

VITAL bowls



17.9

GF

Braised Brisket Bowl

BRAISED BEEF BRISKET, kale, beets, red onion, truffle mayo dressing, roasted pumpkin, sushi brown rice, green shallots, super seeds & feta cheese

KJ 1655 ● Protein 21.42g



16.9

GF

Power Protein Chicken Bowl

POACHED CHICKEN, kale, oyster mushrooms, roasted chickpeas, sushi brown rice, red onion, boiled egg, hemp seeds & roasted sesame dressing

KJ 1537 ● Protein 26.30g



16.9

DF

Thai Lemongrass Chicken Bowl

POACHED CHICKEN, beets, edamame, red onion, sushi brown rice, wakame, carrots, wombok slaw, peanuts, shallots & lemongrass dressing

KJ 1917 ● Protein 21.4g



16.9

GF

Poached Chicken Superfood Bowl

POACHED CHICKEN, kale, beets, carrots, cucumber, cherry tomatoes, sushi brown rice, red onion, oyster mushrooms, sesame dressing & super seeds

KJ 1612 ● Protein 21.28g

Teriyaki Salmon Bowl

POACHED SALMON, wombok slaw, beets, edamame, sushi brown rice, oyster mushrooms, wakame, boiled egg, Teriyaki ponzu & tamari almonds

KJ 1407 ● Protein 21.35g



19.9

DF

VITAL bowls



19.9

Miso Salmon Bowl

GRILLED OR POACHED SALMON, kale, beets, sushi brown rice, oyster mushrooms, edamame, red onion, miso coconut dressing, wakame, sesame & green shallots

KJ 1311 ● Protein 16.17g

GF/DF



16.9

Truffle Chicken & Thyme Bowl

POACHED CHICKEN, beets, carrots, kale, sushi brown rice, red onions, pepita seeds, edamame & light truffle mayo dressing

KJ 1612 ● Protein 23.4g

Spicy Falafel Bowl

BAKED FALAFEL, sushi brown rice, beets, carrots, roasted chickpeas, red onion, light Harissa dressing, cucumber, paprika pumpkin & fried pita

KJ 1612 ● Protein 20.12g



16.9

VGN

Sesame & Tofu Bowl

PONZU BRAISED TOFU, kale, beets, edamame, brown rice sushi, red onion, womb slaw, green shallots, roasted sesame dressing, wakame & crispy shallots.

KJ 1403 ● Protein 19.87g



16.9

VGN

CLASSIC

bowls



16.9

Jamaican Chicken Bowl

JERK CHICKEN,
Baby cos lettuce, corn, black pinto beans,
green shallots, jalapenos, red onions, warm
brown rice & chipotle mayo dressing

KJ 1867 ● Protein 24.2g

DF



16.9

Chicken Caesar Bowl

BRAISED CHICKEN,
Baby cos lettuce, gilled bacon, shaved
parmesan, boiled egg, sourdough crouton
& creamy Caesar dressing

KJ 1494 ● Protein 24.7g

Chipotle Beef Bowl

BRAISED BEEF,
Rocket leaves, quinoa, corn, red kidney beans,
red onions, tomatoes, coriander leaves,
guacamole, crispy corn chips & chipotle mayo
dressing

KJ 1351 ● Protein 15.62g



17.9

DF



15.9

GF

Greek Bowl

Baby cos lettuce, tomatoes, capsicum,
cucumber, red onions, kalamata olives,
feta, oregano
& Greek salad dressing

KJ 668 ● Protein 12.3g



16.9

Vietnamese Bowl

YOUR CHOICE OF CHICKEN
(OR SALMON +\$3.00)
Mixed Cabbage, Wombok, Mint, Coriander,
Rice Noodles, Capsicum, Cucumber,
Bean Shoots & Vietnamese Dressing

DF

Southern Chicken Bowl

SOUTHERN CRISPY CHICKEN,
Brown Rice, Red Kidney Beans, Corn,
Capsicum, Cucumber, Tomato, Guacamole,
Red Onion, Coriander, Sour Cream &
Vegetable Relish Dressing



16.9