







SEQUEL

~ ORGANIC LIFE FOOD ~

SMALL PLATES

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

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

 ORGANIC  DAIRY FREE  VEGAN

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SALADS ~ RAW & ENERGISING

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, almond croutons, grape tomatoes, caper berries,</i>  <i>house-made cashew cheese.</i>	625
Vegan Protein Bowl, <i>Oven baked millet, spinach and green pea falafels, kale,</i>   <i>wild arugula, gherkins, roasted chickpeas.</i>	550
The Wholesome Bowl, Hass avocado, <i>butterhead lettuce, zoodles, edamame,</i> <i>almond croutons, pomegranate.</i>	550
Pretty in Pink, Hass avocado, smoked Scottish salmon, <i>green apple, butterhead lettuce.</i> 	850
Avo, Baby Burrata & Sauerkraut Bowl	700







MAIN AFFAIRS ~ WARM & HEALING

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

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DESSERTS

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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