

Name: _____

Dine in Take away

Food:
Choose from
A or B

A. Take The Challenge (Salad) *Price not include GST*

Baby Salad	<input type="checkbox"/> RM 15	1 base + 6 main
Adult Salad	<input type="checkbox"/> RM 19	1 base + 6 main + 2 supplementary
Monster Salad	<input type="checkbox"/> RM 24	1 base + 6 main + 2 supplementary + 1 prime

Base

<input type="checkbox"/> Mixed Lettuce	<input type="checkbox"/> Pasta (Fusilli)	<input type="checkbox"/> Mixed Oak Leaf	<input type="checkbox"/> Potatoes (warm)
<input type="checkbox"/> Radicchio	<input type="checkbox"/> Green Crisp	<input type="checkbox"/> Spinach (add RM2)	<input type="checkbox"/> Kale (add RM3)
<input type="checkbox"/> Spiralized Cucumber	<input type="checkbox"/> Extra Base (add RM2)		

Main **Additional (add RM 1.70)**

<input type="checkbox"/> Japanese Cucumber	<input type="checkbox"/> Sweet Corn	<input type="checkbox"/> Grape	<input type="checkbox"/> Fusilli (pasta)
<input type="checkbox"/> Cherry Tomato	<input type="checkbox"/> Tofu / Bean Curd	<input type="checkbox"/> Apple	<input type="checkbox"/> Soba
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cheddar Cheese	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Carrot	<input type="checkbox"/> Celery	<input type="checkbox"/> Orange	<input type="checkbox"/> Edamame
<input type="checkbox"/> Mixed Capsicum	<input type="checkbox"/> Black Olive	<input type="checkbox"/> Honeydew	<input type="checkbox"/> Sunflower Seeds
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Beetroot	<input type="checkbox"/> Cous Cous	<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 (NEW)

Supplementary **Additional (add RM 2.70)**

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

Prime **Additional (add RM 5.70)**

<input type="checkbox"/> Grilled Prawn	<input type="checkbox"/> Smoked Duck	<input type="checkbox"/> Roasted Lamb	<input type="checkbox"/> Sear Tuna
<input type="checkbox"/> Smoked Salmon	<input type="checkbox"/> Roasted Chicken	<input type="checkbox"/> Roasted Beef	<input type="checkbox"/> White Tuna
<input type="checkbox"/> Spicy Chicken	<input type="checkbox"/> Chicken Chop (add RM 2)	<input type="checkbox"/> BBQ Chicken	<input type="checkbox"/> Smoked Mussel
<input type="checkbox"/> Turkey Ham	<input type="checkbox"/> Spicy Butter Prawn (NEW)	<input type="checkbox"/> Salmon Sashimi (NEW)	

Home-made Dressing More Less 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"/> Sautéed Garlic	<input type="checkbox"/> Avocado Lemon	<input type="checkbox"/> Ranch	<input type="checkbox"/> "Wassup-bi"
<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"/> Onion Vinaigrette	<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 (NEW)	

B. Side

<input type="checkbox"/> Soup of The Day	RM 7
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Drinks:
Choose from
C, D or E

C. Healthy Juices Ice? Sugar?

RM 8	RM 9
<input type="checkbox"/> Apple	<input type="checkbox"/> Mango
<input type="checkbox"/> Orange	<input type="checkbox"/> Avocado
<input type="checkbox"/> Tomato	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Carrot	<input type="checkbox"/> Grape
<input type="checkbox"/> Banana	<input type="checkbox"/> Strawberry
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Honeydew
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Papaya (RM 8)

D. Smoothies

RM 12
<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"/> Avocado (RM 11)

Proceed to
counter

E. Hot Drinks

RM 5	RM 7
<input type="checkbox"/> Café Americano	<input type="checkbox"/> Café Latte
<input type="checkbox"/> Cappuccino	<input type="checkbox"/> Mocha