

FROZEN SMOOTHIES

Shakes and Bowls

GREEN MACHINE with Spinach, frozen banana, frozen pineapple, coconut water.	Reg	Bowl
	8	10
TROPICAL TANGO with Frozen mango, frozen banana, frozen pineapple, coconut milk.	Reg	Bowl
	8	10
BERRYLICIOUS with Frozen mixed berries, frozen banana, coconut milk.	Reg	Bowl
	8	10
ACAI SMOOTHIE Coconut water, Acai, banana & mixed berries		12

COLD DRINKS

ICED COFFEE	7.5
ICED LATTE	7.5
ICED MOCHA	7.5
ICED LONG BLACK	7.5
ICED CAPPUCCINO	7.5
ICED COFFEE FRAPPE	7.5
THE AFFOGATO	7.5
ICED CHAI LATTE	7.5
MILKSHAKES Banana, chocolate, caramel, vanilla or strawberry Nutella or biscoff	7.5 8.5

PROTEIN SHAKES

Chocolate Or Vanilla Whey Protein

T.P.B SHAKE 8
Almond milk, creamy peanut butter, banana, ground cinnamon, chocolate whey protein powder

MANGO BLISS 8
Pineapple, mango, vanilla protein powder, rolled oats, turmeric, honey, coconut milk

DATE ME UP 8
Bananas, 4 dates, chocolate whey protein powder, peanut butter, almond milk

MIXED BERRIES SHAKE 8
Coconut water, raspberries, strawberries, spinach, chia seeds, vanilla protein powder

SOFT DRINKS

Coke	4
Coke Zero	4
Fanta	4
Sprite	4

MINERAL WATER

Still	4
Sparkling	4

FRESH JUICE

MORNING SUNSHINE Orange, apple and mint	8
THE HULK Green apple, celery, cucumber, spinach, and lemon	8
BUGS BUNNY Carrot, apple, lemon and ginger	8
BIG BANG Pear, apple, spinach, lemon and ginger	8
BERRY BLAST Blueberries, strawberries and pineapple, apple and pear	8
MINTY MELON Watermelon and mint leaves	8
CREATE YOUR OWN Your choice of 4 fruits: -Apple -Mint -Celery -Orange -Pineapple -Ginger -Watermelon -Pear -Mixed Berries -Carrot -Banana -Cucumber -Lemon -Spinach	8
Extra shot of ginger 2	



HOT DRINKS

Babyccino	0.5
Espresso	3.5
Macchiato	3.7
Piccolo	3.7

- Long black Reg 4.3 Lrg 4.8
- Latte
- Cappuccino
- Flat white

- Matcha latte Reg 4.4 Lrg 5
- Chai latte

- Mocha Reg 4.7 Lrg 5.3
- Hot chocolate

Dirty chai latte Reg 5 Lrg 5.5

TEA

- English breakfast	- Silver jasmine	4
- Lemon grass ginger	- Moroccan mint	
- Earl grey		

EXTRAS 0.5
- Double shot - Decaf

DAIRY FREE MILK 0.5
- Almond - Oat
- Soy - Lactose free



Trading Hours

Monday to Friday 6:00am - 6:00pm

Saturday to Sunday 7:00am - 6:00pm

1b/20 Zoe Place, Mount Druitt

PLEASE ORDER AND PAY AT COUNTER

Kitchen closes at 3pm everyday

While we try to outline allergen items in our dishes menu items may contain or come in contact with WHEAT, EGGS, PEANUTS, TREE NUTS, and MILK.

