



We believe a Food Rebel has the power of choice. A Food Rebel knows how their food is produced. A Food Rebel understands the impact food has on the body. Are you a Food Rebel?

The Food Rebellion starts in the Kitchen!

28 Stanley Street, (S)068737

Tel: +65 6224 7088

Order online at: www.foodrebelsg.com

email: info@foodrebelsg.com #eatgoodfeelgood #foodrebelsg

Follow us: Insta:@foodrebelsg Facebook:/kitchenbyfoodrebel

Lunch

(11:30am to 6pm Mon to Fri. Order for collection by 5:30pm at www.foodrebelsg.com)

Rebel Buddha-Bowls

Nutrient-dense earth bowls that keep you going all day. For big healthy appetites!

Chicken Protein Bowl 19

Hormone-free Chicken, Hummus, Avocado, Pumpkin & Tahini dressing - GF, DF, NF

Vegan Sweet Potato & Chickpea Bowl 19

Beetroot Hummus, Quinoa, Tofu-Avocado Mix & Tahini Dressing - V, GF, NF

Rebel Salads

Mixed Organic Leaves, served with house made vinaigrette.

Super-Food 17

Pomegranate & Goji Berries, Sprouts, Mixed Nuts & Seeds - V, GF

Green Salad 12

Mixed Paleo-friendly Organic leaves - V, GF, NF
Customise your salad with our list of add-ons

Rebel Sandwiches

Made using 100% Austrian wheat-flour. Olive Baguette, Baked Pumpkin Spread, side-salad.

Gluten Free Bread +2

Slow Roast Beef 18

Aussie Grass-fed Beef - DF, NF

Chilli-Padi Chicken 17

Baked Chicken with House-made spicy paste - DF, NF

Organic Tofu & Creamy Avocado 15

Smashed Avocados mixed with Organic Tofu - V, NF

Soup of the Day

Soup of the Day 9

See our specials board - V

Hot Rebel Meals

Zoodle Bolognese 18

Swap the carbs & gluten for Zucchini Noodles - GF, DF, NF

The Rebel Chicken Burger 21

Hormone-free House-made Patty with Baked Sweet Potato Fries. Dirty Clean Eating at its best! - DF, NF

Sustainable Barramundi w Asian Sesame Greens 21

Pan Seared Fillet, excellent source of brain boosting Omega3 - GF, DF, NF (may contain bones)

The Rebel Pie 18

Grass-fed Aussie Beef Bolognese topped with Sweet Potato Mash - GF, DF, NF

Add-Ons

PROTEINS:

Turmeric Baked Chicken 4

Chilli-Padi Chicken 4.5

Grass-Fed Beef 6.5

Barramundi Fillet 9

Free-Range Eggs 3

Fried/scrambled/omelette

Quinoa 4

CARBS:

Roast Sweet Potato 3

VEG:

Baked Pumpkin 3

Organic Local Greens 4.5

Sautéed Mushrooms 3

GOOD-FATS:

Avocado 2.5

Mixed-Activated Nuts or Seeds 2.5

Don't Panic it's Organic!

Organic food is real food grown or produced without the use of industrial pesticides & chemicals that kill insects and are therefore potentially harmful to the human body when ingested over long periods of time.

At Kitchen, we use organic vegetables wherever possible and we also use clean meats, produced sustainably, avoiding hormones & antibiotics that could potentially be passed on.

Despite higher production costs, eating an organic diet wherever possible can lead to a healthier life with fewer chronic health issues down the road.

Eat Good, Feel Good, Be a Food Rebel.

V = Vegan, VG = Vegetarian, DF = Dairy Free, GF = Gluten Free, NF = Nut Free

PLEASE APPROACH OUR CASHIER TO PLACE YOUR ORDER. #eatgoodfeelgood #foodrebelsg