

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	
— ORANGE MARMALADE W/ ROSE & GINGER	
— LOCAL BERRIES W/ HOLY BASIL	
FRUIT LOAF OF FIGS, APRICOTS, DATES & SULTANAS W/ LEMON THYME RICOTTA & LOCAL HONEY	12
AYURVEDIC OATMEAL W/ POACHED STONE FRUITS, FRESH BERRIES, TOASTED SEEDS & COCONUT YOGHURT (V, DF, NF)	17
ACAI BOWL W/ SEASONAL FRUITS, HOUSE GRANOLA & FRESH COCONUT (V, DF, GF)	16
+ ALMOND BUTTER 4	
+ COCONUT YOGHURT 3	
WILLOW'S SIGNATURE RICE FLOUR PANCAKE W/ CHARRED BANANAS, ROASTED CASHEW & JAGGERY SAUCE, FINGER LIME & JASMINE FLOWERS (GF, DF, V)	19
+ LEMON THYME RICOTTA 4	
+ COCONUT YOGHURT 3	
WILLOW SEASONAL GREENS W/ CITRUS AVOCADO, ZUCCHINI RIBBONS, LEMON VINAIGRETTE, POACHED EGG & SUPER SEED MIX (GF, DF)	19
+ HOT SMOKED SALMON FILLET 7.5	
+ CHARRED FLAT BREAD 5	
BAKED EGGS W/ TOOR DHAL PALAK, FRESH CORIANDER, YOGHURT MINT DRESSING & CHARRED FLATBREAD (NF, VO)	19.5
+ SMOKED BACON 6	
+ SEASONAL GREENS 5	
HOT SMOKED SALMON FILLET W/ SPICED CARROT HUMMUS, POACHED EGG, CHARRED BABY LEEK, FENNEL FRONDS & AVOCADO LIME DRESSING (NF, DF)	22
+ AVOCADO W/ TOASTED CUMIN 5	
+ CHARRED FLATBREAD 5	
MASALA SPICED SCRAMBLED TOFU, CHARRED FLATBREAD, GREEN MANGO PICKLE W/ EDAMAME & FRESH HERBS (V, DF, NF)	18.5
+ SEASONAL GREENS 5	
POACHED, SCRAMBLED OR FRIED EGGS ON WHOLEMEAL SOURDOUGH, SUPER SEED OR GF PRECINCT TOAST	13.5 / GF +1

YOUNG SPINACH, FRESH HERB & COCONUT SOUP W/ LEMON OIL, A POACHED EGG & SUPER SEED MIX (GF, DF, NF, VO)	14
+ TOAST 3 / GF +1	
KERALAN FISH CURRY W / TAMARIND, OKRA, FINGER LIME, ORGANIC BROWN RICE & PAPADUM (GF, DF, NF)	MARKET PRICE
+ SEASONAL GREENS 5	
WILLOW ROTI WRAP W/ SLOW COOKED SPICED LAMB, BABY COS, PICKLED RED ONION, YOGURT MINT DRESSING & GREEN LEAF SALAD (NF)	21
+ CORIANDER CHUTNEY 2.5	
NOURISH BOWL W/ SPICED CARROT HUMMUS, PORTABELLO MUSHROOMS, BROWN RICE, SEASONAL GREENS, ZUCCHINI RIBBONS, SAUKERAUT, ROASTED CHICKPEA DUKKA & TAHINI DRESSING (GF, NF, DF)	18.5
+ STEAMED CHICKEN BREAST W/ SAMBAR SPICES 7	
+ AVOCADO W/ TOASTED CUMIN 5	
+ ADD TOFU 3	
+ ADD EGG 3	
BEETS & HERBS W/ ROASTED RADISHES, PICKLED HEIRLOOM CARROTS, MEDJOOOL DATES, TOASTED SEEDS, YARRA VALLEY FETTA, BITTER LEAVES & PINENUT VINAIGRETTE (VO, GF)	16.5
+ STEAMED CHICKEN BREAST W / SAMBAR SPICES 7	
+ HOT SMOKED SALMON FILLET 7.5	
BUCKWHEAT, QUINOA & KACHUMBER SALAD W/ SPROUTED MUNG BEANS, POMEGRANATE, BABY COS, LEMON VINAIGRETTE, LABNEH & PAPADUM (NF, VO, GF)	16.5
+ SLOW COOKED LAMB SHOULDER W/ CORIANDER & MINT CHUTNEY 7.5	
+ STEAMED CHICKEN BREAST W/ SAMBAR SPICES 7	

SIDES

EXTRA EGG 3	HOT SMOKED SALMON FILLET 7.5
LEMON THYME RICOTTA 4	SMOKED BACON 6
AVOCADO W/ TOASTED CUMIN 5	SLOW COOKED SPICED LAMB 7.5
CHARRED FLAT BREAD 5	ROASTED PUMPKIN W/ MINT YOGHURT 5
SEASONAL GREENS W/ LEMON 5	PORTABELLO MUSHROOMS 5
HEIRLOOM TOMATOES W/ POMEGRANATE 5	STEAMED CHICKEN BREAST W/ SAMBAR SPICES 7

DRINKS

COFFEE

ORGANIC BLEND BY NICCOLO

WHITE 4

SINGLE ORIGIN BY NICCOLO

BLACK 3.8 / 4

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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

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.

