

## HEALTHY CHOICES

### RAW

#### CRUDITÉ (V) (D) (C) \$15

Mixed vegetable sticks, harissa potato chips, garlic-herb-coconut labneh  
per-serving: 380 kcals, 34g fats, 23.5g sat fat, 19g carbs, 8.7 gm sugars, 94g fibre, 4.9g I protein, 0.1g salt

#### CRYSTAL SUMMER ROLLS (V) (D) \$25

Raw crunchy vegetables, spicy coriander-coconut yogurt dip  
per-serving: 266 kcals, 34g fats, 33g sat fat, 35g carbs, 8.8g sugars, 7g fibre, 4.8g protein, 1.6g salt

#### WAKAME-SESAME SALAD (V) (N) (SB) \$20

Rice vinaigrette  
per-serving: 137 kcals, 9.2g fats, 14g sat fat, 8.2g carbs, 2.5 gm sugars, 1.1g fibre, 11.6g I protein, 0.5g salt

### VEGAN & SUPER MAINS

#### RISOTTO PRIMAVERA (V) \$35

Short grain brown rice, mixed vegetables  
per-serving: 474 kcals, 17g fats, 8.1g sat fat, 694g carbs, 8.1g sugars, 6.4g fibre, 14.6g, protein, 3.8g salt

#### BLACK BEAN AND QUINOA BURRITOS (V) (G) (SB) \$25

Black beans, red peppers, soy cheddar cheese  
per-serving: 270 kcals, 104g fats, 39g sat fat, 36.7g carbs, 1.8g sugars, 5.2g fibre, 9.3g protein, 0.7g salt

#### LOW - CARB ROASTED RATATOUILLE MOUSSAKA (V) (N) \$35

Vegan cashew ricotta cheese, basil  
per-serving: 444 kcals, 29.8g fats, 11.3g sat fat, 24.3g carbs, 9g sugars, 5g fibre, 21.7g protein, 0.8g salt

#### STIR-FRIED SIRLOIN STRIPS (SB) (N) \$65

Sweet peas, dou miao, mushrooms, hoisin-orange sauce  
per-serving: 160 kcals, 3g fats, 1g sat fat, 9g carbs, 9g sugars, 5g fibre, 20g protein, 0.8g salt

#### 42°C TASMANIAN SALMON (F) \$55

Mango-lime salsa  
per-serving: 290 kcals, 17.5g fats, 6g sat fat, 10g carbs, 9 gm sugars, 3g fibre, 24g protein, 0.1g salt

### LOW CARB, DETOX & SUPER DESSERT \$20

#### LOW CARB BAKED RICOTTA VANILLA-CAKE (G) (D)

Mixed berries sauce  
per-serving: 366 kcals, 24.8g fats, 12.4g sat fat, 11.3g carbs, 9g sugars, 3.7g fibre, 25.9g protein, 747mg Cal

#### DETOX RAW TAHINI RECTANGULAR (N) (D)

Semi dehydrated apple, cashew nuts, medjool dates, chocolate topping  
per-serving: 232 kcals, 14g fats, 7.16g sat fat, 27.7g carbs, 21.4g sugars 3.3g fibre |3.5g protein, 0.1g salt

#### SUPER COCONUT-MANGO QUINOA

Coconut milk, honey  
per-serving: 408 kcals, 16.7g fats, 13.2g sat fat, 60.8g carbs, 37.2g sugars, 5g fibre, 6.5g protein, trace salt

#### SUPER GREEN TEA FRUIT SALAD (N)

Pistachio nuts, manuka honey  
per-serving: 313 kcals, 4.8g fats, 0.6g sat fat, 70.8g carbs, 54g sugars, 10g fibre, 5.2g protein, trace salt

#### BANANA SPLIT SUNDAE (N) (D)

Toasted almonds, chocolate sauce  
per-serving: 311 kcals, 11.3g fats, 5.16 sat fat, 52.9g carbs, 33.7g sugars, 7.5g fibre, 6.4g protein, trace salt

## BEVERAGES

### ENERGIZING BOOSTERS \$12

#### TANGY SPICE

Orange, apple, beetroot, ginger  
A blended juice with a hint of spicy. This powerful juice is full of antioxidants, vitamins and fibre. The ginger plays an important role in digestive and circulatory benefits

