



## SALADS ALWAYS IN SEASON

### SPRING SALADS



#### Asian Crab

₹ 46

Dressing: Asian Sesame Dressing

On a base of red and white cabbage and iceberg lettuce, crab sticks, topped with carrots julienne, red ginger pickles and rice noodles, coriander leaves, avocado cubes, bean sprouts, edamame, and crushed roasted peanuts.



#### Tuna Pasta

₹ 36

Dressing: Lemon Mayo Dressing

On a base of fusilli pasta, tuna chunks, topped with grilled corn after boiling, shredded carrots, green peas, roasted marinated beetroot, mint leaves, and chopped parsley.



#### Steak Salad

₹ 54

Dressing: Asian Sesame Dressing

On a base of mixed leaves, grilled beef steak, cherry tomato wedges, three cheese mix, roasted cashew nuts, and spring onions julienne, topped with roasted white sesame seeds and chilli flakes.

### WINTER SALADS



#### Cozy Winter Bowl

₹ 46

Dressing: Mayo Mango Dressing

On a base of couscous and mixed leaves, marinated chicken cubes, topped with docca spices, roasted marinated carrots, grapefruit, sundried tomato julienne, grilled pineapples, dried raisin, and roasted Cashews.

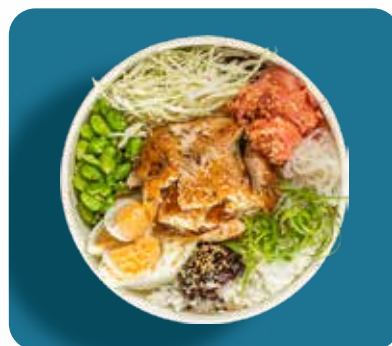


#### Granola Goat Cheese

₹ 54

Dressing: Lemon Orange Mustard Dressing

On a base of mixed leaves and boiled red and white quinoa, roasted marinated sweet potato, granola, red and green apples cubes, dry cranberries, caramalized walnuts, and goat cheese chunks.



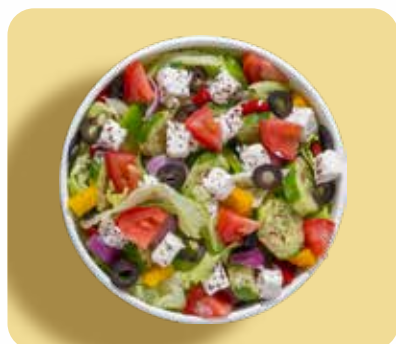
#### Salmon Bliss

₹ 54

Dressing: Asian Sesame Dressing

On a base of white and black rice, grilled salmon, topped with red cabbage, pink ginger pickles, boiled eggs, avocado cubes, rice noodles, spring onion, edamame, and roasted white sesame.

### SUMMER SALADS



#### Greek Salad

₹ 42

Dressing: Lemon Oil Dressing

On a base of iceberg lettuce, feta cheese cubes, tomato wedges, cucumber slices, sliced black olives, topped with summac.



#### Halloumi Summer

₹ 48

Dressing: Lemon Orange Mustard Dressing

On a base of kale leaves, grilled halloumi cubes, strawberry slices, white fresh mushroom slices, mango cubes, and green apples.



#### Tropical Shrimps

₹ 48

Dressing: Sriracha Honey Dressing

On a base of boiled white rice, green beans, and chopped dill, marinated shrimps, topped with avocado cubes, mango cubes, cucumbers julienne, shredded carrots and beetroot, and pink ginger pickles.



#### Vegan Season'd

₹ 46

Dressing: Lemon Orange Mustard Dressing

On a base of mixed leaves, arugula, and iceberg lettuce, topped with grilled artichoke heart and grilled corn, palmetto, cherry tomato slices, broccoli, orange segments and avocado cubes.

