

# SYCAMORE

VINO • CUCINA

## MOOD-BOOSTING MENU

*Gary Lee with Mira Manek at Sycamore Vino Cucina*

From 16 January our very own Executive Chef Gary Lee and author and wellness consultant, Mira Manek have combined their culinary expertise to create mindful and mood-boosting, plant-based, plates here at Sycamore Vino Cucina.

Throughout January and February, you can enjoy a selection of Mira's dishes in the morning and throughout the day. We hope you love them as much as we do and that you feel revitalised and ready for what lies ahead.

## SOULFUL MORNINGS

### **Breakfast smoothies**

Super green  
Cinnamon chai  
Berry coconut

8.5

### **Saffron & cardamom porridge**

chia and flax seeds, blueberries and banana

9

### **Orange bircher muesli**

coconut yoghurt, dates, walnuts, cinnamon

9

## LUNCH

### **Deconstructed daal**

with garnishing bowls of tadka, crushed poppadoms, coconut yogurt, lemon, coriander and tamarind chutney

11

### **Sweet potato and tofu Buddha bowl**

with a coriander and cashew nut dressing

16

## DESSERT

### **Medjool date & almond butter dessert bowl**

served with masala chai

7.95

A 15% service charge will be added to your bill.  
Please advise your waiter if you have any allergens or dietary requirements.

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