

MINDFULLY GOOD FOOD

We're excited about seasonal and sustainable produce that looks incredible, tastes amazing, and leaves us feeling happy.

ALL DAY MENU

WHOLEMEAL SOURDOUGH, SUPER SEED OR GF PRECINCT TOAST (V)	9 / GF +1
– HOUSE BUTTER W/ SEA SALT	
– CUMQUAT W/ CARDAMOM & GINGER	
– LOCAL BERRIES W/ HOLY BASIL	
FRUIT LOAF OF FIGS, APRICOTS, DATES & SULTANAS W/ LEMON THYME RICOTTA & LOCAL HONEY	12
AYURVEDIC OATMEAL & POACHED FRUITS, TOASTED SEEDS W/ TURMERIC COCONUT & COCONUT YOGHURT (V,DF,NF)	16.5
ACAI BOWL W/ SEASONAL FRUITS, HOUSE GRANOLA & TOASTED COCONUT (V, DF,GF)	16
+ ALMOND BUTTER 3.5	
+ COCONUT YOGURT 3	
WILLOW'S SIGNATURE RICE FLOUR PANCAKE W/ CARAMELISED BANANAS, COCONUT, MAPLE BUTTER & SOUR CHERRIES (GF, VO)	19
+ LEMON THYME RICOTTA 4	
+ COCONUT YOGHURT 3	
WILLOW GREENS W/ CITRUS AVOCADO, YOUNG BROCCOLI, ZUCCHINI RIBBONS, RUNNER BEANS, STEAMED KALE, SUGAR SNAP PEAS, POACHED EGG & SUPER SEED MIX (GF, DF)	18
+ HOUSE SMOKED SALMON 7.5	
+ CHARRED FLAT BREAD 5	
YARRA VALLEY FOREST MUSHROOMS W/ CONFIT GARLIC, KALE, POACHED EGG & LEMON THYME RICOTTA ON SUPER SEED TOAST (NF, VO)	21.5
+ SMOKED BACON 6	
+ AVOCADO W/ TOASTED CUMIN 6	
BAKED EGGS W/ YELLOW SPLIT PEA DHAL, FRESH CURRY LEAVES, CUMIN YOGURT & CHARRED FLATBREAD (NF)	19.5
+ SMOKED BACON 6	
+ SEASONAL GREENS 5	
HOUSE SMOKED FRESH WATER SALMON W/ AVOCADO PUREE, SOFT EGG, SUGAR SNAP PEAS ON WHOLEMEAL SOURDOUGH (NF, DF)	22
MASALA SPICED SCRAMBLED TOFU, CHARRED FLATBREAD, GREEN TOMATO CHUTNEY W/ CRISPY KALE & SOFT HERBS (V, DF)	18.5
+ SEASONAL GREENS 5	
POACHED, SCRAMBLED OR FRIED EGGS ON WHOLEMEAL SOURDOUGH, HOUSE SUPER SEED OR GF PRECINCT TOAST	13.5 / GF + 1

SIDES

EXTRA EGG 3	HOUSE SMOKED SALMON 7.5
LEMON THYME RICOTTA 4	SMOKED BACON 6
AVOCADO W/ TOASTED CUMIN 6	SEASONAL GREENS W/ PRESERVED LEMON 5
CHARRED FLAT BREAD 5	GRILLED GREEN TOMATOES W/ CUMIN YOGHURT 5

FROM 11:30

YOUNG SPINACH, FRESH HERB & COCONUT SOUP W/ LEMON OIL, A POACHED EGG & SUPER SEED MIX (GF, DF, NF) + TOAST 3	14
KERALAN FISH CURRY W/ TAMARIND, OKRA, FRESH COCONUT, ORGANIC BROWN RICE & PAPPADAM (GF,DF, NF) + SEASONAL GREENS 5	22
WILLOW ROTI WRAP W/ SLOW COOKED SPICED LAMB, FRESH ICEBERG, PICKLED RED ONIONS & CUMIN CITRUS YOGURT (NF) + CORIANDER MINT CHUTNEY 2.5	19

SIGNATURE SALADS

CHOOSE 2 SALADS — 17.5

ROASTED VEG

SEASONAL ROOT VEGETABLES, GARAM SPICED CHICKPEAS, HOUSE SEED & NUT MIX, GARDEN HERBS & YOGURT DRESSING (GF)

