamame, avocado, ricotta, fried eggplant, almonds, sesame seeds | |
| Chicken & Avo Lassi (GF) | 80 |
| Marinated Chicken 120gr, coconut yoghurt and avo lassi, rucola, purple spinach, stracciatella, asparagus, avocado, orange zest | |
| Keto Tofu Bowl (V) (GF) | 64 |
| Avocado, grilled tofu, spring onions, iceberg lettuce, almonds, sesame oil | |
| Keto Caesar Salad (GF) | 80 |
| Baby lettuce, avocado, beans, 3 poached eggs, corn, crispy bacon, grated parmesan Add extra grilled chicken +28 | |
| Keto Energy Balls (V) (GF) | 25 |
| Mixed nuts, chia seeds, coconut, dark chocolate | |

Something Cold

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|---|-----------|---|-----------|
| Ginger Surprise Kombucha, lime, fresh meringue | 50 | Iced Tea Rosela Rosela tea, berries, fresh apple juice, lime | 29 |
| Crema al Caffè Espresso blended with ice, milk | 40 | Iced Lemon Tea Black tea, fresh lemon juice, sweet syrup on the side | 29 |
| Iced Lychee Tea Black tea, lychee, lychee water | 29 | | |

Coffee, Tea & More

| | | | | | |
|----------------------|-----------|----------------------------------|-----------|-------------------------|-----------|
| Espresso | 22 | Flat White | 30 | Matcha Latte | 32 |
| Ristretto | 22 | Mocha | 35 | Avo Latte | 32 |
| Long Black | 30 | Iced Coffee | 50 | Avo Matcha Latte | 38 |
| Macchiato | 25 | Iced Latte | 45 | Turmeric Latte | 35 |
| Piccolo Latte | 25 | Extra Shot | 10 | Chai Latte | 35 |
| Latte | 30 | Vegan Milk | 15 | Ciocolata calda | 40 |
| Cappuccino | 30 | Options: Coconut, Soy, Almond | | + Whipped cream 12 | |

Tea by Tea Drop

English Breakfast, Supreme Earl Grey, Oriental Jasmine Green Tea, Lemongrass and Ginger, Peppermint, Chamomile Blossom **28**

Health Shots

Buy 3 for 50

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|--|-----------|
| Fat Blast Organic apple cider vinegar, lemon, honey | 20 |
| Anti-Inflammatory Turmeric, honey, cinnamon | 20 |
| Alkaliser Spinach, orange, spirulina | 20 |
| Ginger Shot | 20 |

Water / Beers

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|----------------------------|-----------|
| Fresh Young Coconut | 35 |
| Still Water | 30 |
| Sparkling | 35 |
| San Miguel | 40 |
| San Miguel Light | 40 |
| Bintang | 40 |

*Straw on request only

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Fresh Juices

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|--|-----------|--|-----------|
| Sunrise Orange, apple, carrot, ginger | 45 | Liver Lover Beetroot, carrot, celery, apple | 40 |
| Slim Down Pineapple, cinnamon cayenne pepper, | 40 | A.M.O. Apple, Mint, Orange | 40 |
| Detox Apple, celery, cucumber, kale, lemon, ginger Add spirulina +10 | 45 | Avo Good day Avocado, spinach pineapple, mint, | 40 |
| A.C.E. Carrot, orange, lemon, aloe vera | 45 | Make Your Own Mix & match your favorite ingredients | 45 |

Home Made Kombucha

Berries / Sour Ginger / Pineapple Basil Mint

45

Health Smoothies

| | | | |
|--|-----------|--|-----------|
| Cacao Coco Super Elixir Coconut yoghurt, banana cacao, chia seeds, vegan, protein, coconut water | 59 | Tropical Thrill Mango, passion fruit, coconut water, banana | 45 |
| Café Suave Espresso, doce de leite, coconut milk, banana | 49 | Funky Monkey Banana, peanut butter, granola, soy milk | 45 |
| Breaky Go-Go Mango, banana, blueberries, coconut water, yoghurt | 49 | Avo-Coco Dream Avocado, coconut, banana | 45 |
| EXTRAS: Spirulina, vegan protein, turmeric, matcha, granola, coconut yoghurt, organic cacao powder, chia seeds, almonds, cinnamon, toasted coconut | | | 10 |

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