

mindful drinks

- ★ 689 **ginger no-jito** 4.7
zingy cold pressed ginger, coriander seed syrup, sparkling water, fresh mint, lime
- ★ 683 **cherry blossom lemonade** 3.8
cherry blossom + cloudy lemon syrup, sparkling water, a sprinkle of dried rose petals
- 684 **yuzu + lychee tonic** 4.5
yuzu purée + lychee syrup, your choice of light or original fever-tree tonic water, garnished with a fresh orange slice



683

soulful spirits + cocktails

- new** ★ 13 **panchi** 8.5
refreshing, fruity + mixed with rum to give a punch-like cocktail with a twist
- ★ 13 **positive**
spiced rum, pineapple, lime, spinach, cucumber, apple
- ★ 12 **high five (v)**
coconut rum, melon, pineapple, lemon, apple, orange juice
- ★ 504 **roku tonic** 7.5
japanese craft roku gin, your choice of light or original fever-tree tonic water, garnished with fresh lime + ginger
- ★ 514 **sakura pink g+t** 8.2
japanese craft roku gin, cherry blossom syrup, your choice of light or original fever-tree tonic water, fresh lime + a sprinkle of dried rose petals
- ★ 484 **sho chiku bai** 15% vol 125ml 5
japan's national drink, sake, brewed from rice, mild but complex
- ★ 512 **lychee collins** 8
japanese craft haku vodka, lychee + cloudy lemon syrup, sparkling water, a sprinkle of orange zest



13

wine

- | | 750ml | 250ml | 175ml |
|---|-------|-------|-------|
| red | | | |
| ★ 429 merlot spain 13.5% vol | 22 | 8 | 6.2 |
| ★ 444 malbec argentina 13% vol | 25 | 8.8 | 6.7 |
| white | | | |
| ★ 409 pinot grigio italy 11.5% vol | 20 | 7.3 | 5.9 |
| ★ 408 sauvignon blanc south africa 12.5% vol | 26 | 9.8 | 7.3 |
| rosé | | | |
| ★ 449 pinot grigio blush italy 11.5% vol | 21 | 7.8 | 6.2 |
| all wine available in 125ml | | | |
| sparkling | | | |
| ★ 460 prosecco italy 11.5% vol | 27 | 6 | |

beer + cider

- ★ 620 **atlantis pale ale** 5.7
4.1% vol 440ml
north brewing co.
made with wheat + barley, gluten is removed during the brewing process
- ★ 603 **east by southeast cider** 6
4.6% vol 330ml
hawkes collaboration
crisp cider crafted from fuji, gala + bramley surplus supermarket apples

soft drinks

- ★ 705 **coke"** 3.5
- ★ 705 **diet coke** 3.4
- ★ 705 **coke zero** 3.4
- ★ 708 **sprite zero** 3.4
- ★ 714 **cloudy lemonade** 3.7
reg 3.3 lrg
- ★ 710 **peach iced tea** 3.7
reg 3.3 lrg
- still water**
- ★ 701 **reg** 2.8
- ★ 703 **lrg** 4.7
- sparkling water**
- ★ 702 **reg** 2.8
- ★ 704 **lrg** 4.7

**includes sugar tax levy

hot drinks

- | | 750ml | 250ml | 175ml |
|--|-------|-------|-------|
| tea | | | |
| ★ 782 ginger + lemongrass tea 3.1
zesty, warming + fragrant | | | |
| ★ 784 fresh mint tea 2.6
fresh mint leaves, pure + simple | | | |
| ★ 781 jasmine flowering tea 3.7
flowering lily + jasmine green tea | | | |
| ★ 771 green tea free | | | |
| coffee | | | |
| ★ 731 espresso 2.6 | | | |
| ★ 732 double espresso 2.8 | | | |
| 733 americano 3 | | | |
| latte | | | |
| 735 reg 3.1 736 lrg 3.7 | | | |
| cappuccino | | | |
| 737 reg 3.1 738 lrg 3.7 | | | |
| 739 macchiato 3 | | | |
| 740 iced coffee 3.1 | | | |



