Bowls

Seoul Beef 31
Korean-style bulgogi beef, crisp lettuce, rice, cucumber, radish, sesame, kimchi, spring onion and gochujang dressing.

Miso Salmon (A) 36
Miso-glazed salmon with brown rice, shiitake mushrooms, edamame, shredded cabbage, avocado, nori and crispy shallots.

Greek Chicken 30
Herb-marinated chicken, creamy tzatziki, cucumber, tomato, onion, feta, dill, olives and warm flatbread.

The Glow Up (V) 27
Beetroot, smoked feta, cabbage, carrot, grilled zucchini, blistered tomatoes, pickled red onion and poppy seed dressing.

Green Goddess (VE) 27
Fresh cucumber, radish, edamame, avocado, green shallots, broccoli, brown rice and pistachio.

Salads

Duck Leg Red Curry 34
Roasted duck leg with rice noodles, bean sprouts, pineapple, Thai basil, peanuts and red curry dressing.

Ribs & Ranch 33
Slow-braised beef short rib, cherry tomato, cucumber, corn, avocado, butter lettuce and dill ranch.

Mexicila 29
Cos, tomato, peppers, corn, avocado, black beans, pepitas, red onion, coriander, corn chips, lime chilli dressing.

Chicken Schnitzel Caesar 32
Golden crumbed chicken, crispy bacon, egg, parmesan, anchovies, croutons and classic Caesar dressing.

Crispy Pork 30
Crispy pork belly, Asian herbs, slaw, crispy noodles and roasted sesame dressing.

Sweet Heat (V) 29
Grilled halloumi, roasted pumpkin, quinoa, radicchio, raisins, hot honey and lemon.

(VE) (GF) (V) AVAILABLE ON REQUEST
(A) AUSTRALIAN-SOURCED SEAFOOD
(I) INTERNATIONAL-SOURCED SEAFOOD

ADD CHICKEN $6
ADD BULGOGI BEEF $9
ADD SALMON $11

ADD SMOKED FETA $4
ADD HALLOUMI $6

ONDA
HEALTHY LIVING