*GLUTEN FREE BREAD OPTION AVAILABLE |

*10% PUBLIC HOLIDAY SURCHARGE MAY BE APPLIED ON PUBLIC HOLIDAYS

BREAKFAST

All day breakfast

TOAST 🌱

With your choice of butter, nutella, jam, honey, marmalade, vegemite or peanut butter on your choice of Turkish, Sourdough rye or white

Extra Cheese & Tomato 1

ZA'ATAR WRAP 🌱🌿

With tomato, cucumber, onion, olives, mixed lettuce and fetta on pita bread

SCRAMBLED EGG WRAP

With sujuk or beef rasher, cheese, spinach, tomato, bbq sauce

BEEF RASHERS AND EGG ON TURKISH 🌱

With 2 Fried eggs, cheese, tomato, sautéed spinach, bbq sauce on Turkish or Milk Bun

EGGS YOUR WAY 🌱

(Fried, Poached, Scrambled) with grilled tomato on sourdough

ACAI BOWL 🌱🌿

With Granola, seasonal berries, shredded coconut, banana, chia seeds

ADD PeanutButter 2 | ADD Protein 2 | ADD Biscoff 2

EGGS BENNY 🌱

With 2 poached eggs, sautéed spinach and hollandaise sauce served on sourdough

ADD Smoked Salmon | 5

ADD Beef Rashers | 5

ADD Sujuk | 4.5

SHAKSHUKA 🌱🌿

With baked eggs in a rich capsicum, eggplant, zucchini, tomato, onion and fetta tagin served with Turkish bread

ADD Sujuk | 4.5

AMERICAN STYLE PANCAKES 🌱

Served with seasonal berries, vanilla bean ice-cream, maple syrup, berry compote and caramelised banana

SMASHED AVOCADO 🌱

With 2 poached eggs, tomato, avocado, fetta and za'atar on sourdough

Chilli Labneh Egg 🌱🌿

Grilled Halloumi, sauteed spinach, chilli mix, labneh with poached eggs served on top of soughough

BREAKFAST BRUSCHETTA 🌱🌿

2 poached eggs, halloumi, marinated seasonal tomato and onion with balsamic glaze and basil pesto served on sourdough

3 EGG OMELETTE 🌱

ALL SERVED WITH BREAD

CHOICE OF

1: Fetta, tomato, sautéed spinach, mushrooms, onion and za'atar
2: Sujuk, tomato, onion, cheese
3: Smoked salmon, onion, capers, cheese, tomato
4: Beef rashers, cheese, spinach, tomato

THE RITUAL FEAST 🌱

With 2 eggs your way, sujuk, grilled halloumi, hashbrown, Lebanese sausage, sautéed mushrooms, labne, avocado, grilled tomato and za'atar served with Sourdough

TURKISH BREAKFAST MEZZA 🌱🌿

With menemen (scrambled eggs with tomatoes, capsium, onion and seasoning) served with olives, hummus, labneh, tahini and molasses dip, string halloumi cheese, fresh cucumber and tomato, honey and kaymak, watermelon and orange served with Turkish bread and simit.

LUNCH

FALAFEL WRAP 🌱🌿

Served with your choice of crunchy chips or sweet potato chips

RITUAL CHARGRILLED WRAP 🌱🌿

Chargrilled meat wrap with your choice of (chicken, lamb or kefta) marinated in herbs and spices, wrapped in a soft tortilla with mixed leaves, tomato, onion, cucumber, BBQ sauce and hummus served with chips

MEDATERRIANEAN VEGGIE WRAP 🌱

Roasted pumkin, Spanish onion, roasted capsicums, hummus, lettuce, cucumber, olives and sundried tomatoes wrapped in a tortilla bread served with a side of chips

FALAFEL PLATTER 🌱🌿

With hummus, pickled turnips, tahini, served with salad and pita bread

ADD Chips | 3.5

CHICKEN SCHNITZEL BURGER 🌱🌿

With cheese, tomato, lettuce, coleslaw, pickles, served with chips and chipotle sauce

GRILLED CHICKEN BREAST

With Chicken breast chips & salad served with gravy or mushroom sauce

STEAK BURGER 🌱🌿

Lettuce, cheese, caramelised onion, beetroot, dill pickles served with chips American mustard & Chipotle sauce

Chicken Tacos 🌱🌿

Pickled red cabbage, crispy chicken, pico de gallo, avocado on a warm soft tortilla bread drizzled with chipotle sauce

