



Willow Urban Retreat
NAARM

*Please note we have a 10% & 15% surcharge on
weekends & public holidays respectively*



DRINKS

COFFEE BY MARKET LANE

SEASONAL BLEND 5.4

COLD BREW 6.0

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EXTRA SHOT + 0.5

DECAF, MOCHA, LARGE + 1

ICED + 1.5

SPECIALTY BEVERAGES

HOT CHOCOLATE 6.9

ORGANIC MATCHA LATTE 6.9

GOLDEN TURMERIC LATTE 6.9

ORGANIC CHAI LATTE 6.9

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ICED + 1.5

DIRTY + 1

COLD PRESSED JUICES

ORANGE JUICE 9.5

BETROOT JUICE 10.5

Beetroot, orange, carrot & apple

GREEN JUICE 10.5

Kale, celery, apple, lemon & ginger

COLD BEVERAGES

SPARKLING WATER 6.5

GINGER LEMON KOMBUCHA 7.5

BLOOD ORANGE SWITCHEL 7.5

TEAS BY MAYDE

FRESH MINT 5.5

FRESH GINGER & LEMON 5.5

FRESH GINGER & TURMERIC 5.5

ENGLISH BREAKFAST 5.5

EARL GREY 5.5

GREEN SENCHA 5.5

SERENITY 5.5

Chamomile, passionflower, rose petals, lavender

CLEANSE 5.5

Tulsi, nettle leaf, dandelion leaf, red clover, corn flowers

RESTORE 5.5

Echinacea, marshmallow leaves, lemon myrtle, rosehip, hibiscus

MILK ALTERNATIVES

ALMOND MILK + 0.8

OAT MILK + 0.8

COCONUT MILK + 0.8

SOY MILK + 0.8

MINDFULLY GOOD FOOD

We believe that truly good food should be equal parts vibrant, delicious & nourishing. We're excited about cuisine that looks incredible, tastes amazing & leaves us feeling happy. We're proud to serve mindfully good food using high quality, local, seasonal & sustainable produce.



ELIXIR BAR

SMOOTHIES

ANTIOXIDANT BERRY SMOOTHIE

Blueberries, raspberries, banana, cinnamon, chia seeds & coconut milk 13.5

Rich in antioxidants & bioflavonoids to support immunity & longevity

CACAO PROTEIN SMOOTHIE

Banana, cacao, almond butter, medjool dates, chia, hemp seeds & almond milk 13.5

Rich in therapeutic minerals, plant proteins & essential fatty acids for metabolic & muscular health

WELLNESS TONICS

IMMUNITY SHOT 5.5

Orange juice, fresh ginger, lemon juice, cayenne pepper, ACV, fresh turmeric & honey

Abundant in immune boosting and anti-inflammatory nutrients

ACV ELIXIR 5.5 [HOT]

Turmeric, ginger, maple syrup & apple cider vinegar

A nourishing elixir to support digestion, detox and warm the body

SUPERPOWDER ADD-ONS

WHEY PROTEIN POWDER (VO)

+ Any smoothie 2.5

Pure & organic, our flavourless protein powder refuels & strengthens the body

REISHI MUSHROOMS (V, GF)

+ Cacao smoothie 2.5

+ Any coffee 2.5

+ Hot chocolate 2.5

Used in Traditional Chinese Medicine to support immunity, boost brain function & sleep quality

SPECIAL

ADAPTOGENIC HOT CHOCOLATE 7.5

Dark Nutty Cacao with Reishi, Chaga & Ashwagandha

Organic, vegan, prebiotic rich & refined sugar free, this elixir is designed to de-stress

ORANGE ICED TEA 6.5

Infused w/ orange, lemon & mint
Antioxidant-rich black-tea base to support digestion, hydration and detoxification



ALL DAY NOURISHMENT

TOAST BY COBB LANE (GFO, DFO)

Multigrain, sourdough or GF Precinct toast w/ your choice of butter, seasonal preserves, house peanut butter or vegemite 10.5 / GF + 2

FRUIT LOAF BY COBB LANE (DFO)

Spiced & honey glazed fruit loaf w/ dried figs, apricots & dates 13.5

HOUSE BAKED BANANA BREAD (GF, DFO)

Served w/ cultured butter 8.5

A nutrient dense gluten free loaf filled with plant protein & magnesium

GRANOLA BOWL (VO, GF)

House granola served w/ seasonal fruits, greek yoghurt & maple syrup 17
+ Coconut yoghurt substitute 1

Packed with superfoods, our granola is GF & refined sugar free

WILLOW BREAKFAST (GFO)

A balanced & nutritious brekky board filled w/ banana bread, granola bowl w/ seasonal fruits & coyo, avocado toast & an immunity shot 23 / GF + 1

+ Egg 3.5

A perfectly macronutrient balanced breakfast rich in fibre & healthy fats

BANANA PANCAKES (V, GF)

A gluten free & refined sugar free treat served w/ house nutella, berry compote, house granola & seasonal fruits 24.5

