

WELCOME TO CARROTTICKS & Cravings

Bringing an Australian-inspired healthy cafe experience to Singapore. Here at Carrotsticks and Cravings, we believe in healthy living and eating that is **colourful, flavourable which leave you feeling amazing!**

We pride ourselves on using the freshest ingredients possible to serve up delicious and nutritious food. We source a variety of wholesome ingredients from Australia, flying in **authentic Melbourne roasted coffee beans** and using **organic dairy, quinoa, nuts and seeds** in our menu.

We hope you love and enjoy the **deliciously nutritious food made with love** and don't forget to tag us [@carrotsticksandcravings](#) to share with us your favourites too!

EAT WELL, LIVE WELL. XX.

ALL TIME FAVS

- SMASHED AVO ON SOURDOUGH** 🍷
on herb sourdough, feta and dukkah with pomegranate with smoked salmon
OR leg ham **OR** poached eggs with smoked salmon
OR leg ham and poached eggs
- SHAKSHOUKA** 🍷🌶️
mediterranean spiced rich tomato based sauce baked with eggs, evoo, fresh herbs and served with crunchy herb sourdough
add spinach
add feta
add goats cheese
- BEETROOT GOATS CHEESE**
roasted beetroot dip, poached eggs, organic meredith goats cheese and candied pecans served on herb sourdough
- MEREDITH GOAT'S CHEESE WITH THYME MUSHROOM** 🌶️
rye sourdough with spinach and fresh herbs
- BAKED CHIA PARFAIT** 🌱
layered with roasted maple berries, Greek yoghurt, housemade coconut and nut cinamon granola and fresh berries
- MANWICH**
herb sourdough with melted cheddar, roasted leg ham & truss tomato - comes with either avocado **OR** side salad
- BREAKFAST BURRITO**
with cheddar, scrambled eggs, picco de gallo, black beans and chili jam (weekends only until sold out!)
- PANCAKES THE RIGHT WAY** 🌱
organic gluten free and refined sugar free blueberry oat pancakes served with greek yoghurt, seasonal berries and organic canadian maple syrup

SALADS

- 18 GREEN FALAFEL BOWL** 🍷
🌱🌱🌱
mesclun, roasted beetroot drip, roasted turmeric veggies & tahini dressing
- 20 with feta**
- 24 with meredith goat's cheese**
- 26 BIG VEGGIE BREAKFAST BOWL** 🌱🌱🌱🌱
quinoa, mushrooms, tomato, spinach, avocado & poached eggs
with feta
with smoked salmon **OR** leg ham
- 18 VEGAN TEMPEH BOWL** 🌱🌱🌱
2 brown rice, spinach, edamame, tamari
4 dressing, sesame, pickled onion, roasted
6 tempeh & chilli jam
- 24 SUPERFOOD SALAD** 🌱🌱🌱
quinoa, hummus, sunflower seeds, roasted almonds, avocado, broccoli, pomegranates, greens, cherry tomato, citrus herb dressing
add feta
add smoked salmon
OR leg ham **OR** poached eggs
add organic hormone free sous vide chicken
- 18 KETO CHICKEN AVO SALAD**
mesclun, lemon herb dressing, tomato, housemade pickled red onion, hormone & antibiotic free sousvide chicken breast, avocado, feta cheese & roasted walnuts

SMOOTHIE BOWLS

- 20 ACAI BERRY BOWL** 🍷
🌱🌱🌱
with pb granola topping
OR berry coconut topping
- 15 BANANA PEANUT BUTTER CACAO** 🌱🌱🌱
topped with pb crunch granola and tropical fruits
- 20 TROPICAL MANGO PINEAPPLE COCONUT** 🌱🌱🌱
topped with housemade coconut and nut cinamon granola & passionfruit
- SUPERFOOD ADD-ON** 2
organic maca powder, raw cacao, chia seeds, vegan protein powder, super green powder

SMALL BITES

- 22 SOURDOUGH VEGEMITE CHEDDAR MELT** 10
- 26 SOURDOUGH WITH FRENCH BUTTER & JAM** 10
- 28 CROISSANT** 4
with jam and butter 5.5
ham and cheese 9
almond or chocolate 5.5
- 27 GLUTEN, DAIRY, SUGAR-FREE SWEETS**
29 See counter for energy balls and raw slices

KIDS FAVS

- SOURDOUGH WITH A CHOICE OF** 10
ham and cheese toastie
cheese and tomato toastie
organic pb and fresh berries
avo smash
- 4 SOFT BREAD SANDWICH WITH A CHOICE OF** 8
6 peanut butter, jam, vegemite,
8 honey **OR** cheese
- 26 HUMMUS PICK AND MIX PLATE** 13
crudites, soft bread, cheese,
hummus, fresh fruit & popcorns
- PANCAKES THE KID'S WAY** 🌱 14
organic gluten free and refined sugar free blueberry oat pancakes with berries, greek yogurt and organic canadian maple syrup on the side

FOOD ADD ON

- Pomegranate 3
Feta / Avocado / Hummus 4
Poached eggs 6
Smoked salmon / House baked ham 6
Thyme roasted mushrooms 6
Roasted Tempeh 6
Hormone and antibiotics-free sous vide chicken 8
Sourdough (2 pieces) 4
Gluten free sourdough 6
Organic canadian maplesyrup 2

🍷 chef recommendation

🌶️ spicy (a bit!)

🌱 vegan

🌱 GF gluten-free

DF dairy-free

NF nut-free