THE RITUAL PLATTER

Chargrilled (chicken, lamb, lamb kefta) skewers served with fresh salad tossed in sharp lemon dressing, hummus and pita bread

250G PREMIUM SIRLOIN

Cut grilled to perfection, served with medley of oven roasted vegetables and mash potatoes with a choice of mushroom or gravy sauce

200g Grilled Atlantic Salmon 🌱

Delicious flavour of freshly grilled Atlantic salmon paired with seasonal roasted vegetables and mash potato topped with a classic French bearnaise sauce



ALLERGEN INFORMATION



SALADS

PUMPKIN AND QUINOA 🌱🌿

With roast butternut pumpkin, cherry tomatoes, cucumber, Spanish onion, quinoa, roquette all bound in a sharp lemon dressing

RAINBOW SALAD 🌱🌿

With shredded cabbage, capsium, Spanish onion, snow peas, babybeets, corn kernels, cucumber, cherry tomatoes dressed in a sharp citrus coriander dressing and topped with fresh avocado

Crispy Chicken Salad 🌱🌿

Avocado, cucumber, tomato, onion, mixed lettuce, crispy chicken tossed in an addictive siracha honey dressing

Mediterranean Salmon Salad

200g grilled Atlantic Salmon served on top of mixed lettuce, avocado, onion, tomato, cucumber, feta cheese and olives dressed in a sharp lemon dressing

Falafel Bowl 🌱🌿

Falafel on a bed of hummus with Edamame, avocado, quinoa, spiced roasted cauliflower, carrot, red cabbage drizzled with tahini sauce served with pita bread

PASTA

CON POLLO

Grilled chicken, avocado, spring onions served with rose sauce

EL PESTO

Grilled chicken, cooked with homemade pesto, mushrooms and broccoli served in white creamy sauce

CHILLI PRAWNS 🌱🌿

Sautéed prawns in olive oil with parsley, garlic, chilli flakes and spinach served in rose sauce

SIDES

Salt & Pepper Squid

Potato Wedges

Sweet Potato Chips

Crunchy Chips

THE RITUAL WRAPS

CHICKEN AVO

CHICKEN PESTO CHICKEN

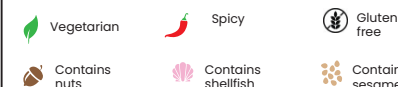
SCHNITZEL

PERI PERI CHICKEN

PERI PERI CHICKEN

SMOKED SALMON BAGEL

ALLERGEN INFORMATION



7

10

12

12

12

16

17

17

17.5

18

19

19

19

25

27

14

18

16.5

16

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22

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21

25

26

25

16.5

16.5

20

20

19

21

21

22

12

9.5

6

5

10

10

10

10

10

12.5

MINI ME

All day breakfast

SCRAMBLE EGG 🌱

With a hash brown and toast

BEEF RASHER ROLL 🌱

Beef rasher, fried egg on milk bun with tomato sauce.

HOTCAKES

1 vanilla hotcake topped with nutella, vanilla ice-cream and fresh strawberries

Lunch

LITTLE NUGGETS

Chicken nuggets served with a bowl of chips

Calamari & Chips

9

DESSERTS

KNAFEH FRENCH TOAST

Brioche toast, knafeh, vanilla ice-cream, pistachio, banana and strawberries with rose water syrup

TWO STACK PANCAKES

Served with banana, seasonal berries, vanilla ice-cream and topped with Belgium chocolate

BELGIUM WAFFLES

Served with 2 waffles, banana, seasonal berries, ice cream with Belgian chocolate

PLEASE CHECK OUT TODAY'S SELECTION OF CAKES, PASTRIES AND SLICES IN OUR DISPLAY.



EXTRAS

Hashbrown 2

Extra egg 3

Feta cheese (4) | 1x Falafel (2) | Mushroom (4) | Bread (2) | Lamb skewer (4) | Kefta skewer (4) chicken skewer (4)

Sujuk | Avocado 4.5

Smoked salmon | Beef rashers | 5

Halloumi | Chicken breast