

# SOUP MENU

*soup menu*

**Cheeky**

*your best self*

## A NEW SEASON OF CHEEKY: NEW VISION, NEW SOUPS.

As winter arrives and your body slows down to keep warm and well from the routine colds and flus, your needs will call for nourishing foods to nurse your body through the healing season. Stress can ramp up during this time as your body works overtime healing, keeping moist and warm. If we remove the natural stress the body experiences in the gut for digestion; breaking down our food and bringing it to optimal temperature; and instead provide it with warm, liquid, super high-nutrient food, we provide it with the fuel it needs to heal and rejuvenate without the tax of digestive energy. We've designed our first ever range of Cheeky Winter Limited Edition seasonal soups to achieve exactly that for those last minute pick ups or breaks from routine. The selection has been curated with healing and whole foods at the foundation, and then the ability to be curated to a broad range of your personal nutritional values.

While you enter Brisbane's brief cool season and hopefully take the time to rest and recoup, Cheeky will be preparing for her metamorphosis too. We will be working in the darker months to curate the most wonderful and vibrant spring transition that you've seen yet. As we enter our next era, we will see the Hawaiian and Japanese fade into our past and our 'poke' drop off. Instead, endless variety of whatever cuisine best represents each seasonal rotation of market fresh fruit and veg will be what you come to expect to nurture your strongest body and mind with. We hope you enjoy this Winter sneak peek of much more to come.

### NUTRITIONAL VALUES

#### MACRO- & MICRONUTRIENTS

Approximate nutritional profiles have been provided alongside each of our soups featuring some key macronutrients and selected stand out micronutrients. To see the full nutritional profile, scan the QR code.



#### GENETIC MODIFICATION

All of our soups are completely non-gmo and our beef and chicken are both grass fed, 100% Australian products.

#### SUGAR

All soups are free of refined sugars apart from the garnish of a few drops of fish sauce on our Laksa soup. It contains a small amount of sugar that can absolutely be left out upon request.

(Please see allergy & sensitivities on page 6 for more information)

## **COLLAGEN BONE BROTHS:** **PRE MEAL STARTERS**

BY *Gevity*®

Responsible for healing & strengthening the gut lining (along with all other connective tissue in the body), collagen forming amino acids proved to be scarce in the lab tests of every bone broth product available when the Gevity team set out to find the best on their personal healing journey.

The result was having to develop their own - And now we are presenting to you, a third party, lab verified, 10x higher collagen forming, amino acid-containing selection of bone broths than anything else they've found. They're also meat, vegetable, dehydration and extreme heat destruction free for optimal absorption and max bio-availability.

**Best enjoyed before your main course for optimum absorption into the gut lining.**

### **CLEANSE | Turmeric**

**3**

100% Grass-fed Beef Bones 82%, naturally evaporated sea salt, ginger, turmeric, organic apple cider vinegar, black pepper, lemon myrtle



### **BURN | Chilli**

**3**

100% Grass-fed Beef Bones 71%, naturally evaporated sea salt, medium chain triglycerides, matcha green tea blend (water, japanese matcha green tea, ground cinnamon, olive leaf powder, siberian ginseng, cayenne pepper), chilli powder



### **POPULATE | Miso**

**3**

100% Grass-fed Beef Bones 62%, naturally evaporated sea salt, organic fermented soy bean paste, organic apple cider vinegar, organic wakame flakes



VITAMINS: B3, B6, B12, A  
MINERALS: PHOSPHORUS, SELENIUM



## CHICKEN RISONI SOUP



18.9

A full bodied, classic broth served rich & comforting, complimented by risoni & tender chicken thigh.

+ *sourdough w/ butter* \$2 | + *sourdough croutons* \$1.50 | + *extra chicken* \$5 | *swap risoni for brown rice (GFO)*

VITAMINS: C, B6, A, K, FOLATE  
MINERALS: COPPER, MANGANESE



## EVERYTHING GREEN & GREAT



OPTION TO REMOVE

(VG)(O)

17.9

A smooth synthesis of enriching greens, masterfully shaped with the sweet & savoury of familiar spices, sharp & rich parmesan & delicate swirl of cream to finish.

+ **PROTEIN** *chicken* \$4 | *salmon* \$5.50 | *mushroom* \$3 | *edamame* \$2 | *chickpeas* \$2 | *quinoa* \$2.50  
+ **CARBS** *brown rice* \$3 | *risoni* \$3 | *sourdough w/ butter* \$2 | *sourdough croutons* \$1.50

VITAMINS: B2, B3, B6, B12, A, K,  
MINERALS: PHOSPHORUS, ZINC, SELENIUM, MANGANESE



## ITALIAN MEATBALL SOUP



18.9

Succulent Italian meatballs in a herbaceous infusion of hearty, rich broth, comforting risoni & sharp, creamy parmesan.