### FALL SALADS

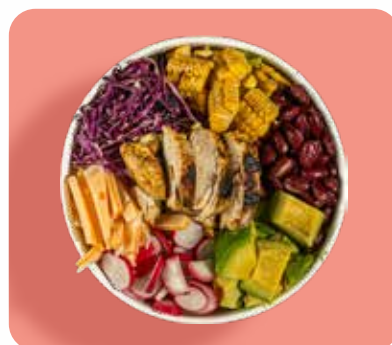


#### Cauli-Flavor Shawarma

₹ 53

Dressing: Tarator Dressing and Coriander Sauce

On a base of cauliflower and grilled beef shawarma, topped with roasted cherry tomato, red onion julienne, docca spices, parsley and mint leaves, pomegranate, summac and roasted cashews.



#### Harvest Fiesta

₹ 44

Dressing: Lemon Orange Mustard

On a base of iceberg lettuce, grilled mango chicken, topped with grilled corn and red beans, with avocado cubes, radish slices, and cherry tomato slices, and chopped red cabbage, and three cheese.



#### Vegan Lifestyle

₹ 44

Dressing: Lemon Mustard Dressing

On a base of quinoa and kale, topped with roasted marinated beetroot, roasted marinated pumpkin, roasted marinated chickpeas and roasted marinated sweet potato, green and red apple, and boiled broccoli, roasted sunflower seeds and roasted pumpkin seeds.

### SEASON'D BUNDLES



#### Season'd Salad Bundle

₹ 69

Your choice of salad, hummus, wrap and drink.



#### Season'd Wrap'd Bundle

₹ 64

Your Choice of Wrap, Hummus, and drink



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## SALADS ALWAYS IN SEASON

### BUILD YOUR OWN SEASON'D



#### Build Your Own Season'd ₪ 35

Savor the season that you like, and build your own salad bowl by choosing:

- Up to 2 bases
- Up to 3 toppings
- 1 Protein topping
- 1 Dressing

##### Choice of Base (Choose 2)

Iceberg  
Boiled Quinoa  
Mixed Leaves  
Boiled Black Rice  
Arugula  
Couscous  
Kale  
Boiled White Rice  
Baby Spinach

##### Choice of Protein (Choose 1)

75g Teriyaki Chicken 120g  
100g Boiled Egg 50g  
50g Grilled Herbs Chicken 120g  
50g Crab Sticks 120g  
35g Smoked Salmon 50g  
150g Red Kidney Beans 50g  
75g Marinated Shrimps 100g  
220g Barbecue Turkey Bacon 20g  
75g Grilled Salmon Filet 125g  
Roasted Marinated Chickpeas 15g  
Grilled Mango Chicken 120g  
No Protein -

##### Choice of Dressing (Choose 1)

Lemon Mayo Dressing  
Caesar Dressing  
Pomegranate Dressing  
Sriracha Honey Sauce  
Taratour Coriander Dressing  
Thyme Balsamic Dressing  
Lemon Orange Mustard Dressing  
Asian Sesame Dressing  
Lemon Mustard Dressing  
Mango Mayo Dressing  
Lemon Oil Dressing

##### Vegetable Toppings (Choose 3)

Grilled Corn 100g  
Pomegranate 25g  
Red Cabbage 50g  
Edamame 30g  
Spring Onion Julienne 20g  
Blackberry 30g  
Raspberry 20g  
Dried Raisins 15g  
Mango Cubes 60g

##### Cheese & Nuts Toppings (Choose 3)

Roasted Sunflower Seeds 5g  
Mixed Three Cheese 50g  
Roasted Cashews 15g  
Roasted White Sesame Seeds 5g  
Crushed Roasted Peanuts 15g  
Shanklish Cubes 60g  
Feta Cheese Cubes 60g  
Parmesan Cheese 15g  
Caramelized Walnuts 30g  
Grilled Halloumi Cubes 70g  
Roasted Pumpkin Seeds 5g  
Goat Cheese 50g  
Avocado Cubes 50g  
Roasted Marinated Carrots 40g  
Roasted Marinated Pumpkin 50g  
Orange Segments 30g  
Grilled Artichoke Hearts 40g  
Cucumber Julienne 25g  
Dry Figs 30g  
Cherry Tomato Slices 25g  
Roasted Marinated Beetroot 50g

\*Further additions at extra cost

### ALL SEASON SALAD



#### Caesar Crackle ₪ 37

Dressing: Caesar Dressing

On a base of Iceberg, Topped with Roasted Marinated Chickpeas, Turkey Bacon, and Parmesan Cheese.



