

CHEEKY MENU

ULSTER
LANE



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

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

	GLASS	BOTTLE
WHITE		
Little Goat Creek Organic Sauvignon Blanc - Marlborough NZ	/ 12	/ 48
Orsino Pinot Grigio - Veneto ITA	/ 16	/ 64
ROSÉ		
La Vin En Rosé - Pays d'Oc FRA	/ 14	/ 56
RED		
Yarrowood Pinot Noir - Yarra Valley VIC	/ 12	/ 48
Wild & Wilder "The Opportunist" Shiraz - Langhorne Creek SA	/ 16	/ 64
SPARKLING		
Wood Park Prosecco - King Valley VIC	/ 12	/ 48

BEER & CIDER

	BOTTLE
Asahi Soukai	/ 9
Asahi Super Dry	/ 10
Green Beacon Grappler Lager	/ 10.5
Balter XPA	/ 11
Hills Cider Co. Apple Cider	/ 10
Hills Cider Co. Pear Cider	/ 10
Aether Alcoholic Ginger Beer	/ 14

GIN & TONIC

Bombay Sapphire w/ lime	/ 13
Brookies Slow Gin w/ lime	/ 14
Jinzu w/ apple	/ 16
Hendricks w/ cucumber	/ 16
Ink Gin w / lime	/ 17
Saffron w/ orange	/ 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