

# the Larder Café

## TAKE-OUT LUNCHBOX MENU

Fresh artisan food to feed the heart & soul

### DISH OF THE DAY

**CURRY BUNNY** Seasonal veg, curry, greens, plum ketchup (Vegan) (B) (GF) ..... 45 / Add bread ..... 10

### FRIDAY TREAT (Feeds up to 5)

**GATZBY** Epic ciabatta, veg, curry, guava chutney & hand cut chips (Vegan) ..... 175

**SOUP OF THE DAY** ..... 40 / With bread ..... 45 / With banting bread ..... 58

### SANDWICH With a RAW JUICE (Choose VITALISE, ENDURANCE, GREEN ENERGY or ENERGISER)

**THE BASIC** Cheddar & tomato With a RAW JUICE (V) ..... 60

**THE METRO** Brie, mushrooms & spinach With a RAW JUICE (V) ..... 70

**SPANAKOPITA** Pesto, feta, cheddar & spinach With a RAW JUICE (V) ..... 75

**CHICKEN MAYO** Homemade mustard mayo & pesto with local rocket With a RAW JUICE ..... 90

### WRAP With a RAW JUICE (Choose VITALISE, ENDURANCE, GREEN ENERGY or ENERGISER)

Coconut gluten free vegan wrap - add 10

**BUNNY WRAP** Seasonal veg, curry, homemade chutney With a RAW JUICE (Vegan) ..... 65

**BRIGHTON** Brie, beetroot hummus, pickled cucumber, cucumber tahini & tzatziki, local rocket With a RAW JUICE (V) ..... 78

**FALAFEL** Sweet potato falafel, avo\*, tahini yoghurt & cucumber tzatziki, pickles With a RAW JUICE (V) ..... 80

**BANG BANG** Shredded chicken, hint of chilli, peanut yoghurt slaw, rocket With a RAW JUICE ..... 90

### SALAD With a RAW JUICE (Choose VITALISE, ENDURANCE, GREEN ENERGY or ENERGISER)

**MISO ROAST** Quinoa, roasted tomato, beets, butternut, feta & toasted seeds, herbs & chilli & miso dressing With a RAW JUICE (V) (GF) (B) ..... 90

**RAW** Mushroom & zucchini in lemon & olive oil with edemame beans, avo\*, toasted seeds & chia With a RAW JUICE (Vegan) (GF) (B) ..... 90

**CHICKEN PESTO** Free-range chicken, pumpkin seed & herb pesto yoghurt dressing with quinoa, avo\*, peas & cucumber With a RAW JUICE (GF) (B) ..... 140

**OMEGA** Smoked salmon trout, avo\*, chia, toasted seeds, feta, capers, seasonal veg & preserved lemon dressing With a RAW JUICE (GF) (B) ..... 140

**RAW JUICES:** ..... 32

**VITALISE:** Carrot, apple, orange, lemon & ginger    **ENDURANCE:** Beetroot, berries, apple, lemon & ginger

**GREEN ENERGY:** Spinach, celery, apple, lemon & ginger    **ENERGISER:** Orange, carrot, pineapple & lime

Take-away drinks, we apologise in advance that we do charge you to make you aware of disposable impact on the environment, please add R3 for packaging. Or invest in a KEEPCUP & pay the sit-down price.

(V) Vegetarian    (GF) Gluten-free    (B) Banting-friendly    \*Avocado - available seasonally