

Build your own Crunch Box

Create your perfect crunch box with a selection of grains, pickles, ferments, toppings and dressings.

Finished with your choice of protein:

Pulled chicken

Smoked trout

Grilled halloumi

Grilled tempeh

Goat's cheese

Avocado

Broth bowls

Shirodashi ramen with lemongrass and garlic chicken and soft-boiled egg. Halal option available on request

Shirodashi ramen with seven spiced tofu and soft-boiled egg

Homemade spianata sandwiches

Mortadella, burrata, basil pesto

Fennel salami, balsamic roasted fennel, pecorino

Prosciutto, provolone, tomato, poponcini, mizuna

Italian-style vegetables, romesco, wild rocket

Signature lunch plates

Monday - Tuesday

October harvest vegetables with seared tuna, tomato and basil dressing

OR

Sweet potato and carrot rosti, confit black beans, artichoke and grilled halloumi

Wednesday - Thursday

Low and slow cooked ox cheek, root vegetable mash, greens

OR

Grilled goat's cheese, warm roasted vegetables, toasted hazelnuts and beetroot borani