



# IN2U SAMPLE BREAKFAST MENU

GF – Gluten-free | V – Vegan | VG – Vegetarian

## NATURES GIFT

GF, V, VG

Fresh fruit platter with seasonal fruits

## GOODNESS ME

VG, V\*

Homemade paleo granola w/yoghurt, your choice of milk + honey or coconut sugar

## SLICE OF PARADISE

GF, VG

Gluten free banana bread

## POT LUCK

GF, VG

Yoghurt pot, honey and chopped seasonal fruit

## SMOOTH OPERATOR

GF, V, VG

Frozen pineapple, banana, papaya w/ coconut cream, maca and protein whipped into a delicious smoothie bowl topped with fresh fruit, coconut and chia seeds.

## PROTEIN PUNCH

GF

Eggs any style with crispy bacon and grilled tomato

## STACKS OF GOODNESS

GF, VG

Gluten free banana pancake stack

## GREEN ENVY

GF, V, VG

Smashed avo w/ tomato and parsley on your choice of bread

Bread options – sourdough, gluten free- spinach and potato

Milk options – full cream, skim, soy, almond (when available)



# IN2U SAMPLE LUNCH MENU

GF – Gluten-free | V – Vegan | VG – Vegetarian

## NOURISHED

GF, V\*, VG\*

Mixed quinoa, roasted pumpkin, seeds,  
Option/Add chicken breast

## OCEANA EXPRESS

GF

Sesame seed coated prawn salad

## BEEF IT UP

GF

Thai beef salad with chilli, lemongrass and coriander

## LOCAL LOVE

GF, V\*, VG\*

Brown rice nasi goreng  
Option/Add chicken breast

## COCO CURRY BLISS

GF,

Balinese style chicken curry with coconut milk, red peppers, sauteed shallots and coriander

## GREEN GOODNESS

GF, VG, V\*

Balinese Gado Gado – cooked, mixed vegetables with tofu, hard boiled egg and peanut sauce



# IN2U SAMPLE DINNER MENU

GF – Gluten-free | V – Vegan | VG – Vegetarian

## DELIGHT ME

GF

Nicoise salad with Tuna tataki

## NOURISHED

GF, V\*, VG\*

Mixed quinoa, roasted pumpkin, seeds,  
Option/Add chicken breast

## GREEN GOODNESS

GF, V\*, VG

Balinese Gado Gado – cooked, mixed vegetables with tofu, hard boiled egg  
and peanut sauce

## LOCAL LOVE

GF, V\*, VG\*

Brown rice nasi goreng  
Option/Add chicken breast

## CHOICE OF PROTEIN GRILLED

GF

Prok Chop  
Australian Harvey Ribeye  
Giant Tiger Prawns  
Snapper Fillet  
Tuna Steak

## CHOICE OF SIDES

GF, V, VG

Sweet potato twice cooked  
Corn on the cob  
Creamy carrot mash  
Sautéed mixed veg  
Tomato and onion salad  
Sticky rice