

Organic

# PLANET TERRA



Plant-based

## BREAKFAST | 8AM - 12PM

### BERRY AÇAÍ BOWL (GF)

Açaí blended banana & dates, topped with crunchy homemade granola, mixed fresh berries and homemade peanut butter or chocolate  
(Available all day)

### NATURA BOWL (GF)

Almond yoghurt with fresh fruits, toasted seeds, almonds, mint leaves, maple syrup  
(Available all day)

### PORRIDGE (GF)

Creamy oat porridge made with almond mylk & almond butter

Toppings:

- Banana slices & homemade peanut butter or
- Mixed berries & chocolate sauce

### CHICKPEA OMELETTE (GF)

Chickpea omelette, topped with crispy kale, tomato confit, mayo, carrot cream, balsamic glaze and toasted pumpkin seeds

### AVOCADO BRUSCHETTA

Avocado, sautéed mushrooms, caramelized onion, tomato confit, blueberries, carrot cream, mayo, balsamic glaze served on toasted sourdough bread

(GF option available)

(Available all day)

### TROPICAL AÇAÍ BOWL (GF)

Açaí blended with banana & dates, topped with crunchy homemade granola, coconut flakes, tropical fruits and homemade peanut butter or chocolate

(Available all day)

### THE FRENCHIE

French toast with banana and mixed berries topped with vanilla ice cream and maple syrup on the side

### PANCAKES

#### MATCHA PANCAKES

Pancakes, banana slices, mixed berries, whipped coconut cream, maple syrup

(GF option available)

(Available all day)

### MUSHROOM ON TOAST

Sautéed mushrooms, homemade cashew cream cheese, rocket leaves and cherry tomatoes served on toasted sourdough bread

(GF option available)

(Available all day)

### THE BIG BREAKFAST

Scrambled tofu, marinated tempeh, sautéed mushrooms, cherry tomatoes, baby spinach, carrot cream and toasted sourdough bread

(GF option available)

## STARTERS & SALADS

### SOUP

Soup of the day served with toasted sourdough bread

(GF bread available)

### HUMMUS

Chickpea spread with olive oil and toasted bread

(GF bread available)

Additional bread 3 slices

### LES CROQUETTES (GF)

Buckwheat & mushroom croquettes with our homemade mozzarella cheese, lettuce and dijon mustard mayo

### CAULIFLOWER STEAK (GF)

Roasted cauliflower topped with a walnut & peanut coriander pesto, chickpeas, pomegranate seeds, hummus

### SUMMER ROLLS (GF) (RAW)

Rice paper, rice noodles, avocado, red capsicum, carrot, cucumber, red cabbage, mint leaves, fresh coriander leaves, lettuce, black sesame seeds served with peanut sauce and green spicy chutney sauce

(Choice of 2 or 4 pieces)

### GRILLED VEGETABLE PLATTER (GF)

Seasonal grilled vegetables with carrot cream, mayo and basil parsley pesto

### THE BUDDHA BOWL (GF)

Red & white quinoa, tempura cauliflower, chickpeas, boiled spiral beetroot, roasted sweet potatoes, fresh baby spinach and avocado with sunflower seeds served with a tamari mustard dressing

### SALADA FRESCA (GF)

Quinoa, cucumber, cherry tomatoes, coriander, parsley, dill, mint leaves, chickpeas, roasted eggplants, toasted pumpkin seeds, red radish and pomegranate seeds with a mustard orange vinaigrette

### PAPAYA CAVIAR SALAD (GF) 🌶️

Grated papaya, carrots, avocado, cherry tomato, lime, coriander leaves, green chili, roasted peanuts, tamari, our inhouse black seaweed caviar and peanut sauce

### BUCKWHEAT SALAD (GF)

Buckwheat, carrots, avocado, cucumber, mint leaves, dill, lettuce, red radish, cherry tomato, our inhouse orange caviar, beetroot glaze served with homemade creamy caesar dressing

