

# CHEEKY MENU

NEWSSTEAD



## STARTERS

### SEE SOUP MENU FOR COLLAGEN BONE BROTH: PRE MEAL STARTERS

/ 3

**SHICHIMI EDAMAME (SPICY)** / 7.9

**TARO CRISPS** / 9.9

served with wasabi mayo (GF) or beetroot hummus (GF) (V)

**CHEEKY PORK GYOZA** / 9.9

served with house soy & sesame

**SASHIMI TASTING PLATE** (GF) / 19.9

salmon, tuna & kingfish served with wasabi & soy

**WAGYU BEEF TATAKI** (GF) / 19.9

lightly seared wagyu beef marinated in our Cheeky citrus sauce

## SOUPS

### SEE SOUP MENU FOR FULL RANGE OF WINTER SOUPS

#### GREEN CURRY

tofu & mushroom (GF) (*not vegan, due to fish sauce*) / 19.9

chicken (GF) / 20.9

pork gyoza / 20.9

prawn (GF) / 22.9

salmon (GF) / 22.9

kingfish (GF) / 26.9

Steve's Choice: salmon & prawn (GF) (*double the protein*) / 32.9

w/ coconut jasmine rice, broccoli, carrot, zucchini, kaffir lime, thai basil

## KIDS MEALS

**POKE BOWL** (GF) / 10.9

chicken or salmon, brown rice, cucumber, carrot, mayo, puffed rice, sesame & salt

**CHICKEN RISONI SOUP** (GFO) / 10.9

classic chicken broth, chicken thigh & risoni

**WONTON OR NORI TACO** / 1 FOR 9 / 2 FOR 17

chicken or salmon, coconut turmeric rice, cabbage, avocado, spring onions, sesame, mayo & salt

**SIGNATURE TACOS**

**1 FOR 9 | 2 FOR 17 | 3 FOR 24**

**IN YOUR TACO**

coconut turmeric rice, cabbage, avocado, pickled ginger, spring onions, mayo, sesame, togarashi, & your choice of protein w/ sauce

**1: CHOOSE A BASE**

nori taco  
wonton taco

**2: CHOOSE A PROTEIN W/ SAUCE**

salmon w/ wasabi mayo  
tuna w/ shiso aioli  
kingfish marinated in coconut & lime w/ sriracha mayo  
prawn marinated in lemon & oil w/ sriracha mayo  
tofu marinated in house soy & sesame w/ miso tahini (V)  
chicken w/ creamy asian sauce  
wagyu beef w/ wasabi mayo  
mushroom w/ beetroot hummus (V)

**SIGNATURE NACHOS**

**IN YOUR NACHOS**

corn tortilla chips, spring onions, radish, jalapeños, avocado, coriander, lime, sesame, togarashi, & your choice of protein w/ sauce

**1: CHOOSE A PROTEIN**

salmon	/ 24.9	prawn	/ 24.9	wagyu beef	/ 26.9
tuna	/ 28.9	chicken	/ 21.9	mushroom	/ 21.9
kingfish	/ 28.9	tofu	/ 20.9		

**2: COAT YOUR PROTEIN IN A DRESSING**

house soy & sesame (GF) (V) *(recommended w/ salmon & tofu)*  
wasabi ponzu (GF) *(recommended w/ tuna)*  
coconut & lime (GF) (V) *(recommended w/ kingfish)*  
lemon & oil (GF) (V) *(recommended w/ prawns)*  
no coating *(recommended w/ chicken, wagyu beef & mushrooms)*

**3: CHOOSE A SAUCE**

wasabi mayo (GF)	shiso aioli (GF)
sriracha mayo (GF)	beetroot hummus (GF) (V)
creamy asian (GF)	miso tahini (GF) (V)

## SIGNATURE POKE BOWLS

### SALMON (GF)

S / 20 R / 24.9

sashimi salmon, coconut turmeric rice, cabbage, kale, cucumber, wakame, pickled ginger, wasabi mayo, taro crisps, 64° egg, Cheeky nori, sesame, togarashi & salt

