

NAME:

Dine in  Take away

**FOOD**  
Choose from  
A or B or C

A. Special Menu (Seasonal)		B. Side Order	
<input type="checkbox"/> Aglio Olio with Chicken	RM 9	<input type="checkbox"/> Dessert Parfait (Chilled)	RM 6
<input type="checkbox"/> Quinoa Lemak Wrap (Local Delight)	RM16	<input type="checkbox"/> Loaded Cheesy Nachos	RM 9
<input type="checkbox"/> Healthy Dinosaur Burger (Chicken/Beef)	RM16	<input type="checkbox"/> Classic Fruit Platter	RM10
<input type="checkbox"/> Soba Seafood Noodle	RM20	<input type="checkbox"/> Premier Fruit Platter	RM15
<input type="checkbox"/> Seafood Sambal Spaghetti	RM20		

**C. Take The Challenge (Salad)**

<input type="checkbox"/> <b>Baby Salad</b>	<b>RM15</b>	<b>1 base + 6 main + 2 dressing</b>
<input type="checkbox"/> <b>Adult Salad</b>	<b>RM19</b>	<b>1 base + 6 main + 2 supplementary + 2 dressing</b>
<input type="checkbox"/> <b>Monster Salad</b>	<b>RM24</b>	<b>1 base + 6 main + 2 supplementary + 1 prime + 2 dressing</b>

**Step 1: Base ( Choose 1 or 2 to mix)**

<input type="checkbox"/> Mixed Lettuce	<input type="checkbox"/> Pasta (Fusilli)	<input type="checkbox"/> Mixed Oak Leaf	<input type="checkbox"/> Potatoes
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Green Crisp	<input type="checkbox"/> Spinach (+ RM 2)	<input type="checkbox"/> Kale (+ RM 3)
<input type="checkbox"/> Spaghetti	<input type="checkbox"/> Brown Rice (NEW)	<input type="checkbox"/> Couscous (+RM 1)	<input type="checkbox"/> Quinoa (+RM 3)

**Step 2 : Main**

Additional (add RM1.70)

<input type="checkbox"/> Brown Rice (NEW)	<input type="checkbox"/> Sweet Corn	<input type="checkbox"/> Grape	<input type="checkbox"/> Fusilli (pasta)
<input type="checkbox"/> Japanese Cucumber	<input type="checkbox"/> Tofu / Bean Curd	<input type="checkbox"/> Apple	<input type="checkbox"/> Soba
<input type="checkbox"/> Cherry Tomato	<input type="checkbox"/> Cheddar Cheese	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Celery	<input type="checkbox"/> Orange	<input type="checkbox"/> Edamame
<input type="checkbox"/> Carrot	<input type="checkbox"/> Black Olive	<input type="checkbox"/> Honeydew	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Mixed Capsicum	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Couscous	<input type="checkbox"/> Nachos Chip
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Onion	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Raisin
<input type="checkbox"/> Egg	<input type="checkbox"/> Kidney Bean	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Croutons
<input type="checkbox"/> Button Mushroom	<input type="checkbox"/> Chickpeas	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Jalapeno
<input type="checkbox"/> Pumpkin Seeds	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Peanut	<input type="checkbox"/> Nori

**Step 3 : Supplementary**

Additional (add RM2.70)

<input type="checkbox"/> Avocado	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Feta Cheese	<input type="checkbox"/> Poached Chicken
<input type="checkbox"/> Dragonfruit	<input type="checkbox"/> Brussels Sprouts	<input type="checkbox"/> Parmesan Cheese	<input type="checkbox"/> Chicken Bratwurst
<input type="checkbox"/> Kiwi	<input type="checkbox"/> Dried Cranberries	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Strawberry	<input type="checkbox"/> Roasted Eggplant	<input type="checkbox"/> Swiss Cheese	<input type="checkbox"/> Cashew Nuts
<input type="checkbox"/> Mango	<input type="checkbox"/> Sundried Tomatoes	<input type="checkbox"/> Beef Bacon	<input type="checkbox"/> Almond Flakes
<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Chuka Wakame	<input type="checkbox"/> Dory Fish	<input type="checkbox"/> Flax Seeds
<input type="checkbox"/> Radishes	<input type="checkbox"/> Kurage	<input type="checkbox"/> Chia Seeds	