#### Chef's Salad ₪ 48

Dressing: Lemon Mayo Dressing

On a base of mixed leaves, roasted marinated beetroot, shredded mozzarella cheese, cherry tomato wedges, smoked turkey, boiled egg, grilled herbs chicken, topped with roasted pumpkin seeds and sunflower seeds and chilli flakes.



#### French Goat Cheese ₪ 46

Dressing: Thyme Balsamic Dressing

On a base of baby spinach and iceberg lettuce, goat cheese, topped with cherry tomato sliced, red cabbage, sundried tomato julienne, fresh grilled asparagus, raspberry, blackberry, with caramelized walnuts and dry fig.

### HUMMUS AND DIPS



#### Hummus Avocado ₪ 16



#### Hummus Beetroot ₪ 16



#### Hummus Thyme Pesto ₪ 20



#### Hummus'd ₪ 14

### FRESH JUICE



#### Orange Juice ₪ 15



#### Strawberry Juice ₪ 17



#### Minted Lemonade Juice ₪ 15

### BREAKFAST & SNACKS



#### Peanut Berry Acai ₪ 33



#### Yoghurt Berry Bowl ₪ 34

A refreshing snack, greek yoghurt, granola, blueberries, peanut butter, and sunflower seeds.



#### Protein Date Oat Balls Jar ₪ 17

Our signature special mix energy protein balls, with dates and oats!



#### Fruit Salad Cup ₪ 25

A refreshing fruits salad, with a mix of blueberries, apples, pineapple, strawberry, and a fresh juice mix.



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## SALADS ALWAYS **IN SEASON**

### SEASON'D WRAPS



**Asian Chicken Sesame**

₹ -



**Halloumi Cheese Fajita**

₹ 25

On a brown tortilla wrap, halloumi with fajita seasoning, roasted mix capsicum, with hoisin sauce



**Chicken Caesar**

₹ 26

On a spinach tortilla wrap, caesar dressing, chicken, parmesan cheese and romaine lettuce



**Halloumi Veggie**

₹ 26

Topped with spinach tortilla bread, grilled halloumi, pesto mayonnaise, cucumber, tomato, iceberg lettuce, mint and olives



**Egg Spinach**

₹ 25

Brown tortilla bread, mayo mustard, spinach sauce, sun dried tomato, walnuts, omelet, mushroom tapenade, melted 3 cheese and arugula salad



**Philly Steak**

₹ 28

On plain tortilla wrap our house sauce serve with tenderloin strips, melted cheese, roasted capsicum mix and tomato.



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## SALADS ALWAYS IN SEASON

### SEASON'D BOWLS



**Acai Bowl**  
Coming Soon



**Burrito'd**  
Coming Soon



**BYO Flavored Yoghurt Date Berry Bowl**  
Coming Soon



**Gluten-free Power Bowl**  
Coming Soon



**Mediterranean Summer Protein Bowl**  
Coming Soon



**Spinach Egg Protein Bowl**  
Coming Soon



**Yoghurt Date Berry Bowl**  
Coming Soon



### PROTEIN BARS



**Chocolate Chia Seeds**  
Coming Soon



**Chocolate Peanut Butter Quinoa**  
Coming Soon



**Chocolate Tahina Oats**  
Coming Soon



**Dried Cherry Almond**  
Coming Soon



**Easy Protein**  
Coming Soon



**Samoa**  
Coming Soon



**Seeds**  
Coming Soon



### PROTEIN BITES



**Dark Choco Chia**



Coming Soon



**Date Oat**



Coming Soon



**Nut Latte**



Coming Soon



**Pecan Pie**



Coming Soon



**Superfood Matcha**



Coming Soon



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