### TUNA (GF)

S / 24 R / 28.9

sashimi tuna, black rice, zucchini, pickled onion w/ parsley, cherry tomatoes, jalapeños, edamame, wasabi ponzu, fried shallots, 64° egg, Cheeky nori, sesame, togarashi & salt

### KINGFISH (GF)

S / 24 R / 28.9

sashimi kingfish, black rice, spinach, carrot, capsicum, beetroot, pineapple, coconut & lime sauce, toasted coconut, 64° egg, Cheeky nori, sesame, togarashi & salt

### PRAWN (GF)

S / 20 R / 24.9

fresh king/tiger prawns, coconut turmeric rice, cabbage, beetroot, pickled onion w/ parsley, wakame, enoki, sriracha mayo, puffed rice, avocado, Cheeky nori, sesame, togarashi & salt

### CHICKEN (GF)

S / 18 R / 21.9

chicken, brown rice, oak lettuce, spinach, carrot, beetroot, corn, creamy asian sauce, wasabi peas, avocado, Cheeky nori, sesame, togarashi & salt

### WAGYU BEEF (GF)

S / 24 R / 28.9

beef tataki, glass noodles, spinach, enoki, cherry tomatoes, radish, pickled ginger, red onion, watercress, Cheeky citrus sauce, fried shallots, 64° egg, Cheeky nori, sesame, togarashi & salt

### PORK GYOZA

S / 18 R / 21.9

steamed pork gyoza, brown rice, spinach, carrot, capsicum, kimchi, cucumber, shiso aioli, spring onions, Cheeky nori, sesame, togarashi & salt

### TOFU (GF) (V)

S / 17 R / 20.9

tofu, quinoa, spring onions, broccoli, kale, cabbage, beetroot, pickled ginger, miso tahini, fried shallots, avocado, Cheeky nori, sesame, togarashi & salt

### MUSHROOMS (GF) (V)

S / 18 R / 21.9

marinated mushrooms, roasted veg mix (turmeric cauliflower & sweet potato), cucumber, cherry tomatoes, radish, spinach, jalapeños, beetroot hummus, fried shallots, Cheeky nori, sesame, togarashi & salt

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### STEVE'S BOWL (GF)

/ 24.9

*A tribute to one of our most loyal customers.*

sashimi salmon coated in house soy & sesame on coconut turmeric rice, topped with japanese mayo, spring onions, puffed rice, sesame, togarashi & salt

\*SMALL LUNCH BOWLS AVAILABLE FROM 11AM - 4PM (EGG & AVO NOT INCLUDED)

# BUILD YOUR OWN BOWL

## 1: CHOOSE A PROTEIN

1 protein included (ask about adding another serve to your bowl)

salmon	S / 20 R / 23.9	prawn	S / 20 R / 23.9	wagyu beef	S / 24 R / 27.9
tuna	S / 24 R / 27.9	chicken	S / 18 R / 21.9	pork gyoza	S / 18 R / 21.9
kingfish	S / 24 R / 27.9	tofu	S / 17 R / 20.9	mushrooms	S / 18 R / 21.9

\*SMALL LUNCH BOWLS AVAILABLE FROM 11AM - 4PM

## 2: CHOOSE A BASE

1 base included

glass noodles	cooked greens mix (kale & broccoli)
brown rice	fresh greens mix (oak lettuce & spinach)
black rice	roasted veg mix (cauliflower & sweet potato)
coconut & turmeric rice	

## 3: ADD SOME GOODNESS

5 salads included

kale	zucchini noodles	edamame beans
broccoli	beetroot noodles	kimchi
oak lettuce	cherry tomatoes	wakame
spinach	pineapple	pickled ginger
red cabbage	quinoa	pickled onion w/ parsley
carrot	radish	turmeric cauliflower
cucumber	bean sprouts	sweet potato
capsicum	enoki mushrooms	
corn	jalapeños	

