



DINNER MENU



www.yeotown.com

At Yeotown, we believe food should fuel both body and mind. Our ingredients are sourced with integrity. Grass-fed, regenerative-farmed meats from The Ethical Butcher, wild-caught fish from sustainable waters, and farmer's market inspired, seasonal produce from trusted local growers.

Every dish is designed to balance nourishment and flavour, rooted in our Yeotown philosophy: Strong in Body, Clear in Mind.

SMALL PLATES

Beetroot Hummus, Za'atar, Homemade Five Seed Crackers or Crudités 7

Vibrant beetroot blended with tahini and lemon.

(S) (VG) (GF)

Rich in antioxidants and nitrates for healthy circulation and focus.

Steamed Edamame with Sea Salt 7

Warm soybeans with a touch of sea salt. (SY)

Plant protein and magnesium for calm, sustained energy.

Homemade Seasonal Soup of the Day, Toasted Sourdough 9

Daily changing, using whatever's best from our local growers. (C) (G) (VG) (GFO)

Seasonal vegetables to support immune and gut health.

Free-Range Chicken Goujons 12.5 with Crispy Quinoa & Seed Crumb, Sriracha Aioli

Golden, gluten-free goujons coated in quinoa and seeds. (GF) (M)

Comfort food reimaged. Protein-rich with slow-release energy.

Harissa & Garlic Pan-Fried Shell-On 13.5 Prawns, Harissa Lime Butter

Fiery, fragrant prawns tossed in harissa butter and lime. (F) (DF)

High in lean protein and zinc to support muscle recovery and immunity.

LAND & SEA

Seared Steak Fillet & Wild Mushroom Sauce 28

Lean, iron-rich grass-fed steak cooked to your preference, with roasted cherry vine tomatoes, tenderstem broccoli and a wild mushroom sauce.

(SY) (D) (M)

Protein for strength and vitality; mushrooms to boost mood and immunity.

Pistachio Crusted Wild Salmon 26

Oven-roasted wild salmon topped with a pistachio crumb, quinoa and wild rocket salad, fennel, orange and turmeric sweet potato. (F) (N) (M) (GF) (DF)

Rich in omega-3s for brain health; pistachios and turmeric for anti-inflammatory balance.

Lemon & Black Pepper 26 Pan-Fried Sea Bass

Crisp-skinned sea bass with minted pea purée, charred broccolini, herb-roasted potatoes and lemon-herb crumb. (F) (G) (GFO) (DF)

Omega-3s for glowing skin and cognitive clarity; bright greens to revitalise digestion.

Miso & Ginger Glazed Chicken 22 & Sesame Greens

Free-range chicken glazed in miso and ginger, with sesame greens, shimeji mushrooms, steamed brown & wild rice and homemade kimchi. (S) (SY) (DF)

Miso to support gut flora; ginger and sesame to calm inflammation and nourish energy flow.

PLANT POWERED

Thai Red Vegetable Curry 18

Homemade Thai red curry with coconut milk, okra, green beans and spinach, served with brown and wild rice. **(VG) (GF) + Prawns (F) 5 + Tofu (SY) 4.5 + Extra Spicy**

Coconut and turmeric to calm inflammation; herbs to uplift and energise.

Roasted Cherry Tomato & Spinach Linguini 16

Slow-roasted cherry vine tomatoes, garlic, chilli, spinach and toasted seeds tossed through linguini, finished with Pangrattato and micro watercress. **(G) (GFO) + Prawns (F) 5**

Rich in lycopene and antioxidants to support skin, energy and cellular health.

SIDES

Charred Broccolini & Lemon, Walnut Parmesan (N) 7

High in fibre and vitamin C for glowing skin and strong immunity.

Herb Roasted Potatoes, Truffle or Sriracha Aioli 6

Rooted in comfort, balanced with healthy oils and herbs for digestion.

Seasonal Salad, Lemon Vinaigrette (M) 6

Cleansing greens and citrus to support liver function and vitality.

Kimchi Slaw 3

Fermented and probiotic-rich for a happy gut.

Avocado Slaw 3

Healthy fats to nourish skin and balance hormones.

Disclaimer: Please be aware that our dishes are prepared in a kitchen where allergens are present throughout. We cannot guarantee that any dishes or drinks will be free from trace ingredients. Please let your waiter know if you have any allergies or intolerances. An optional 12.5% discretionary charge will be added to your bill.

Allergen Guide: Celery (C) - Gluten (G) - Mustard (M) - Nuts (N) - Peanuts (PN) - Sesame (S) - Sulphates (SU) - Soya (SY) - Fish (F) - Eggs (CE) - Vegan (VG) - Gluten Free (GF) - Nut Free Option (NFO)

Yeotown Harvest Medley 17

A vibrant mix of quinoa, brown & wild rice, roasted sweet potato, spinach, kale, beetroot hummus, kimchi, and crispy chickpeas. **(VG) (S) (GF) (M)**

Protein and probiotics for balance and restoration – a complete plant-powered reset in one bowl.

Superfood Caesar Salad 16

Spinach, red chard and kale in a vegan Caesar dressing with sweet potato, sourdough croutons, chickpeas and walnut parmesan.

+ Grilled chicken breast 4 (G) (N) (M)

Leafy greens and healthy fats to support hormonal balance and radiance.

NATURALLY NAUGHTY DESSERTS

Ginger Spiced Apple & Oat Crumble 11

Ginger and cinnamon stewed apples, buttery oat & almond crumble, vanilla bean nice-cream, blackberry coulis. **(VG) (N) (SY)**

Apples and oats for slow-release energy; spices to warm digestion and circulation.

Salted Caramel & Chai Banana Bread 11

Homemade chai-spiced banana bread, salted date caramel, candied pecans, vanilla bean nice-cream. **(VG) (SU) (N) (SY) (GF)**

Bananas and dates for natural sweetness; chai spices to balance blood sugar and mood.

Cacao Brownie, Raspberry & Pistachio Sundae 12

Cacao brownie chunks, vanilla bean ice-cream, raspberry date caramel, crushed pistachio. **(SY) (N) (CE) (DF) (GF)**

Antioxidant-rich cacao to boost serotonin; raspberries for skin and cellular repair.

Fresh Fruit Platter 8

A light, vitamin-rich finish to rebalance and refresh.

Açaí Sorbet 6

Packed with antioxidants for radiant skin and post-meal vitality.

Nice Cream (ask for today's flavours (GF)) 3

Dairy-free indulgence made from pure fruit and plant-based goodness.