Packed with immune boosting spices, potassium & fibre

WILLOW GREENS (VO, GF, DF)

Sautéed seasonal greens served w/ a poached egg, avocado, zucchini & herb salad, house seed mix & lemon dressing 24.5

+ Yarra Valley feta 6 ~ haloumi 8 ~ chicken 8.5 ~ chilli oil 2.5

Rich in plant phytonutrients & essential fatty acids to alkalise & detoxify

EGGS ON TOAST (DF, GFO)

Poached, scrambled or fried eggs on your choice of toast 14.9 / GF + 2

SIDES

House chilli oil 2.5

Carrot hummus 3.5

House kimchi 4.5

Yarra valley feta 6

Avocado w/ sumac 6

Heirloom tomatoes w/

pomegranate dressing 6.5

Seasonal greens w/ lemon 8

Portobello mushrooms 6

Bacon 7.5

Grilled haloumi 8

Grilled chicken 8.5

SEASONAL AVOCADO ON TOAST (VO, GFO)

Served w/ guacamole, house refried beans, salsa roja, feta, a poached egg, pickled vegetables, roasted almonds & fresh herbs 24 / GF + 2
+ Bacon 7.5 ~ haloumi 8

A perfectly macronutrient balanced dish rich in vegetarian proteins

CHILLI SCRAMBLE (DF, GFO)

Gut-loving kimchi scrambled eggs served w/ chilli-sesame dressing, furikake & pea tendrils on sourdough toast 24.5 / GF + 2
+ Bacon 7.5 ~ avocado w/ sumac 6 ~ haloumi 8

Full of protein, metabolism boosting nutrients & gut loving fermented foods

HEIRLOOM TOMATO BRUSCHETTA (VO, GFO)

Heirloom tomato bruschetta served w/ smashed peas, feta, pickled fennel & herb salad, roasted almonds, salsa verde & a poached egg 24.5 / GF + 2
+ Bacon 7.5 ~ Yarra Valley feta 6 ~ chicken 8.5 ~ haloumi 8

A vibrant dish that is rich in antioxidants, vitamins, & minerals

CHICKEN TOASTIE *

Poached chicken, basil pesto, cheddar, mayonnaise & rocket 16.5

MUSHROOM TOASTIE *

Portobello mushrooms, basil pesto, pickled onion, cheddar & rocket 16.5

KIMCHI TOASTIE *

Gut-loving kimchi & cheddar 15.5

***TOASTIES ARE MADE FRESH DAILY & AVAILABLE UNTIL SOLD OUT**

LUNCH

(AVAILABLE AFTER 10:30)

NOURISH BOWL (V, GF)

Served w/ sautéed greens, gut-loving sauerkraut, carrot hummus, almond dukkah, portobello mushrooms, pomegranate dressing & brown rice 27
+ Egg 3.5 ~ chilli oil 2.5 ~ chicken 8.5 ~ haloumi 8 ~ tomatoes 6.5

A bowl rich in calcium, gut loving fermented foods & plant fibre

SUSHI BOWL (GF)

Served w/ hot smoked salmon, asian greens, avocado, pickled ginger, togarashi, nori, coriander, miso dressing, wasabi yoghurt & brown rice 28.5
+ House kimchi 4.5 ~ egg 3.5 ~ chilli oil 2.5 ~ seasonal greens 8

Full of minerals & omega 3 fatty acids for nervous system support

SLOW BRAISED LAMB SHOULDER (GF)

Sautéed lamb shoulder, seasonal greens & roasted cauliflower served w/ carrot hummus, pickled onion, poached egg, chilli yoghurt & dukkah 28.5
+ Toast (1 Slice) 4 ~ feta 6 ~ haloumi 8

Gut-loving pre & probiotics, dietary fibre & a variety of seasonal ingredients.

WILLOW URBAN RETREAT

Dedicated to the art of living well

Travelling beyond the traditional confines of a day spa, yoga studio or cafe, Willow is an elevated, integrated wellness experience designed to create a true sense of nourishment, inspiration and wholeness. It's a place where mind, body and spirit all have equal consideration. A place to reclaim your radiance – inside and out.

To help you get there, we've drawn together a team of exceptional wellness professionals to offer holistic health, wellbeing and lifestyle consultations; transformative movement and meditation classes; nourishing cuisine; and truly transcendent spa treatments. And that's just the beginning.

Welcome to Willow Urban Retreat.



WELLNESS SPA

A place of rejuvenation, connection & empowerment

Our Wellness Spa treatments are designed to promote deep relaxation and reconnection to self. Spa journeys, holistic facials, massage and complementary therapies are provided by professional, intuitive and heart-driven wellness professionals — dedicated to guiding and empowering each guest into a state of greater wellbeing.



YOGA STUDIO

Reconnect with yourself

For the mind to be in optimal health, so must the body. Movement invigorates your very core, waking up your soul to restore drive, motivation and an undeniable zest for life. Our studio is designed for you to breathe deeply, with a variety of classes for all levels we encourage, restore and enlighten.