## 4: SAUCE IT UP

1 sauce included (all dairy free)

wasabi mayo (GF)	beetroot hummus (GF) (V)	wasabi ponzu (GF)
sriracha mayo (GF)	miso tahini (GF) (V)	Cheeky citrus sauce (GF)
creamy asian (GF)	coconut & lime (GF) (V)	house soy & sesame (GF) (V)
shiso aioli (GF)	lemon & oil (GF) (V)	soy sauce (GF) (V)

## 5: ADD SOMETHING SPECIAL

avocado / +3.5	tobiko / +3.5	64° egg / +2.5
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## 6: ADD SOME CRUNCH

1 crunch included

fried shallots	taro crisps	wasabi peas
spicy wonton crisps	toasted coconut	puffed rice

## 7: SEASON IT

unlimited

sesame	fresh chilli	Cheeky nori (seaweed)
togarashi	chilli flakes	spring onions
salt		

## WINE

### WHITE

	<b>GLASS</b>	<b>BOTTLE</b>
Little Goat Creek Organic Sauvignon Blanc - Marlborough NZ	/ 12	/ 48
Golding "The Exchange" Chardonnay - Adelaide Hills SA	/ 14	/ 56
Orsino Pinot Grigio - Veneto ITA	/ 16	/ 64

### ROSÉ

La Vin En Rosé - Pays d'Oc FRA	/ 14	/ 56
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### RED

Yarrowood Pinot Noir - Yarra Valley VIC	/ 12	/ 48
Santuario Malbec - Mendoza ARG	/ 14	/ 56
Wild & Wilder "The Opportunist" Shiraz - Langhorne Creek SA	/ 16	/ 64

### SPARKLING

Wood Park Prosecco - King Valley VIC	/ 12	/ 48
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## BEER & CIDER

### BOTTLES

	<b>BOTTLE</b>	<b>BUCKET</b>
Asahi Soukai	/ 9	/ 27
Peroni Nastro Azzuro	/ 10	/ 30
Hills Cider Co. Apple Cider	/ 10	/ 30
Hills Cider Co. Pear Cider	/ 10	/ 30
Aether Alcoholic Ginger Beer	/ 14	/ 42

### TAP

*Please visit the bar or view our menu online to see what is on tap today.*

## GIN & TONIC

Bombay Sapphire w/ rosemary & lime	/ 13
Brookies Slow Gin w/ mint & lime	/ 14
Jinzu w/ apple & lemon	/ 16
Hendricks w/ cucumber & mint	/ 16
Ink Gin w / lime	/ 17
Saffron w/ orange & thyme	/ 18

# NON-ALCOHOLIC

## **KOMBUCHA** / 8

*Good Happy*

Ginger Turmeric

Berry Schisandra

Lemon Myrtle Pepperberry

Cacao Vanilla

## **SODA**

Pepsi Max / 5

*Bobby Prebiotic Soft Drink* / 6

Berry Orange

Cola Passionfruit

Lemon Ginger Beer

## **THERAPEUTIC TEA** / 6

*100% organic and artificial free*

Seasonal Selection (ask for today's flavours)

## **COLD PRESSED JUICE** / 7

*HRVST ST.*

Orange Sky

*orange, pineapple, lemon & turmeric*

Ruby Tuesday

*watermelon, rhubarb, pink lady apple, pear & lime*

Endless Summer

*lemon, pineapple, crispy green apple & cayenne pepper*

Little Green

*kale, cucumber, celery, lemon, spinach, pear & spirulina*

Original Orange

*100% valencia oranges*

Gold Digger

*carrot, apple, pineapple & ginger*

## **WATER**

**REG LRG**

Still / 4 / 8

Sparkling / 4 / 8

"All exceptional growth in the world will come from your strongest state of mind and thus, from your body, when kept in its most optimal condition."

(Cheeky, 2017)

*your best self*  
IN A BOWL

**Cheeky**  
POKĒ BAR