AVORUSH

SINCE 2017

AVO-LICIOUS HEALTHY FOOD

Avorush began with our founder Ching's vision as a nutritionist and recipe developer: to make fine, nutritious food. Our Mediterranean and Mexican-inspired dishes blend nutrition expertise with bold flavour, made for fast-paced lifestyles with fine, healthy food on the go.

TOASTS

Goodfellas $11.5
multigrain sourdough, avocado, feta, scrambled eggs or boiled eggs

The Big Catch $17.9
multigrain sourdough, avocado, tomato, scrambled eggs, salmon

Avocado & Shrimp $14.5
multigrain sourdough, avocado, cherry tomato & paprika shrimp

Classic Smashed Avo $10.5
multigrain sourdough, avocado, feta & chilli flakes

Halloumi Baby $14.9
multigrain sourdough, avocado & grilled halloumi

Toast & Eggs $7.9
3 scrambled eggs with your choice of sourdough or focaccia

DELI POTS & LITE BITES

Pita & Lemony Hummus [vg] $11.5
toasted pita & house-made lemony hummus

Egg & Edamame Protein Pot $6.5
boiled eggs & edamame

Wicked Edamame & Chicken Protein Pot $7.5
wicked edamame & roasted chicken breast

Classic Overnight Oats $7.5
greek yogurt, oats, milk, chia seed, fruits

Blueberry Overnight Oats $7.5
blueberry, greek yogurt, oats, milk, chia seed, fruits

Greek Criminal $7.5
greek yogurt, tea berry granola, fruits

Mango Greek Criminal $7.5
greek yogurt, mango puree, tea berry granola

Cajun Tofu Set [vg] $6.0
10 pcs cajun tofu with tabasco sriracha / lemon tahini

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WRAPS . SANDWICHES . SALADS

Avorush Club Sandwich $13.9
focaccia, chicken, rocket, sundried tomato, avocado, basil dressing

Avo & Egg $6.5
wrap with scrambled eggs, avocado & tabasco sriracha

Avo Egg & Chicken $9.5
wrap with scrambled eggs, avocado, chicken & tabasco sriracha

Egg White & Feta $9.5
wrap with egg whites, feta, sundried tomatoes & rocket

Spicy Chicken $8.5
wrap with chicken, lettuce, carrot & tabasco sriracha

Classic Chicken $8.5
wrap with chicken, lettuce, carrot & lemony mayo

Vegan Gangsta Wrap [vg] $9.5
wrap with lemony hummus, tomato salsa, lettuce

Hummus & Harissa Chicken $9.9
wrap with lettuce, lemony hummus, harissa chicken & cucumber

Couscous Hustle $8.5
herbed couscous, sundried tomato, feta & chickpeas

Avo Greek Chicken Salad [gf] $16.0
salad with chicken breast, avocado, feta, kalamata olives, cucumber, lettuce, cherry tomato & greek dressing

Avo Shrimp Salad [gf] $16.5
salad with paprika shrimp, avocado, corn, tomato & lemon tahini

add side salad +$3.0

AVORUSH USUAL SUSPECTS

Most Wanted $19.0
harissa lamb meatballs, smoky paprika corn, lemony hummus, pickled onions, cucumber, basmati, supergreens & lemon tahini

Garden Gangsta [vg] $16.9
spicy bulgur with cajun tofu, sweet potato, wicked edamame, lettuce, smoky paprika corn, pickled onion, naked guacamole & lemon tahini

Greek Escape $18.5
pita, herbed couscous, lemony hummus, greek salad, feta, kalamata olives, harissa chicken & lemon tahini

Killer $19.0
multigrain sourdough, avocado, chicken breast, rocket, cherry tomato, lemon vinaigrette & choice of feta or halloumi

Ransom [gf] $18.5
salad with moroccan salmon, cucumber, wicked edamame, smoky paprika corn, feta, cherry tomato & naked guacamole

No Mis-Steak [gf] $19.0
steak, supergreens, sweet potato, avocado, pickled onion, cucumber & harissa vinaigrette

Hummus Criminal & Avocado Salad [vg] $17.9
salad with house-made beetroot hummus, lemony hummus, avocado, cherry tomato, pita & lemon tahini

AVORUSH BURRITO BOWL

high-protein, dairy-free burrito bowl with spicy bulgur, chipotle tomato salsa with kidney beans, smoky paprika corn, naked guacamole & jalapeño

Vegan Burrito Bowl [vg] $17.5

Chicken Burrito Bowl $17.5

Shrimp Burrito Bowl $19.5

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BUILD YOUR OWN BOWL

Regular $14.9+
2 bases + 1 protein + 2 sides + 1 dip + 1 dressing

Large $19.9+
3 bases + 2 proteins + 3 sides + 1 dip + 1 dressing

bases
supergreens [vg] / romaine [vg] / spicy bulgur [vg] / basmati [vg] / quinoa [vg] / herbed couscous [vg] / summer pasta

$2.5 additional serving

proteins
cajun spiced tofu [vg] / vegan gangstas [vg] / harissa chicken breast / garlic pepper chicken thigh / moroccan salmon +$2.0 / paprika shrimp +$2.0 / grilled steak +$2.0 / harissa lamb meatball +$2.0

$4.5 additional shrimp / salmon / steak / lamb meatball

$3.5 additional tofu / vegan gangstas / chicken breast / chicken thigh

sides
broccoli [vg] / greek salad / coleslaw / sesame carrots [vg] / wicked edamame [vg] / shredded carrot [vg] / cherry tomato [vg] / zucchini [vg] / olives [vg] / pickled onion [vg] / feta +$1.0 / chickpeas [vg] / boiled egg / roasted pumpkin [vg] / jalapeño [vg] / sweet potato [vg] / beets carrots [vg] / paprika corn [vg] / half avocado [vg] +$1.5

$2.0 additional serving

dips
beetroot hummus [vg] / lemony hummus [vg] / naked guacamole [vg]

$2.0 additional serving

housemade dressings
lemon tahini [vg] / tabasco sriracha / lemon vinaigrette [vg] / basil dressing / balsamic vinaigrette [vg] / harissa vinaigrette

$1.5 additional serving

extras
pita wedges $2.0 | sourdough 1 pc $2.0 | grilled halloumi $6.0

SMOOTHIES & JUICES

Avo Vanilla avo smoothie with a hint of vanilla	$9.0
Post Workout avo smoothie with fresh banana	$9.0
Matcha Dream avo smoothie with matcha	$9.0
Summer Dream [vg] avo smoothie with coconut water. no ice added	$9.0
Banana Blueberry banana, blueberry, milk. no ice added	$8.5
Watermelon Mint [vg] watermelon, mint, coconut water. no ice added	$6.5
Metabolism Bestie [vg] red dragon fruit, mango, coconut water. no ice added	$7.0

OTHER BEVERAGES

Remedy Kombucha [vg]	$5.5
Coke	$2.0
Coke Zero	$2.5
Sparkling Water	$4.0