NOODLE LAB

non-gluten

warm your soul

seijaku, a japanese phrase meaning 'tranquility in the midst of activity', to us, this is the soul warming moment you wrap your hands around a green tea at the end of a busy day, wrapping your arms around a friend, wrapping up warm as the days get shorter, our menu has been created to bring seijaku to life

from bowl to soul

NOODLE LAB

non-gluten

this menu is for a non-gluten diet. a great selection of our dishes that do not contain gluten in their ingredients. these dishes are full of flavour, either remaining true to their original recipes or having been subtly modified to suit a non-gluten diet

feed your soul...

(v) vegetarian

★ vegan

new new

please ask a member of the team for full nutritional information

allergies + intolerances if you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order. the manager on duty will personally take and deliver your order, whilst the kitchen manager will personally prepare your food as you require. this may mean that your meal may take a little longer than normal to prepare, whilst we take every care to prevent cross-contamination. please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present

refreshing juices

raw energy is the rejuvenating power of fruits + vegetables. squeezed and freshly poured. each one of your 5-a-day

regular 4.3 | large 5.5



08 **tropical (v)**
mango. apple. orange juice



★ 04 **carrot cleanse**
carrot. fresh ginger



★ 11 **positive**
pineapple. lime. spinach. cucumber. apple



03 **orange (v)**
orange juice. pure + simple



★ 14 **power**
spinach. apple. fresh ginger



05 **high five (v)**
melon. pineapple. lemon. apple. orange juice



★ 15 **up-beet**
beetroot. red pepper. cucumber. ginger. apple



★ 10 **blueberry spice**
blueberry. apple. ginger

sides + sharing

★ 10104 **edamame** 4.7
beans with salt or chilli-garlic salt. pop them out of their pod + enjoy

★ 10106 **wok-fried greens** 4.9
tenderstem broccoli. bok choy. garlic + soy sauce

1096 **prawn kushiyaki** 7
skewered grilled prawns. lemongrass + chilli marinade. caramelised lime

ssambap 6
baby gem lettuce wraps. pickled asian slaw. spicy kimchee sauce

1097 **chicken**
with red chilli

★ 1098 **tempeh**
with coriander cress



1097



1076

mains

1020 **grilled chicken ramen** 12
grilled marinated chicken. rice noodles. light chicken broth. seasonal greens

1048 **chicken + prawn pad thai** 13
rice noodles. chicken. prawns. egg. beansprouts. leeks. chilli. red + spring onion. fried onions. mint. coriander. fresh lime

★ 10231 **shu's 'shio' jackfruit** 11.5
shu han lee collaboration
turmeric + ginger roasted jackfruit, served on a bed of coconut + lemongrass dressed rice. pickled slaw + radish. chilli. coriander. caramelised lime

10230 **shu's 'shio' chicken** 12.5
shu han lee collaboration
turmeric, garlic + ginger marinated chicken, roasted and served on a bed of coconut + lemongrass dressed rice. pickled slaw + radish. chilli. coriander. caramelised lime

raisukaree

mild + citrusy. coconut. mangetout. peppers. red + spring onion. white rice. chilli. coriander. sesame seeds. fresh lime

1079 **prawn** 14.5
1075 **chicken** 13.5
★ 1076 **tofu** 12.5

sweet treats

★ 10140 **coconut reika ice cream** 5
with coconut flakes + passion fruit sauce

★ 10128 **miso caramel ice cream** 5
with toffee sauce + fresh mint

10125 **chocolate + cherry kefir ice cream (v)** 5
with fresh mint

10145 **new** **dough-chi® (v)** 6
three cookie dough balls with an ice cream centre. garnished with passion fruit sauce. mint + icing sugar. mix + match to find your favourite
contains gluten free oat flour
/ matcha + white chocolate
/ cherry, vanilla + yuzu
/ coconut



10145



10125