



# LUNCH

Served from 11:30am to 5:30pm Mon to Fri.

All prices are subject to 10% service charge

## REBEL BUDDHA-BOWLS★

Nutrient-dense earth bowls that keep you going all day. For big healthy appetites!

**CHICKEN PROTEIN BOWL** 19  
Hormone-free Chicken, Hummus, Avocado, Pumpkin & Tahini dressing  
- DF, GF, NF

**VEGAN SWEET POTATO & CHICKPEA BOWL** 19  
Beetroot Hummus, Quinoa, Tofu-Avocado Mix & Tahini Dressing  
- V, DF, GF, NF

**MEDITERRANEAN VEGETABLE BOWL** 19  
baked falafel, roast vegetable & carrot hummus- V, DF, GF, NF

**SOUP OF THE DAY** 9  
See our special board  
- V, DF, NF

**REBEL WRAPS/TACOS** 17  
Choose wraps or gluten free corn tacos with a side salad and the following fillings  
- DF, NF

**SLOW COOKED KIDNEY BEAN STEW**

**ORGANIC TOFU & CREAMY AVOCADO**  
Smashed Avocados mixed with Organic Tofu

**CHILLI-PADI CHICKEN**  
Baked Chicken with House-made Spicy paste

**SLOW ROAST BEEF**  
Aussie Grass-Fed Beef

Add on Guacamole 4

## HOT REBEL MEALS★

**ZOODLE BEEF BOLOGNESE** 18  
Swap the carbs & gluten for Zucchini Noodle (swap to chickpea for vegan option)  
- DF, GF, NF

**THE REBEL CHICKEN BURGER** 21  
Hormone-free House-made Patty w/ Baked Sweet Potato Fries.  
Dirty Clean Eating at its best!  
Swap fries to side salad or go bunless  
- DF, NF  
Add on Patty 4

**SUSTAINABLE BARRAMUNDI W/ ASIAN SESAME GREENS** 21  
Pan Seared Fillet, excellent source of brain boosting Omega3  
- DF, GF, NF (may contain bones)

**THE REBEL PIE** 18  
Grass-fed Aussie Beef Bolognese topped with Sweet Potato Mash  
- DF, GF, NF

## REBEL SALAD

**SUPER-FOOD** 17  
Mixed Organic Leaves, served with house made vinaigrette

Pomegranate & Goji Berries, Sprouts, Mixed Nuts & Seeds. - V, DF, GF,

### CUSTOMISE YOUR SALAD WITH OUR LIST OF ADD-ONS

### ADD-ONS

#### PROTEINS

TURMERIC BAKED CHICKEN 4

CHILLI-PADI CHICKEN 4.5

GRASS-FED BEEF 6.5

BARRAMUNDI FILLET 9

CAGE FREE EGGS 3

Fried/scrambled

MIXED ORGANIC NUTS OR SEEDS 2.5

ORGANIC QUINOA 4

HUMMUS 4

BEETROOT HUMMUS 5

CARROT HUMMUS 5

#### CARBS

TOAST 2.5

GLUTEN-FREE TOAST 3.5

ROAST SWEET POTATO 3

ORGANIC BROWN RICE 3

#### VEG

#### GOOD FATS

AVOCADO 2.5

ORGANIC LOCAL GREENS 4.5

SAUTEED MUSHROOMS 3

BAKED PUMPKIN 3

SIDE SALAD 4.5

LUNCH

V = VEGAN, VG = VEGETARIAN, DF = DAIRY FREE, GF = GLUTEN FREE, NF = NUT FREE