



BOWLS

*Poke

yellowfin tuna, sushi rice, wakame, mango, avocado, edamame, daikon, carrot, spring onion, wasabi dressing

Buddha ✓

red rice, sweet potato, avocado, white cabbage, carrot, edamame, mango, roasted curry cashew, mango-ginger sauce

Lebanese

beef kefta, falafel, muhammara, fattoush, aubergine caviar, roasted tahini carrots, pita bread

Cancún

free-range chicken breast, quinoa, avocado, carrot, mushroom carnitas, watermelon, pico de gallo, tortilla crisps, cilantro, chili aioli

*Gravlax

salmon gravlax, toasted buckwheat, sweet potato, avocado, white cabbage, artichoke caviar, seaweed, dill, sweet mustard sauce

Compose Your Own

4 to 8 items recommended, choose from:

GREENS

spinach | romaine | arugula | kale

PROTEINS

*free-range egg | *salmon | free-range chicken | fried tofu

GRAINS

toasted buckwheat | quinoa | brown rice | sushi rice

LEGUMES

lentils | red bean | black bean | edamame
hummus | falafel

VEGETABLES

carrot | bell pepper | tomato | cucumber | corn
red onion | broccoli | cauliflower | mushroom
butternut squash | sweet potato | beet | radish
red cabbage | white cabbage | daikon | fennel

CHEESE

feta | goat cheese | blue cheese

FRUIT

apple | grapes | mango | raisins | dried cranberries

NUTS & SEEDS

cashews | pecans | walnuts
pumpkin seeds | sunflower seeds

DRESSINGS

yogurt | orange-miso | mango-ginger | lemon-tahini
red wine-dijon | lime | balsamic | chipotle | chili aioli

SALADS

Thai Mood

free-range chicken breast, green papaya, daikon, carrot, fennel, cucumber, parsley, mint, roasted peanuts, coriander, lime vinaigrette

*Salmon

seared salmon, tabbouleh, lemon-tahini sauce

Superfood Ensalada ✓

kale, quinoa, black beans, corn, butternut squash, red onion, avocado, cilantro, chipotle vinaigrette

French Market ✓

green beans, cherry tomato, shallots, arugula, blue cheese, farmer's croutons, red wine-dijon vinaigrette

AVOCADO TOAST

Classic Avocado ✓

avocado, rustic farmer's bread

*Huevos ✓

avocado, poached egg, sundried tomato, pomegranate, pumpkin seeds, rustic farmer's bread

Oceania Signature

avocado, Mexican-spiced shrimp, rustic farmer's bread

*Salmon

avocado, salmon flakes, sundried tomato, pomegranate, pumpkin seeds, rustic farmer's bread

✓ lacto-ovo vegetarian

***PUBLIC HEALTH ADVISORY:**
Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.

SOUPS

Gazpacho ✓

tomato, cucumber,
bell pepper, sweet onion

Butternut Squash ✓

almond foam, pumpkin oil

WRAPS

Pollo

free-range chicken breast,
mushroom carnitas,
guacamole, cheddar,
sweet potato, lettuce,
tortilla, salsa cruda

Muhammara ✓

muhammara, falafel,
sweet potato, cucumber,
carrot, lettuce, tortilla,
plant-based mayonnaise

TACO

*Yellowfin

marinated yellowfin tuna,
spring onion, guacamole,
corn tortilla

OMELET

Compose Your Own

*egg white or *free-range egg
your choice of:

Beyond Sausage®

*smoked salmon
vegan cheddar | tomato
onion | sautéed peppers
scallion | jalapeño

FRUIT

Today's Selection

seasonal fruit, berries

SANDWICHES

Club

free-range chicken breast, hard-boiled egg,
avocado, Emmental, lettuce, tomato,
triple-decker rye toast, cashew mayonnaise

Pita Chicken

free-range chicken breast, feta, oregano,
Greek salad, raisins, kalamata olives,
pita bread, yogurt-lemon sauce

Panini ✓

buffalo mozzarella, tomato, basil, ciabatta bread

Pita Sabich ✓

falafel, roasted tahini-eggplant, red cabbage,
flat parsley, pita bread, lemon-tahini sauce

*Smoked Salmon Bagel

smoked salmon, open-faced homemade bagel

*Rustic Salmon

smoked salmon, lettuce, tomato, cucumber,
radish, hard-boiled egg, red onion,
polar bread, sweet tangy tamarind sauce

BURGERS

*Tuna

grilled yellowfin tuna loin, salsa cruda,
lime-almond mayonnaise

Impossible

grilled 5oz Impossible Burger®, vegan cheddar,
lettuce, red onion, tomato, pickle,
charcoal bun, plant-based ketchup

Crunchy Chicken

cornflake-crust chicken patty,
tomato, avocado, cheddar, sesame bun,
chipotle mayonnaise

DESSERTS

Chocolate Sundae

vanilla ice cream, cocoa sauce,
cocoa nibs, coconut frosting

Berry Sundae

vanilla ice cream, red fruit coulis, strawberry

Ice Cream

vanilla | mango

JUICES

Pure Immunity

orange, lime, ginger,
turmeric, cayenne pepper

Coco Island

coconut water, apple, lime

Rise & Shine

orange, carrot, apple,
beet, ginger, turmeric

SMOOTHIES

Morning Sea

passion fruit, pineapple,
orange, banana

Purple Rain

coconut water, banana,
blueberry

Tropical Green

spinach, coconut water,
banana, ginger

Sun Salutation

mylk⁺, banana,
dates, vanilla

Yellow Sunshine

orange, banana,
mango, ginger

+HOMEMADE MYLK
YOUR CHOICE OF:
cashew | almond