- + STEAMED CHICKEN BREAST W/ SAMBAR SPICES 7
- + SLOW COOKED LAMB SHOULDER W/ CORIANDER & MINT CHUTNEY 7

BROC + BITTERS

YOUNG BROCCOLI, PICKLED BITTER MELON, WILD ROCKET, CHARRED ZUCCHINI, BABY PEAS & TENDRILS, TOASTED COCONUT & CITRUS VINEGRETTE (V, GF, DF, NF)

- + STEAMED CHICKEN BREAST W/ SAMBAR SPICES 7
- + HOUSE SMOKED SALMON 7.5

WARM GRAINS

FREEKEH, QUINOA & SPELT, BABY CAULIFLOWER, YOUNG FENNEL, PRESERVED LEMONS, POMEGRANATE & TAHINI DRESSING (NF, V, DF, GF)

- + SLOW COOKED LAMB SHOULDER W/ CORIANDER & MINT CHUTNEY 7
- + EGG OR ORGANIC TOFU W/ GREEN TOMATO PICKLE 4.5

DRINKS

COFFEE

ORGANIC BLEND BY NICCOLO

WHITE 4

SINGLE ORIGIN BY NICCOLO

BLACK 3.8 / 4

BOTTOMLESS
BATCH BREW 4.5

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DECAF +0.5

MOCHA +0.5

LARGE +0.5

ORGANIC MATCHA LATTE 6

WILLOW GOLDEN MILK 6

CHAI LATTE 6

HOT CHOCOLATE 5

HOT CHILLI CHOCOLATE 5.5

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ALMOND MILK +1

COCONUT MILK +1

BONSOY +0.5

FRESH TEAS

MINT LEAF TEA 4

HOLY BASIL TEA (TULSI) 4.5

GINGER TEA 4

TEAS BY MAYDE

ENGLISH BREAKFAST 4.5

EARL GREY 4.5

GREEN SENCHA 4.5

SERENITY 4.5

CLEANSE 4.5

RESTORE 4.5

STICKY MASALA CHAI 5

AYURVEDIC TEAS BY YUKTI

CALMING TEA — VATA BALANCING 4.5

SOOTHING TEA — PITTA BALANCING 4.5

STIMULATING TEA — KAPHA BALANCING 4.5

COLD DRINKS + JUICES

FRESH YOUNG COCONUT 6.5

FRESHLY SQUEEZED ORANGE JUICE 9

MADAME DRY 7

SPARKLING MINERAL WATER 4

BOD KOMBUCHA 4.5

ROSE LASSI W/ COCONUT YOGURT, ALMOND MILK, DRAGON-FRUIT,
ROSEWATER, CARDAMOM LIME & PISTACHIO 11.5

TRI-DOSHA SMOOTHIE W/ ALMOND MILK, MIXED GREENS, BANANA,
NORI, POMEGRANATE MOLASSES, LEMON, MATCHA, GINGER & BEE
POLLEN 12

ACV ELIXIR W/ HOT H2O, MAPLE, TURMERIC & GINGER 4

ALKALINE CLEANSER SHOT W/ LEMON, ALOE VERA, MORINGA &
CHIA SEEDS 3

COLD PRESSED JUICE BY GREENE STREET JUICE CO 9.5

NUT MYLK BY GREENE STREET JUICE CO 10.5

OUR SUPPLIERS

Willow's fresh produce is sourced locally, and the menu has been designed in conjunction with our resident naturopath, providing nutrient dense, organic where possible farm-to-table produce.

Our chicken, pork and lamb are sourced from local farmers who specialise in free range and organic products.

With traceability and seasonality being key to our philosophy at Willow, we are proud to support local farmers and suppliers that embody sustainable and holistic practices, and we have our own farm *Warrangong* on the Mornington Peninsula where we bring to the Retreat Cafe veg, fruits, herbs and florals seasonally.

FOR VISUAL INSPIRATION CHECK OUR INSTAGRAM @WILLOWURBANRETREAT
WILLOWURBANRETREAT.COM.AU

Our menu has been designed around eastern and western healing philosophies and requested changes may alter the original intention of the dish, we appreciate your understanding. Our team are here to assist any dietary requirements and answer any questions you may have. Please advise of any allergies or intolerances — all food is prepared in a kitchen containing nuts, gluten, dairy and soy products.

A surcharge of 15% applies on public holidays.

