

SHED®

BRUNCH

Served until 3pm

BREAKFAST BURRITO 5

Whole grain rice, grilled smoked mushroom, black beans & tomato salsa with a lime & avocado slaw

LOADED TOASTS

Choose brown or white sourdough bread
(GF options available)

AVOCADO, NUT DUKKAH, CARROT & SHOOTS 6

MIXED BEANS & SMOKED TOMATO SAUCE 6

SESAME LIME HUMMUS, ASIAN SLAW,
TOGARASHI SEEDS & CHILLI OIL 6

GET A LOAD OF IT! **MEAL DEAL** 8

Choose any loaded toast + a coffee

GREEDY GRANOLA BOWL GF 4

Served with coconut yoghurt or a plant-based milk of choice

OVERNIGHT OATS GF 4

With chia seeds, goji berries, organic soya milk & agave syrup

SMOOTHIE BOWL GF 4

Choice of smoothie topped with berries, cacao nibs & seeds

NIBBLES

LEMON & CHILLI OLIVES GF 3

CRUNCHY PAPRIKA CHICKPEAS GF 3

ANTIPASTO POT GF 4

Featuring artichokes, red peppers, & sundried tomatoes

PEA, MINT & WALNUT PESTO GF 3

LIME & BLACK SESAME HUMMUS GF 3

SOURDOUGH SOLDIERS 3

SOUP OF THE DAY 4.5

See display for today's soup of the day

SHED SHARING BOARD 15

Including marinated olives, smoked paprika chickpeas, antipasto pot, black sesame hummus, pea, mint & walnut pesto, & sourdough soldiers **(Ideal for two)**

MAIN MENU

JAMAICAN ME HUNGRY 8

Sweet potato & black bean jerk stew served with pearl barley & roasted red peppers, topped with smoked paprika chickpeas **(Served Hot)**

MAC ATTACK! **NEW** 8

Butternut squash, mac & cashew 'cheese', pea & spinach with herb & nut pangrattata **(Served Hot)**

BUDDHA BOMB GF 8

Coconut Thai green curry served with a coriander & pea duo of rice, topped with sprouted mung beans **(Served Hot)**

NAKED BURRITO GF / **NEW** 7.5

Black bean & smoked mushroom, shredded carrot & smashed avocado served on a duo of rice with chipotle mayo & lime wedge **(Served Hot)**

MAMBO ITALIANO GF 7

Quinoa, marjoram, & sundried tomatoes, a trio of beans with fennel & orange, Mediterranean garlic & rosemary roasted vegetables, kale, olive, & artichoke salad, topped with sunflower parmy & Ceezer Geezer dressing

ASIAN PERSUASION GF 7

Roasted tamari broccoli, celeriac with sesame, Asian-style slaw, lime & black sesame hummus, a coriander & pea duo of rice, topped with seaweed flakes & lime 'mayo'

BUILD-YOUR-OWN-BOWL 7

See display & build-your-own from our selection of carbs, salads, toppings & sauces

BOWL BOOSTER **MEAL DEAL 12**

Choose any bowl + juice or smoothie + dessert pot

DESSERT POTS

See display for selection cakes, cookies, power balls & more!

COCO LOCO POT GF 3.5

Rich cacao mousse made with sweet potato purée, dates, & plant-based milk topped with coconut & banana chips

STRAWBERRY FIELDS GF 3.5

'Cheesecake' made from silken tofu, strawberries, coconut oil, & cashews, topped with Shed's signature granola

DRINKS

Please ask server for any allergy information before ordering



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SMOOTHIES

- BERRY BLAST** 4
Berries, banana, dates, lemon, spring water & flaxseeds
- BANANA SPLIT** 4
Cacao, banana, almond milk, almond butter, & dates
- GREEN GODDESS** 4
Spinach, cucumber, pineapple, pear, lemon juice & coconut milk

ADD SOME EXTRA GOODNESS 1.5

Maca powder / Spirulina / Matcha powder /
Açaí berry / Activated charcoal / Pea protein

COLD-PRESSED JUICES

- CLOCKWORK ORANGE** 4
Carrot, apple & ginger
- COOL AS A CUCUMBER** 4
Pineapple, cucumber, celery, apple & kale
- JUST BEET IT** 4
Beetroot, carrot, pear, parsley & kale

ORGANIC COFFEE

Selection of plant-based milks: Soya / Oat / Coconut / Almond

- ESPRESSO** 1.5
- PICCOLO** 2
- AMERICANO** 2.5
- LATTE** 2.5
- CAPPUCCINO** 2.5
- FLAT WHITE** 2.5

WINES

All organic & vegan

- FEDELE PINOT GRIGIO** WHITE ... 175ML 6 / BOTTLE 25
Refreshing wine with fruit-laden notes
- FEDELE NERO D'AVOLA** RED ... 175ML 6 / BOTTLE 25
Deep wine with red berry flavours & soft tannins
- CAMPO FLORES** WHITE 175ML 6 / BOTTLE 25
Crisp wine with notes of pears & orchard fruit
- CAMPO FLORES** RED 175ML 6 / BOTTLE 25
Intense wine with notes of strawberry & blackcurrant

OTHER HOT

- SELECTED TEAS** 2
See display or ask server for full range
- MUSHROOM COFFEE** 2.5
Blend of lion's mane & chaga
- TURMERIC LATTE** 3

THE G&T TOTAL ALCOHOL FREE 5

Choice of Seedlip **Spice 94** or **Garden 108** gin served with Indian tonic water, goji berries & ginger

MORE DRINKS

SEE DISPLAY FOR SELECTION OF KOMBUCHAS, KEFIR WATERS, SUPER SHOTS & MUCH MORE!