

TOSS

EAT WELL. FEEL GOOD. EVERYDAY.

SALADS FROM 10AM

HALLOUMI PESTO \$18.5

Baby spinach, mesclun, roasted chicken, halloumi, broccoli, tomato, red onion, croutons, pine nuts, basil pesto dressing

POST WORKOUT (GF) \$19

Salad mix, roasted chicken, tomato, avocado, red onion, egg, feta, green goddess dressing

TEX MEX CHICKEN (GF) \$18.5

Romaine, roasted chicken, tomato, cheddar cheese, black beans, capsicum, tortilla chips, red onion, roasted corn, bbq ranch dressing

KALE CAESAR \$18

Romaine, kale, parmesan chips, croutons, cashews, egg, lemon wedge, caesar dressing

BUFFALO BLUE \$18.5

Romaine, kale, buffalo chicken, blue cheese, tomato, carrot, pickles, croutons, parsley, creamy caesar dressing

GREEK CLASSIC (GF) \$18

Romaine, kale, quinoa, hummus, tortilla chips, tomato, cucumber, red onion, almonds, feta, olives, house vinaigrette

TOFU TOSS (GF) (V) (DF) \$18

Romaine, baby spinach, tofu, carrot, shallots, pickled red onions, cabbage, coriander, sesame seeds, spicy cashew dressing

CLEAN COBB (GF) (DF) \$18.5

Romaine, mesclun, roasted chicken, tomato, cabbage, cucumber, beetroot, red onion, egg, tangy mustard vinaigrette

BUILD YOUR OWN

1. PICK A BASE FROM \$15

Greens, grains or both

2. CHOOSE 5 TOPPINGS

Premium add ons cost extra

3. ADD DRESSING

Mixed or on the side

WARM BOWLS

TRIPLE B (GF) \$19

Beef brisket, brown rice, black beans, feta, cabbage, kale, tortilla chips, sunflower seeds, jalapeño lime dressing

MEDITERRANEAN (GF) \$18.5

Roasted chicken, brown rice, tomato, roasted chickpeas, hummus, radish, baby spinach, pumpkin seeds, tahini yoghurt dressing

WRAPS FROM 10AM

HALLOUMI PESTO WRAP \$17

Baby spinach, mesclun, roasted chicken, halloumi, broccoli, tomato, red onion, pine nuts, basil pesto dressing

BEEF BRISKET WRAP \$17

Beef brisket, brown rice, black beans, feta, cabbage, kale, sunflower seeds, jalapeño lime dressing

CHICKEN CAESAR WRAP \$17

Romaine, kale, roasted chicken, parmesan chips, cashews, tomato, lemon squeeze, creamy caesar dressing

TEX MEX CHICKEN WRAP \$17

Romaine, roasted chicken, brown rice, tomato, cheddar, black beans, capsicum, red onion, roasted corn, bbq ranch dressing

BUFFALO BLUE WRAP \$17

Romaine, kale, buffalo chicken, blue cheese, carrot, tomato, pickles, parsley, creamy caesar dressing

TOFU TOSS WRAP \$17

Romaine, baby spinach, tofu, carrot, shallots, pickled red onions, cabbage, coriander, sesame seeds, spicy cashew dressing

TOAST

Two pieces of sourdough with butter

THE DAILY \$12.5

Avocado on toast

AVO RISER \$13

Avocado + soft boiled egg

FETA CRUMBLE \$13.5

Avocado, feta, tomato, pickled red onion

CHICKPEA & RADISH (V) \$13

Avocado, radish, roasted chickpeas, olive oil

PB & J \$12

Peanut butter, raspberry jam, coconut flakes

SWEET TOOTH \$12

Almond butter, banana, cacao nibs, honey, chia seeds

BREAKFAST BOWL

GRANOLA BOWL (GF) \$13.5

Granola, little island yoghurt, peanut butter, coconut flakes, cacao nibs, seasonal fruit, honey

SMOOTHIES

Berrynana (V) \$12.5

Coffee Kick (V) \$12.5

Salted Caramel (V) \$12.5

Tropikale (V) \$12.5

Matcha Greens (V) \$12.5

Cookies & Cream (V) \$13.5

Anti Aging (GF) \$13.5

EXTRAS

Pea Protein - Vanilla / Chocolate \$3

Collagen \$3

Spirulina / Matcha \$2

Cacao Nibs / Peanut Butter \$1

COLD DRINKS

Chia Sisters Juice \$7

Six Barrel Soda \$6

Batchwell Kombucha \$7.5

Skinny Fizz Sparkling Water \$4.5

Alkaline Water \$7

COFFEE

LONG BLACK FROM \$5

FLAT WHITE \$5.5

LATTE \$5.5

CAPPUCCINO \$5.5

MOCHA \$5.5

HOT CHOCOLATE \$5.5

MATCHA LATTE \$5.5

EXTRAS

Medium / Large +50c / \$1

Almond / Coconut / Oat +50c

Vanilla / Chai +\$1

ICED COFFEE

ICED LATTE \$8

ICED VANILLA LATTE \$8.5

ICED MOCHA \$8.5

ICED AMERICANO \$7

ICED MATCHA LATTE \$8

EXTRAS

Almond / Coconut / Oat +\$1

TEA

English Breakfast \$5

Earl Grey

Turmeric

Blood Orange Rooibos

Sencha Green

Berry

ORDER ONLINE: TOSS.CO.NZ