



*Our creations are prepared daily in our glow kitchen using fresh ingredients*

## **SALADS**

### **GLOW Rainbow Slaw**

Seasonal shredded vegetables and hazelnuts with a vinaigrette of honey, apple cider and mustard

### **Crunchy Broccoli and Kale**

Barley, caramelised onions, currants and pine nuts

### **Cauliflower Tabbouleh**

Chopped cauliflower, quinoa, pomegranate and sumac

### **Garden Greens, Leaves and Seeds**

Seasonal green vegetables, avocado and ginger miso dressing

### **Roast Japanese Pumpkin**

Spinach, almonds, Greek yoghurt and pumpkin seeds

<b>Small Bowl</b>	<b>\$9.00/150g</b>
<b>Regular Bowl</b>	<b>\$15.00/250g</b>
<b>Large Bowl</b>	<b>\$18.00/300g</b>

## **MAINS**

### **Mediterranean Platter** **\$18.00**

Assortment of hummus, tabbouleh, baba ganoush, roasted red peppers, feta cheese, olives, crackers

### **Aromatic Poached Salmon** **\$18.00**

“Served chilled” with tomato & herb salsa and side salad

### **Organic Beef Meatballs with Pasta** **\$18.00**

With tomato and basil sauce

### **Quiche of the Day** **\$10.00**

With a side salad

- Mon - Mushroom & Spinach Quiche
- Tue - Garden Vegetable Quiche
- Wed - Mediterranean Quiche
- Thu - Salmon & Pepper Quiche
- Fri - Broccoli & Caramelize Onion Quiche
- Sat - Pumpkin Quiche

### **Rosemary & Lemon Roast Chicken** **\$50.00/whole**

### **Rosemary & Lemon Roast Chicken** **\$30.00/half**



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## **SOUPS**

<b>Hot Vegetable Soup of the Day</b>	<b>\$9.00</b>
<b>Bottled Vegetable Soup of the Day</b>	<b>\$17.00</b>

Mon - Broccoli Soup  
Tue - Carrot and Ginger Soup  
Wed - Leek and Potato Soup  
Thu - Pumpkin Soup  
Fri - Sweet Corn Soup  
Sat - Mushroom Soup

## **WRAPS**

<b>Vegetable Salad Wrap</b>	<b>\$12.00</b>
<b>Chicken, Kimchi Avocado Wrap</b>	<b>\$13.00</b>
<b>Ortiz Tuna Wrap</b>	<b>\$14.50</b>

## **COOKIES**

<b>Dark Chocolate Cookie</b>	<b>\$4.50</b>
<b>Chocolate Chip Cookie</b>	<b>\$4.50</b>
<b>Oatmeal Cookie</b>	<b>\$4.50</b>
<b>Peanut Butter Cookie</b>	<b>\$4.50</b>
<b>Power Balls</b>	<b>\$4.50</b>

## **CAKES**

<b>Banana Bread</b>	<b>\$4.50</b>
<b>Apple Cake (gluten free)</b>	<b>\$4.50</b>
<b>Chocolate Nemesis (gluten free)</b>	<b>\$7.50</b>

## **BAKERY**

<b>Croissant</b>	<b>\$2.50</b>
<b>Almond Croissant</b>	<b>\$3.00</b>
<b>Pain au Chocolate</b>	<b>\$2.50</b>
<b>Sourdough (approx. 1kg)</b>	<b>\$12.50</b>

## **COLD-PRESSED JUICE BOTTLES**

<b>Clean Greens (spinach, apple, cucumber, celery)</b>	<b>\$7.00</b>
<b>Blood of the Earth (beetroot, carrot, apple)</b>	<b>\$7.00</b>
<b>Fresh Start (orange, carrot &amp; ginger)</b>	<b>\$7.00</b>



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**HOT DRINKS**

<b>Flat White</b>	<b>\$5.50</b>
<b>Cafe Latte</b>	<b>\$5.50</b>
<b>Cappuccino</b>	<b>\$5.50</b>
<b>Americano</b>	<b>\$5.00</b>
<b>Long Black</b>	<b>\$4.00</b>
<b>Espresso</b>	<b>\$4.00</b>
<b>Extra Shot</b>	<b>\$1.00</b>
<b>Decaffeinated</b>	<b>\$1.00</b>
<b>Almond or Soy Milk</b>	<b>\$1.00</b>

**Tea Infusions** **\$4.00**

Choice from - English Breakfast, Earl Grey, Green Tea, Pu'er, Peppermint, Chamomile, Rooibos, Chai

**Hot Chocolate** **\$5.50**

**TO ORDER**

**Visit in person or call to advance order on 8121 7435**

**Drive thru - one of our staff will meet you at the Forum Shopping Mall taxi stand next to Coffee Bean.**

**Or for delivery order via GrabFood**