

meraki

LUNCH

Hey there, so great to have you here. When you're ready, please order and pick up food from the counter.

SOUP OF THE DAY 15

All soups are handmade, loaded with vegetables and nourishing goodness of Meraki Bone Broth
+Sourdough and butter +2
+Gluten Free bread and butter +3

CURRY OF THE DAY 19

A firm favourite in cooler months, we make our own paste, add Meraki bone broth & vegetables, making a perfect warming bowl. Served with brown rice, garnishes and Greek yoghurt

GF GF N

MERAKI TOASTIE 14

Borella Butchery smoked leg ham, sliced tomato, spinach, tasty cheddar & mayo mix
*Can be made vegetarian and gluten free

MERAKI BAGEL 14

Smoked salmon, cucumber, avocado, baby spinach and a cream cheese mix, with red onion, capers, lemon & chives

MEXICAN BEEF BOWL 18

Slow cooked Mexican beef & beans (swap for *vegan chilli beans*), brown rice, jalapenos, cherry tomatoes, red onion, charred corn, avocado smash, grated cheese, Greek yoghurt & corn tortilla strips

GF

WINTER WELLNESS BOWL 17

Roast sweet potato chips, avocado, charred corn, pickled beetroot, broccolini, red cabbage slaw, quinoa, spinach, haloumi crumb, boiled egg, served with our Green Goddess dressing

GF

ZA'ATAR ROASTED SALMON 18

Roast salmon sprinkled with Za'atar (*swap for S & P chickpeas*), herbed quinoa, roasted vegetables, tahini maple yoghurt dressing and garnished with roasted almonds, herbs

Loaded with healthy fats that ensure you stay satiated for longer! Also packing a punch in the iodine department, essential for healthy thyroid function –Tahlia Thomas Nutritionist

GF

SATAY BOWL 17

Chicken breast (*swap for tofu*), soba noodles, slaw, cucumber, peanuts, spring onions, fried shallots, satay dressing

Peanuts are a wonderful source of protein and also healthy fats. Healthy fats help improve cognitive function and blood sugar regulation throughout the day –Tahlia Thomas Nutritionist

KOREAN BEEF BULGOGI BOWL 18

Korean beef meatballs, brown rice with capsicum, slaw, salad leaves, cucumber, radish, spring onion, sesame, kimchi, Korean BBQ sauce & kewpie

GF GF

KIDS (Under 12)

HAM CHEESE TOASTIE 7.50

MEXICAN BEEF NACHOS 13

Slow cooked beef and beans, smashed avo, cheese, greek yoghurt & corn chips

GF

Ⓥ Vegetarian Ⓜ GF Gluten Free Ⓜ GF Dairy Free Ⓜ GF Vegan Ⓜ N Contains Nuts

Kitchen