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SALAD ZONE

Salade Niçoise - 5.00

Pole & line tuna, Free range Egg, New potatoes, Red onions, Capers, Mixed olives, Fine green beans, Tomatoes & French dressing.

Greek - 5.00

Feta or Guacamole, Olives, Red Onion, Tomatoes, Cucumber, Peppers, & Balsamic vinaigrette.

The Mexican - 5.50

Chicken or Guacamole, Cheddar, Mixed Beans, Jalapeños, Coriander, Tomato salsa, Tortilla Chips, & Ranch dressing.

The Italian - 5.50

Chicken or Mozzarella, Guacamole, Tomato, Olives, Red Peppers, Cucumber, Pine nuts, Basil and Balsamic Vinaigrette or Olive Oil.

Caesar - 5.00

Chicken, Crispy Bacon, Parmesan, Crispy Croutons, Cucumber & Caesar dressing.

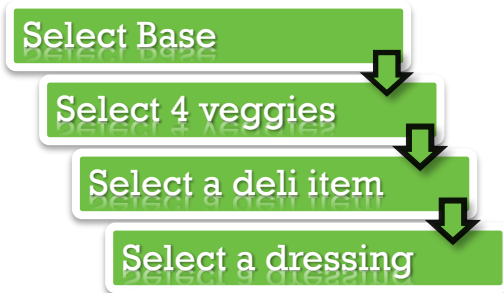
The Ninja - 5.50

Juicy prawns, Carrot, Broccoli, Fine Green Beans, Edamame Beans, Bean Sprouts, Peanuts, Sesame Seeds & Wasabi & Lime dressing.

Create Your Own - 5.00

Select 4 veggies, 1 Deli and 1 Garnish

Extras: Veggies +0.35, Deli +1.00, Garnish +0.25



NOODLE & PASTA ZONE

You can add a protein of your choice to any dish. (All dishes come with a free egg, if you like).

Proteins		
Tofu +0.50	Paneer +0.50	
Chicken +1	Pork +1	Beef +1
Duck +1.50	King Prawns +2	
King Prawns & Chicken +2.50		

Pad Thai - 5.50

MILD

#1 Dish

Rice noodles served with Pad Thai & tamarind sauce, oriental veggies, chillies and red onion. Topped off with peanuts and lime.

Mee Goreng/ Sapo - 5.50 VERY HOT Popular

The hot spicy mix is pan fried with a handful of onions and oriental veggies, and green chillies if you like.

Singapore Vermicelli - 5.50

MEDIUM

Stir-fried rice vermicelli seasoned with oriental spices, spring onions, bok choi and oriental veg.

Sweet N Sour - 5.50 MILD

A healthier take on traditional Sweet n Sour dishes. Served with Pineapple, Peppers and oriental veggies.

Black Belt - 5.50

MILD

Classic Chinese black bean sauce wok'd up with oriental veggies.

Oyster Sauce - 5.50 MILD

Time-honoured combination of Oyster and Soy Sauces with Sesame Oil Stir Fried with spring onions and other oriental veggies.

Hoisin - 5.50 MILD

Thick and dark yet sweet and salty Hoisin makes a simple yet great classic dish. Served with oriental veggies.

Sweet Chilli - 5.50 MEDIUM

Combines the best spicy and sweet flavours to ignite your taste buds. Served with oriental veggies.

Plum - 5.50 MILD

A special combination of plum, soy sauce, ginger and star anise stir fried with veggies.

PASTA - Creamy Pomodoro - 5.50 MILD

Our take on this classic led us to add cream and cheese whilst cooking leading to a sublime creamy taste.

PASTA - Pesto & Pine Nuts - 5.50 MILD

A much loved pasta dish with Pesto, Basil, Pine Nuts, our secret mix of cheeses, and olive oil.

Create your own - 5.50

Create your own ideal dish - just the way you want. Choose your base from regular noodles, Vermicelli, Pad Thai (rice noodles), Rice or Pasta, choose your protein(s) and veggies and finally select a sauce.

Other Sauces - 5.50

Other sauces are available, however those dishes are traditionally not wok'd and will be different than the original versions - they'll be much drier than normal. These include: Delhi Dhamaka; Mumbai Mad Man; Massaman, Thai Green and Laska.

CURRY ZONE - ALL 5.50

Prepared freshly on site only a few minutes before it's served - served with Basmati, brown rice or stir-fried noodles. Two specials per day – see board in store.

Delhi Dhamaka – Paneer or Chicken

MEDIUM

A brilliant dish that will make you smile. Like Tikka Masala a medium spicy tomato sauce. Our most popular dish in the curry zone.

Massaman Curry MEDIUM / HOT

A fragrant hearty curry made with chillies and mellowed with the addition of the dried spices, coconut milk, onions and peanuts.

Thai Green Curry HOT

Made with coconut milk, fresh coriander, green chillies, lemongrass and lime leaves. Fantastic!