#### TROPICAL MINT BREEZE

Lemon, mint, cucumber, watermelon  
Refresh and cool down with this great tropical mix. Perfect after a workout, the drink boots your immune system, provides burst of energy and a radiant look

#### GREEN BOOSTER

Coriander, cucumber, pear  
A light and refreshing juice, full of nutrients and high amounts of magnesium and soluble fibre to promote healthy bone growth and density for all ages

#### THAI BOOSTER

Mango, lemongrass, fresh lime juice  
This healthy drink is packed with micro-nutrients that helps boost your immune system, strengthen your heart, and increase your energy levels.

#### GREEN DETOX

Celery, cucumber, ginger, kale, fresh lemon juice, parsley, spinach  
This delightful green concoction is packed with vitamins and enzyme. The perfect mix for healthy digestive process, natural healing, detoxifying the body and a delicious start your island adventure

#### ENERGIZER

Carrot, ginger, apple, fresh lemon juice, honey  
An energising drink full of multivitamins, beta-carotenes and antioxidants to cleanse the digestive system, boost the immune system, and the wonderful companion for an active lifestyle

#### SUMMER FRESH

Ginger, mint, honey, fresh lemon juice, ginger ale  
The sparkling and refreshing drink is a treasure full of nutrients. Promoting radiant skin, strong immunity, maintain healthy weight and blood pressure. Refresh the mind and soul with this summer treat

### IMMUNITY ELIXIR \$12

#### ORANGE GINGER

Orange juice, ginger, lemongrass, turmeric, honey

#### PINEAPPLE GINGER

Pineapple juice, ginger, honey, cayenne pepper

#### GINGER TEA

Earl grey tea, ginger, cinnamon, turmeric, fresh lemon juice, freshly cracked black pepper, sea salt, honey

#### TURMERIC GINGER

Turmeric, ginger, fresh lemon juice, carrot, freshly cracked black pepper, maple syrup

#### CITRUS MATCHA

Matcha tea, orange juice, orange zest, honey

# WOLVES

C - chili, A - alcohol, P - pork, N - nuts or seeds, V - vegetarian, D - dairy, G - gluten, S - seafood, SB - soy beans, F - fish  
Please let us know if you have any allergies, special dietary needs or restrictions.

All prices are in US dollars and subject to 10% service charge and applicable taxes.  
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.  
Menu items and prices are subject to change without prior notice.

## SMOOTHIES \$12

### STRAWBERRY BLUSH

Strawberry, banana, yogurt, almond milk

### BANANA DATE

Banana, dates, almond milk, yogurt, honey

### BEET POWER

Beetroot, strawberry, banana, milk, yogurt, honey

### CREAMY MANGO

Mango, milk, peanut butter, vanilla syrup, yogurt

### TROPICAL GREEN

Pineapple, spinach, mint, almond milk, yogurt, honey

## KOMBUCHA MOCKTAILS \$12

### ROSEMARY & GINGER

Cranberry juice, ginger, rosemary, kombucha, simple syrup

### MELON MINT

Watermelon juice, mint, fresh lime juice, kombucha, simple syrup

### PINEAPPLE & GINGER

Pineapple juice, ginger, fresh lemon juice, kombucha, maple syrup

## KOMBUCHA \$12

Apple crisp

Ginger & lemon

Mango & passion

Passion fruit

Wild berry

## FRESH JUICES \$10

Orange

Coconut

Watermelon

Pineapple

Carrot

Mango

Apple

## COLD BREW

Cold brew coffee \$8

Cold brew tea of the day \$9

## COFFEE

Espresso \$5

Doppio \$7

Americano \$7

Espresso macchiato \$7

Cappuccino \$7

Latte \$7

Flat white \$7

Latte macchiato \$7

Mocaccino \$7

Matcha latte \$8

## TEA

Brilliant breakfast tea \$7

The original Earl Grey \$7

Pure chamomile flowers \$7

Green tea with jasmine flowers \$7

Sencha green extra special \$7

Ginger honey tea \$8

Lemongrass tea \$8

# wolves