



HEALTHY DINING OPTIONS

ELK ESPRESSO

GROUND FLOOR, THE OASIS
WWW.ELKESPRESSO.NET



**SPROUTS, CRANBERRIES,
GARDEN PEAS, QUINOA,
WILD RICE, PISTACHIOS, PARSNIP,
EGGS & TOASTED HEMP**

THE LOOSE MOOSE

OPEN FOR BREAKFAST FROM 7AM. GROUND FLOOR, THE OASIS
(07) 5613 2356. WWW.THELOOSEMOOSE.COM.AU



VEGAN PITAYA BOWL

Blended with fresh apple juice, coconut water, mango and banana. Topped with housemade granola, fresh fruit and coconut chips (\$15)



ACAI & WILD BERRY PANNA COTTA (V)

Green apple, agave and burnt citrus granola, compressed pineapple, vanilla bean Co-Yo, strawberry, passionfruit and toasted coconut (\$15)



VEGAN FRIENDLY BIRCHER MUESLI & SUMMER BERRIES

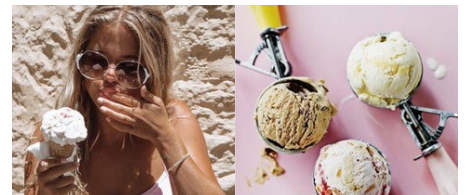


BERRY CITRUS PANCAKES (V)

Fluffy steamed pancake stack, orange gel, vanilla labneh, orange segments, maple, crushed raspberry, raspberry coulis and sweet dukkah (\$17)

FREE ICE CREAMERY

GROUND FLOOR, THE OASIS
0431 313 474. INSTAGRAM: FREE_ICE_CREAMERY



LOW CALORIE ICE CREAM

New trend of healthy ice creams and vegan sorbets!

Free Ice Creamery specialises in low calorie ice creams. Vegan, gluten-free, protein packed, no sugar added, diabetic friendly options, this is a must have at The Oasis Shopping Centre. Cool off inside and treat yourself guilt-free this summer.



ELKS GARDEN

Avocado, Peas, Corn, toasted spelt, beetroot, hazelnuts and cauliflower. Vegan friendly.



VEGE FRITTER (V, GF)

Sweet potato, zucchini and quinoa fritter with cherry tomatoes, fresh herb salad, poached eggs, beet hummus and dukkah (\$17)