



SEQUEL

~ ORGANIC LIFE FOOD ~

SMALL PLATES

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| Edamame & Chickpea Falafels, coriander sauce, smoked aubergine, beetroot sauerkraut, wild arugula.   | 500 |
| Jerusalem Artichokes, goat cheese cream, pumpkin seed crumble.  | 650 |
| Blue Corn Tacos, smoked oyster mushrooms, kale, mizuna, green pea & coconut sauce, lacto fermented habenero and baby carrot dressing.   | 650 |
| Portobello Tacos, stone ground maize flour tacos, smoked portobello mushrooms, roasted orange sweetpotatoes, red sauerkraut, aji limon pepper, coriander microgreens, charred avocado, cashew sour cream.  | 600 |
| Red Snapper Tacos, stone ground maize flour tacos, charred red snapper, heirloom tomato and habanero salsa, pomelo, coriander microgreens.   | 800 |
| Charred Kashmiri Morels, Himalayan polenta souffle, San Marzano tomato sauce, heirloom tomato broth, dehydrated tomato powder.   | 600 |
| Sea White Prawns, coconut milk and curry leaf oil, Kashmiri chilli oil.   | 600 |
| Buckwheat, Rice & Walnut Sourdough, lacto fermented truffle cashew cheese, smoked apple jam, cold pressed extra virgin olive oil, sea salt.   | 400 |
| Buckwheat, Amaranth, Almond Tartlets, heirloom tomato sauce, fresh and sundried heirloom cherry tomatoes, sun dried heirloom tomato powder, Florence fennel and mixed greens.   | 600 |
| Guacamole with Charred Heirloom Tomatoes & Bellpepper Coulis, protein crackers ~ chickpea, turmeric, sesame seed crackers.  | 600 |

FROM THE CHARCOAL

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| Smoked Lotus Root Fritters, Greek yogurt, red radish, Kashmiri walnuts.  | 500 |
| Smoked Hasselback Orange Sweet Potatoes, parsley sauce, lacto fermented coconut yogurt, sumac.   | 450 |
| Chargrilled Broccoli, coconut yogurt, fermented chillies.   | 550 |
| Chargrilled Salmon, aji limon pepper, capers.  | 1250 |
| Chargrilled Tiger Prawns, kaffir lime, galangal, lemongrass.  | 850 |

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SALADS ~ RAW & ENERGISING

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| Quinoa, Roasted Butternut Squash, Goat Cheese Salad  | 650 |
| Avo, A2 Halloumi, Pomelo Salad | 600 |
| Avo, A2 Halloumi, Saffron Prawns, Pomelo Salad | 850 |
| The Energy Bowl, Hass avocado, <i>kale</i> , <i>almond croutons</i> , <i>grape tomatoes</i> , <i>caper berries</i> ,  <i>house-made cashew cheese</i> . | 625 |
| Vegan Protein Bowl, <i>Oven baked millet</i> , <i>spinach</i> and <i>green pea falafels</i> , <i>kale</i> ,   <i>wild arugula</i> , <i>gherkins</i> , <i>roasted chickpeas</i> . | 550 |
| The Wholesome Bowl, Hass avocado, <i>butterhead lettuce</i> , <i>zoodles</i> , <i>edamame</i> , <i>almond croutons</i> , <i>pomegranate</i> . | 550 |
| Pretty in Pink, Hass avocado, smoked Scottish salmon, <i>green apple</i> , <i>butterhead lettuce</i> .  | 850 |
| Avo, Baby Burrata & Sauerkraut Bowl | 700 |

MAIN AFFAIRS ~ WARM & HEALING

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| Apple Wood Smoked Black Rice, <i>lotus root</i> , <i>edamame</i> , <i>baby portobellos wrapped in</i>   <i>banana leaf</i> , <i>aromatic coconut milk broth</i> , <i>chargrilled pak choy</i> . | 650 |
| Apple Wood Smoked Black Rice, <i>lotus root</i> , <i>baby portobellos wrapped in banana leaf</i> ,   <i>aromatic coconut milk broth</i> , <i>chargrilled sea white prawns</i> . | 900 |
| Rainbow Trout, <i>charred napa cabbage</i> , <i>aromatic fennel broth</i> .  | 1350 |
| Orange Sweet Potato stuffed with <i>kale</i> , <i>chickpeas</i> in <i>mustard-tomato dressing</i> , <i>house made</i>  <i>probiotic rich sauerkraut</i> , <i>lacto-fermented cashew cheese</i> , <i>smashed avocado</i> , <i>Kashmiri chilli oil</i> . | 525 |
| Chickpea Tempeh, <i>Shitake Mushroom & Beetroot Burger</i> , <i>heirloom tomato</i> ~  <i>red pepper sauce</i> , <i>mustard aioli</i> , <i>pickled jalapeños & onions</i> , <i>wild arugula</i> , <i>heirloom lettuce</i> , <i>buckwheat rice</i> <i>sourdough brioche</i> . Add cheese - Himalayan Artisanal Natural Young Cheddar ~ 75 Burger can be made vegan with our house-made sourdough | 550 |
| Red Snapper Burger, <i>Greek yogurt with capers</i> , <i>pickled onions & jalapeños</i> , <i>wild arugula</i> ,  <i>heirloom lettuce</i> in <i>buckwheat rice sourdough brioche</i> . | 750 |
| Miso Glazed Eggplant, <i>cucumber noodles</i> , <i>charred napa cabbage</i> , <i>smoked oyster mushrooms</i> ,   <i>purple tatsoi</i> , <i>black rice</i> , <i>peanut & seed crumble</i> , <i>charred fresno chilli</i> , <i>miso-tahini dressing</i> . | 650 |

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DESSERTS

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| Flourless Dark Chocolate Cake, cacao ganache, fresh berries.  | 500 |
| Poached Pears, vanilla ice cream, seed crumble.  | 500 |
| Raw Cacao Ice Cream, crumble, cacao bark, fresh berries.   | 550 |
| Almond, Buckwheat, Chocolate Chip Cookie.  | 250 |
| Pistachio, Buckwheat, Ginger Cookie.  | 250 |

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