

CLASSIC BUFFALO CHICKEN WINGS	15.00
Tender chicken thighs & hot fire sauce, creamy stuff and blue cheese	
PARMA CAPRISO SALAD	15.00
Steakhouse and homemade cheese. Glass of tomato sauce drizzled with garlic sauce	
BALANCE RICE LOAF	15.00
Rice, quinoa and lentils served with a golden brown crust as a salad or veggie	
CHICKEN SALAD	15.00
Slices of chicken, tomatoes and onion sitting on a bed of aged cheddar with and green sauce	
SOFT CHEESE (CHOCOLATE)	15.00
Soft cheese, cream cheese served as a salad or veggie	
RAW SALAD PORTOBELLO MUSHROOM	15.00
Raw salad mushroom, egg, hot chili sauce, garlic and tomato sauce topped with balsamic vinegar and onion	

SALADS

Address any salad (Dinner \$12 + share with the main \$12 + Dinner \$12)

CHEESE SALAD	15.00
Crisp chicken, tomato and cheese dressing and homemade croutons	
SPINACH SALAD	15.00
Grilled chicken, red onion, tomatoes, cucumber dressed with orange vinaigrette	
WINTERGARDEN SALAD	17.00
Two chicken breasts, onion, tomatoes, cheese, chopped onion, a mixture of honey, garlic and vinegar with a salad of mixed kale dressed with olive oil and red pepper flakes	
PIZZA SALAD	15.00
Homemade pizza crust with sausage, pepperoni, mozzarella and tomato sauce with fresh green pepper dressing. Toppings of sausage, onion, tomato and green pepper	

SANDWICHES

PLANT BASED BURGER	17.00
Vegan, garlic, tomato and onion on a homemade bun with choice of veggie cheese	