### HEART SALAD (GF)

Kale, crispy mushroom, baby spinach, rocket leaves, crispy beetroot, roasted walnuts, crispy sweet potato, micro greens, mixed berries, balsamic glaze & citrus vinaigrette sprinkled with our homemade cashew parmesan cheese

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## LUNCH & DINNER | 12PM ONWARDS

### VURGERS

#### KING OYSTER

Crunchy oyster mushroom, avocado cream, mustard, miso mayo, lettuce, homemade pickles in a plain bun served with a garden side salad or fries

#### TEMPEH TATION

Tempeh and walnut patty, kale, caramelized onion, tomato, marinated bell peppers, mustard mayo & pesto sauce in a green bun served with a garden side salad or fries

#### THE HOTTIE 🌿

Mushroom & buckwheat patty, homemade vegan mozzarella cheese, tomato, lettuce, our inhouse signature sauce, dijon mustard mayo and homemade spicy sauce in a plain bun served with a garden side salad or fries (GF option available)

#### THE SLIDERS

3 Mini vurgers, mix any combination from our vurgers to craft your perfect meal

### SIDES

#### FRENCH FRIES (GF)

#### SWEET POTATO FRIES (GF)

#### SAUTÉED MUSHROOMS (GF)

#### SLICED AVOCADO (GF)

### PITAS & WRAPS

#### LENTIL FALAFEL PITA POCKET

Red lentil falafel, coleslaw, carrot pickles served in our homemade pita bread with a cashew tzatziki dip

(GF option available)

#### MUSHROOM SHAWARMA

Wrap filled with grilled marinated mixed mushrooms, salsa, tahini, almond yoghurt served with a garden side salad or fries and homemade barbecue sauce

(GF option available)

#### TOFU GARLIC WRAP

Marinated tofu, carrots, green cabbage, red cabbage, baby spinach, lettuce, homemade garlic mayo wrapped in a homemade roti bread served with a garden side salad or fries

(GF option available)

### MAINS

#### LASAGNA

Turmeric fresh homemade pasta, hazelnut béchamel, lentil ragu, pumpkin, kale, roasted hazelnuts

#### GREEN RISOTTO (GF)

Red and black rice in zucchini cream with toasted pistachio and lemon, topped with rocket leaves and homemade pumpkin seed cheese

#### TOFISH AND CHIPS

Crunchy fried tofu topped with toasted nori seaweed, lemon, carrot cream, miso mayo and pressed radish served with sweet potato fries

#### TEMPEH SOUVLAKI

Grilled marinated tempeh & vegetable skewers, pita bread, hummus dip, served with a garden side salad or fries

(GF option available)

#### STUFFED BUTTERNUT SQUASH (GF)

Roasted butternut squash filled with red quinoa, chickpeas, spinach and pomegranate seeds served with a mustard orange vinaigrette

#### RATATOUILLE (GF)

Zucchini, tomato, summer squash, aubergine and our special homemade tomato sauce

#### KIMCHI PAD THAI (GF) 🌿

Rice noodles, homemade tamarind noodle sauce, green cabbage, red bell pepper, carrots, oyster mushroom, green chili, lime, spring onion, black & white sesame seeds, marinated tofu and homemade kimchi

#### TOFU MAKHANI 🌿

Tofu with spiced tomato paste and homemade vegan butter sauce served with a choice of steamed white rice or homemade roti bread (GF option available)

#### LEVANTINE AUBERGINE FATTEH

Roasted aubergine over a bed of crispy toasted arabic bread with a garlic tahini sauce and topped with toasted almonds in vegetable ghee, parsley, pomegranate seeds and red radish (GF option available)

### DESSERTS

**KUNafa** Crunchy kunafa dough with homemade creamy cashew & tapioca filling. Maple syrup with orange blossom on the side

**DATE PUDDING (GF)** served warm with vanilla ice cream  
**TERRAMISU**

Treat yourself to a selection of desserts from our display