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URBAN GASTROPUB

AVAILABLE

MONDAY-FRIDAY 11:30-14:00

BOWLS \$12

QUINOA, SEMI DRIED TOMATO, SWEET POTATO, TOASTED SEEDS + GREEN GODDESS DRESSING (VG, NF)

WARM LENTILS, BABY SPINACH, ROASTED BEETS, CAPSICUM, CORIANDER + CURRY YOGHURT (V, GF, NF)

KALE, COS LETTUCE, CHERRY TOMATOES, SPANISH ONION + RANCH DRESSING (V, GF, NF)

SHAVED CABBAGE, SPICED BROCCOLI, CARROT, FRIED SHALLOTS + GINGER AND SOY DRESSING (VG, NF)

PROTEINS SINGLE \$6 / DOUBLE \$10

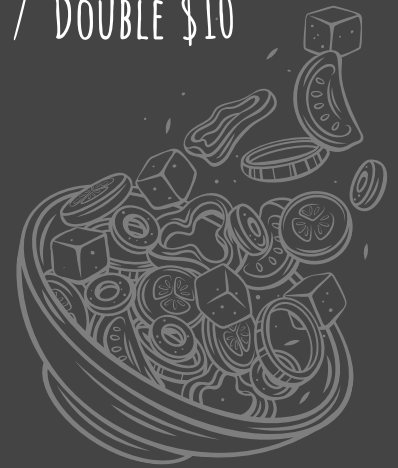
MISO GLAZED SALMON (DF, NF)

GRILLED HALOUMI (V)

MOROCCAN SPICED CHICKEN BREAST (GF, DF)

HERB ROASTED FIELD MUSHROOM (VG, GF)

MINI FALAFELS (VG)



EXTRAS

1/2 AVOCADO \$3

POACHED EGG \$3

CRISPY BACON BITS \$3

MARINATED FETTA \$3

PARMESAN CROUTONS \$2

(V) VEGETARIAN (VG) VEGAN (GF) NO ADDED GLUTEN (DF) NO ADDED DAIRY (NF) NO ADDED NUTS

ALTHOUGH EVERY POSSIBLE PRECAUTION HAS BEEN TAKEN TO ENSURE THAT THESE MENU ITEMS ARE ALLERGEN FREE, CERTAIN ITEMS MAY STILL CONTAIN TRACES OF ALLERGIC INGREDIENTS AS THEY ARE PREPARED IN FACILITIES THAT ALSO PROCESS MILK PRODUCTS, EGG PRODUCTS, GLUTEN CONTAINING PRODUCTS, FISH, CRUSTACEAN, SOYBEAN, SESAME SEEDS AND NUTS PRODUCTS.