**Step 4 : Prime**

Additional (add RM5.70)

<input type="checkbox"/> Grilled Prawn	<input type="checkbox"/> Roasted Chicken	<input type="checkbox"/> Smoked Duck	<input type="checkbox"/> Pistachio Nuts
<input type="checkbox"/> Smoked Salmon	<input type="checkbox"/> Chuka Idako (Octopus)	<input type="checkbox"/> Roasted Lamb	<input type="checkbox"/> Macadamia Nuts
<input type="checkbox"/> Spicy Chicken	<input type="checkbox"/> Spicy Butter Prawn	<input type="checkbox"/> Roasted Beef	<input type="checkbox"/> Sear Tuna
<input type="checkbox"/> Turkey Ham	<input type="checkbox"/> Minced Chicken (NEW)	<input type="checkbox"/> BBQ Chicken	<input type="checkbox"/> White Tuna
<input type="checkbox"/> Minced Beef (NEW)	<input type="checkbox"/> Teriyaki Chicken (NEW)		

**Step 4 : Home-made Dressing**

Mix in

Separate

<input type="checkbox"/> Capsicum Dressing	<input type="checkbox"/> Honey Yogurt	<input type="checkbox"/> Caesar	<input type="checkbox"/> Honey Balsamic
<input type="checkbox"/> Sesame Dressing	<input type="checkbox"/> Asian Sesame	<input type="checkbox"/> Bluecheese	<input type="checkbox"/> Honey Mustard
<input type="checkbox"/> Sauteed Garlic	<input type="checkbox"/> Avocado Lemon	<input type="checkbox"/> Ranch	<input type="checkbox"/> Wasabi Dressing
<input type="checkbox"/> Thousand Island	<input type="checkbox"/> Italian	<input type="checkbox"/> Thai	<input type="checkbox"/> Balsamic Vinaigrette
<input type="checkbox"/> Wasabi Yogurt	<input type="checkbox"/> Sambal Dressing (NEW)	<input type="checkbox"/> French	<input type="checkbox"/> E.Virgin Oil + Balsamic
<input type="checkbox"/> Citrus Vinaigrette	<input type="checkbox"/> Peanut Dressing	<input type="checkbox"/> Beetroot Dressing	<input type="checkbox"/> Green Goodness (NEW)

**D. Healthy Juices (Mix 3 for RM10)**

**RM 8**

**RM 9**

**E. Smoothies**

**RM 12**

<input type="checkbox"/> Apple
<input type="checkbox"/> Orange
<input type="checkbox"/> Tomato
<input type="checkbox"/> Carrot
<input type="checkbox"/> Honeydew
<input type="checkbox"/> Watermelon
<input type="checkbox"/> Papaya
<input type="checkbox"/> Pineapple
<input type="checkbox"/> Plum Lemonade
<input type="checkbox"/> Cucumber

<input type="checkbox"/> Avocado Juice
<input type="checkbox"/> Banana
<input type="checkbox"/> Dragonfruit

**RM 10**

<input type="checkbox"/> Mango
<input type="checkbox"/> Kiwi
<input type="checkbox"/> Grape
<input type="checkbox"/> Strawberry

<input type="checkbox"/> Popeye (spinach, grape, banana, apple)
<input type="checkbox"/> Twin 'B's (blueberry, banana)
<input type="checkbox"/> All-In (kiwi, strawberry, banana, blueberry)
<input type="checkbox"/> The Triplet (mango strawberry, banana)
<input type="checkbox"/> Body Builder (protein shake)
<input type="checkbox"/> Very Berry (strawberry, blueberry, raspberry)
<input type="checkbox"/> 5 Greens (apple, kale, broccoli, cucumber, celery)
<input type="checkbox"/> The Sexy Lady (spinach, grapefruit, apple)
<input type="checkbox"/> Avocado Vanilla (RM11)
<input type="checkbox"/> Avocado Smoothie (RM11)

**DRINKS**  
Choose from  
D or E or F

Proceed to  
counter

**F. Hot Caffeinated Drinks (6 Oz) (NEW)**

**RM 5**

**RM 6**

Cafe Americano

Cafe Latte

Cappuccino

Cafe Mocha