



Reset your mind, body,
performance with a
Healthy Hub Macro Bowl.

Fueling your body for health is
our mission. Meeting your daily
Macronutrients of Carbohydrates,
Proteins and Fats will change the
way you think, feel and act.
Enjoy our premade bowls or
create your own.

However you like to eat your
Macro's we have you covered.



thehealthyhubballarat.com.au

Our mission is to provide an allergy and intolerance friendly menu
that suits a range of dietary choices. Please speak to our friendly team
to discuss your needs. Our entire menu and kitchen is gluten free.

Macro Bowls



Nacho Me \$21
Housemade Beans, Brown Rice, Corn Chips,
Corn, Salsa, Avocado



Country Garden \$23
Poached Eggs, Mushroom Medley, Sautéed Vegetables,
Roast Vegetables, Brown Rice, Pesto



Trendsetter \$23
Sweet Potato Toast, Poached Eggs, Haloumi,
Sauerkraut, Sautéed Vegetables, Dukkah



Chicken Hub \$23
Free Range Chicken, Roasted Vegetables,
Fresh Salad Greens, Brown Rice, Pesto, Hummus



Ceviche Fresh \$25
Salmon Ceviche, Soba Noodles, Edamame, Asian Slaw,
Pickled Ginger, Shichimi Togarashi, Ponzu Sauce



Herbivore \$21
Tofu, Brown Rice, Sautéed Vegetables,
Mushroom Medley, Hummus, Dukkah

Create Your Own Macro Bowl

\$23

STEP 1: Base CHOOSE ONE



Brown Rice



Zoodles



Soba Noodles

STEP 2: Protein CHOOSE ONE



Salmon Ceviche



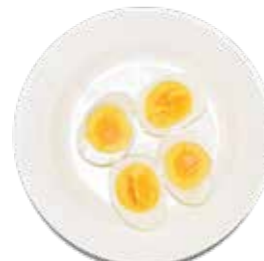
Crumbed Sardines



Halloumi



Housemade Beans



2 Eggs



Falafels



Pork Meatballs



Mushroom Medley



Free Range Chicken



Tofu

STEP 3: Carbohydrates CHOOSE TWO



Asian Slaw



Mushroom Medley



Roast Vegetables



Fresh Salad Greens



Edamame



Sautéed Vegetables



Zoodles

STEP 4: Toppings CHOOSE TWO



Miso Glaze Sauce



Hot Chili Sauce



Hummus



Sweet Chili Sauce



Ponzu Sauce



Shichimi Togarashi



Pesto



Pickled Ginger



Mint



Fresh Chili



Dukkah



Sauerkraut



Coriander

DOUBLE YOUR PROTEIN
from \$4 - \$8

Optional Add Extra Fats

		
Avocado \$5	Dukkah \$2	Salmon Ceviche \$8
		
Goats Cheese \$4	Crumbed Sardines \$8	Nitrate Free Bacon \$6.5