+ *sourdough w/ butter* \$2 | + *sourdough croutons* \$1.50 | + *extra meatballs* \$5 | *swap risoni for brown rice (GFO)*

VITAMINS: C, B2, B6, A, E  
MINERALS: PHOSPHORUS, COPPER, MANGANESE



## SPICED PUMPKIN SOUP



17.9

Familiar, full-bodied mouthfeel of creamy pumpkin, met with a healing warmth of chilli at the lips and ginger in the chest. Finished with a cooling swirl of cream.

+ **PROTEIN** *chicken* \$4 | *salmon* \$5.50 | *mushroom* \$3 | *edamame* \$2 | *chickpeas* \$2 | *quinoa* \$2.50  
+ **CARBS** *brown rice* \$3 | *risoni* \$3 | *sourdough w/ butter* \$2 | *sourdough croutons* \$1.50

VITAMINS: C, A, K, FOLATE  
MINERALS: COPPER, MANGANESE



## MINESTRONE



OPTIONAL  
PEANUT  
REMOVE

(VG)(0)

17.9

Hearty, fibrous bean & veg, wrapped in robust, herb-rich tomato. Comforting risoni & sharp, creamy parmesan add compliments.

**+ PROTEIN** *chicken \$4 | salmon \$5.50 | prawn \$5 | mushroom \$3*

**+ CARBS** *sourdough w/ butter \$2 | sourdough croutons \$1.50 | swap risoni for brown rice (GFO)*

VITAMINS: A, K  
MINERALS: COPPER, MANGANESE



## LAKSA NOODLE SOUP



*Chicken 18.9 | Prawn 22.9 | Salmon 24.9*

A salty, creamy body of noodles with mild, smokey-sweet notes of paprika and turmeric is paired with zesty kaffir & fresh lime then topped with crunchy, fresh bean sprouts.

## ALLERGIES & SENSITIVITIES



### **IMPORTANT**

Cheeky products may contain wheat, gluten, seafood, shellfish, milk, egg and/or the traces of nuts, among other items. Our open plan kitchen and speed of service mean that any ingredient in our kitchen may be present in menu items. We can remove some ingredients but we cannot guarantee that your menu item will be free from any allergens or sensitivities. If you need more information on our ingredients, please ask our team to see the (allergen info book) or (scan the QR code above).

### **GLUTEN**

Some of our soups are served with a wheat based pasta, though each of them offers a gluten free alternative. While we do cook these items separately to best cater to our coeliac friends, there can be traces.

### **NUTS**

All of our soups are currently free of nuts, however any item could potentially contain traces.

### **DAIRY**

On our soup menu, there is dairy used in some items as garnish in the form of a small drizzle of cream or parmesan cheese, which can both be left off.

### **ALLIUM FAMILY**

The Allium family (i.e. onion, garlic, leeks, spring onions etc), are heavily prevalent in our soup menu, with no items being free of them.

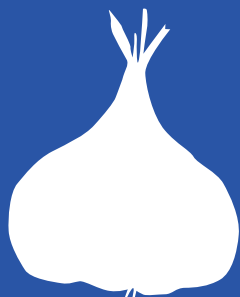
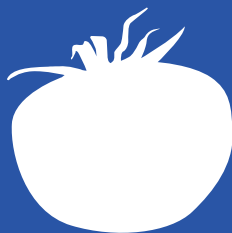
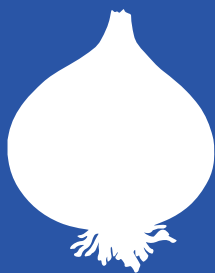
### **HAVE A QUESTION?**

If you have a specific question about our ingredients, please reach out at [hello@cheekyokebar.com.au](mailto:hello@cheekyokebar.com.au) or fill out a contact form on our website. Our team members in store are available to assist you as guides, but information they provide may be erroneous as human error. Your health is a sensitive and important matter and thus we recommend you confirm with us via email or by viewing information provided if you are unsure about anything in your food.

### **WASN'T PERFECT? PLEASE TALK TO US!**

Our beautiful team has been hand-selected based primarily on their desire to connect earnestly with human beings - they are here to help! The fact that you're wanting to let us know rather than simply not coming back shows us you believe our standards are higher than that, so honestly, what a compliment, we won't let you down!

If something isn't right, please don't continue to eat a sad meal :( Let us know right away and we will make sure you don't go a minute longer with a meal you don't love. In the tricky situation where you can't seem to flag someone down or just don't feel happy with how things turned out, please get in touch with our head office. Find us at [hello@cheekyokebar.com.au](mailto:hello@cheekyokebar.com.au) or fill out a contact form on our website.



**Cheeky**

