

G R O W

SALAD & JUICE BAR

BOWLS

\$16.9



SALMON POKE

Salmon sashimi, Sushi rice, cabbage, kale, radish, shallots, edamame, seaweed, tobiko, crispy shallots, sesame dressing

\$16.9



PULLED BEEF

Pulled bbq beef, black beans, cabbage, carrot, corn, tomato, coriander, red onion, smoky dressing

\$16.9



CHICKEN AVOCADO

Free range chicken, spinach, avocado, green beans, parsley, corn, celery, almonds, lemon aioli

\$15.9



SOBA NOODLE

Soba noodle, tofu, spinach, pickled ginger, pickled radish, seaweed, carrot, cucumber, sesame, crispy shallots, mirin dressing

\$14.9



MOROCCAN CAULIFLOWER SALAD

Cauliflower, mixed leaf, couscous, dates, raisins, chickpea, carrot, almonds, mint, parsley, pepitas, spiced yoghurt, lemon dressing

\$15.9



PUMPKIN

Roast pumpkin, brown rice, tofu, kale, beets, radish, pepitas, coriander, sumac, sesame, yoghurt dressing

\$15.9



FALAFEL

Falafel, hummus, pickles, eggplant, cucumber, chickpea, tomato, lemon, brown rice, coriander, cabbage salad, tahini dressing

\$14.9



MISO EGGPLANT

Roast eggplant, baby spinach, sushi rice, cabbage, edamame, carrot, coriander, almonds, sesame, miso tahini

\$13.9



NOURISH BOWL

Brown rice, Mixed leaf, carrot, Chickpeas, radish, edamame, tomato, hummus, pepitas, roasted sesame seed dressing

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SALAD & JUICE BAR

ACAI AND COCO FLOW BOWLS

\$15.9

ORIGINAL

Acai, granola, strawberries, passionfruit, banana, coconut

THE P.B.

Acai, peanut butter, strawberries, hemp seeds, granola, honey

CHOCO

Acai, Chocolate nibs, strawberries, granola, coconut



SUPER SMOOTHIES

\$9.9

SALTED CARAMEL

Almond milk, banana, peanut butter, cacao nibs, maple syrup, dates, sea salt

COCO BERRY

Berries, banana, coconut flow

ALMOND NANA

Almond butter, banana, dates, coconut flow

ACAI SMOOTH

Acai, strawberries, banana, coconut



SHOP 4, 126 PHILLIP ST,
SYDNEY NSW 2000
02 9232 3387
MORDEO.COM.AU