

**MINDFULLY  
GOOD FOOD**

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

**Wholemeal Sourdough, Super Seed or GF Precinct Toast (V)**

- house butter w/ sea salt
- orange marmalade w/ rose and ginger
- local berry jam w/ holy basil

**9 / GF +1**

**Fruit Loaf (VO)**

w/ lemon thyme ricotta & local honey

**12**

**Acai Bowl (V,GF)**

w/ seasonal fruits, house granola & fresh coconut  
+ almond butter 4  
+ coconut yoghurt 3

**17**

**Ayurvedic Oatmeal (V)**

w/ poached stone fruit, fresh berries, toasted seeds & coconut yoghurt

**17**

**Willow's Signature Rice Flour Pancake (V,GF)**

w/ charred bananas, raspberry, roasted cashew, jaggery sauce & finger lime  
+ lemon thyme ricotta 4  
+ coconut yoghurt 3

**19**

**Avo On Toast (VO)**

w/ green peas, spearmint, heirloom tomatoes, yarra valley feta, za'atar & chilli on super seed toast

+ egg 3  
+ bacon 6

**18.5**

**Willow Greens (VO,GF)**

sautéed seasonal greens w/ avocado, zucchini ribbons, poached egg, superseed mix & lemon dressing  
+ hot smoked salmon fillet 7.5  
+ charred flat bread 5

**20**

**Hot Smoked Salmon Fillet**

w/ spiced carrot hummus, charred baby leek, poached egg, avocado lime dressing, fennel fronds & charred flatbread  
+ avocado w/ toasted cumin 5

**23**

**Willow Breakfast (VO)**

sweet potato bhaji, cumin roasted cauliflower, portabello mushroom, sautéed spinach, poached egg, tomato chutney & charred flatbread  
+ bacon 6

+ hot smoked salmon fillet 7.5

**23**

**Eggs Your Way**

poached, scrambled or fried eggs on wholemeal sourdough, super seed or GF precinct toast

**13.5 / GF +1**

**Roti Wrap**

w/ slow cooked spiced lamb, iceberg lettuce, pickled red onion, cumin yoghurt & coriander mint chutney

**23**

**WILLOW  
BOWLS**

**Detox Bowl (V,GF)**

house pickled vegetables, cherry tomatoes, broccoli, beetroot, watercress, pomegranate, quinoa, superseed mix, kale pesto & fresh herbs

+ grilled chicken breast w/ sambar spice 7  
+ hot smoked salmon fillet 7.5

+ avocado w/ toasted cumin 5

+ silken tofu 4

+ egg 3

**19.5**

**Nourish Bowl (V,GF)**

spiced carrot hummus, portabello mushrooms, brown rice, seasonal greens, zucchini ribbons, sauerkraut, roasted chickpea dukkah & tahini dressing

+ grilled chicken breast w/ sambar spice 7

+ avocado w/ toasted cumin 5

+ silken tofu 4

+ egg 3

**19.5**

**Sushi Bowl (VO,GF)**

seared salmon fillet, avocado, cucumber, edamame beans, sugar snap peas, pickled ginger, brown rice, spring onion, coriander, sesame, toasted nori, togarashi, miso dressing & wasabi yoghurt

+ egg 3

**23**

**ADD ONS**

Extra Egg

3

Yarra Valley Feta

4

Avocado w/ Toasted Cumin

5

Charred Flat Bread

5

Seasonal Greens w/ Lemon

5

Heirloom Tomatoes w/ Pomegranate

5

Portabello Mushrooms

5

Bacon

6

Hot Smoked Salmon Fillet

7.5

**DIETARIES**

Gluten Free

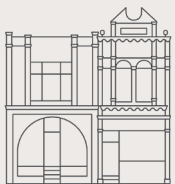
(GF)

Vegan

(V)

Vegan Option

(VO)



**Coffee**

Organic Blend By Niccolo

White	4.2
Black	4.2
Single Origin	+ .5
Decaf	+ .5
Large	+ .5

**Hot Drinks**

Matcha Latte	6
Golden Turmeric Latte	6
Chai Latte	6
Hot Chocolate	5
Hot Chilli Chocolate	5.5

**Milk Options**

Almond Milk	+1
Coconut Milk	+1
Bonsoy	+ .5

**Fresh Teas**

Mint Leaf	4
Ginger & Lemon	4

**Organic Teas**

By Mayde

English Breakfast	4.5
Earl Grey	4.5
Green Sencha	4.5
Serenity	4.5
Cleanse	4.5
Restore	4.5

**Ayurvedic Teas**

By Yukti

Calming Tea - Vata Balancing	4.5
Soothing Tea - Pitta Balancing	4.5
Stimulating Tea - Kapha Balancing	4.5
Agni Tea - Digestive	4.5

**Cold Drinks**

Still Mineral Water	4.5
Sparkling Mineral Water	4.5
Fresh Coconut	7
BOD Kombucha	6
- Lemon & Ginger	
- Berry & Ginger	

**Cold-pressed Juices**

Orange	8
Kale, celery, cos lettuce, cucumber, apple, lemon	8
Beetroot, carrot, celery, apple, lemon	8

**Smoothies**

Green banana, spinach, kale, lemon, moringa, hemp seeds, pomegranate molasses, almond milk	10.5
Dragonfruit banana, dragonfruit, coconut yoghurt, lime, chia seeds, coconut milk	10.5
Cacao banana, cacao, almond butter, medjool date, cacao nibs, almond milk	10.5

