

# BUILD YOUR OWN

PRICE FROM  
**\$16.95**  
 100% GLUTEN FREE  
 ORDER AT COUNTER

## STEP ONE PICK A **BASE** — OR 2 **#1**

- Warm Organic Black & Brown Rice
- Warm Quinoa +1.5
- House Mesclun Greens
- Shredded Kale +1.5
- Wild Rocket
- Spinach

## STEP TWO DRESS IT (PICK 1) **#2**

- Green Goddess Dressing (NF) (GF)
- Pesto Vinaigrette (NF) (GF)
- Lime Coriander Vinaigrette (V) (DF) (NF) (GF)
- Balsamic Vinaigrette (V) (DF) (NF) (GF)
- Ginger Tamari Dressing (V) (DF) (NF) (GF)
- Miso Caramel (V) (DF) (NF) (GF)
- House Caesar Dressing (NF) (GF)
- Avocado Ranch (NF) (GF)
- Extra Virgin Olive Oil (V) (DF) (NF) (GF)
- Fresh Lemon Squeeze (V) (DF) (NF) (GF)
- Tangy Satay (V) (DF) (GF)

Extra Dressing **+1.95** each

## STEP THREE PICK 4 FILLINGS **#3**

- |                        |                 |
|------------------------|-----------------|
| Roasted Sweet Potatoes | Green Beans     |
| Shaved Beets           | Orange Segments |
| Shredded Carrots       | Green Apple     |
| Shaved Cabbage         | Basil           |
| Roasted Capsicum       | Mint            |
| Roasted Carrots        | Coriander       |
| Red Onion              | Spring Onion    |
| Edamame                | Cranberries     |
| Cherry Tomatoes        | Dates           |
| Cucumbers              | Kalamata Olives |
| Raw Corn               | Raisins         |
| Roasted Broccoli       | Roasted Seaweed |
| Roasted Sage Pumpkin   |                 |
| Charred Cauliflower    |                 |

Extra Filling **+1.5** each

## STEP FOUR PICK A PROTEIN **#4**

- Baked Tofu (Non-GMO) +1.0
- Roasted Mushrooms +2.0
- Roasted Chicken Breast +3.0
- Sustainable Baked Salmon +5.0
- Sustainable Smoked Salmon +5.0
- Sustainable Salmon Sashimi +5.0

Extra Protein **+5.0** each

## STEP FIVE TOP IT OFF WITH SOMETHING CRUNCH (PICK 1) **#5**

- Corn Chips
- Toasted Sunflower Seeds
- Roasted Almonds
- Spiced Crispy Chickpeas

Extra Crunch **+1.0** each

## ADD A SPECIAL

- Avocado +2.5
- Lentils +2.5
- House Beet Hummus +2.0
- Organic Hard Cooked Egg +2.5
- Prosciutto +4.0
- Fresh Mozzarella +4.0
- Halloumi +5.0
- Shaved Parmesan +2.0
- Feta +2.0
- House Chili Oil +1.0
- Chili Flakes +1.0

(NF) Nut Free    (GF) Gluten Free    (V) Vegan    (DF) Dairy Free