

SUMMER 2025

menu



CAFÉ HOURS MONDAY THROUGH FRIDAY

Open: 8:30am to 3:30pm

Wellness Bowl Bar Menu: 10:30am to 2:00pm

Café, Bakery & Dessert Bar Menu: 8:30am to 3:30pm

Signature Savoury Bowls

Regular **\$21.90** | Large **\$26.90**

Green Goodness Bowl (GF, NF)

Boost Gut Health and Brain Clarity:

House-made falafel, kale, broccoli, spiced chickpea, cucumber, avocado, sprouts, almonds, tahini dressing, pickles, pepitas and cranberry.

Protein Bali Bowl (GF, NF)

Enhance Digestive Health & Fuel with Complete Protein:

Sweet & spicy grilled tempeh, roasted veggies, slaw, edamame, and mixed quinoa come together with our zesty Asian dressing and creamy miso mayo.

Poke Bowl (GF, NF)

Support Heart Health & Reduce Inflammation:

Delicious seeded crumbed tofu served over brown rice, radish, edamame, cucumber, avocado, pickled ginger, and black sesame seeds, all drizzled with our special house poke dressing and wasabi mayo.

Signature Burger

GF option: Sourdough Bun for **\$1**

Food Farmacy Protein Lover Burger **\$20**

(add mixed green salad side +**\$3**)

Boost Energy & Support Muscle Health:

Packed with plant-powered protein from our house-made black bean, quinoa, and brown rice patty, this burger is topped with grilled pineapple, caramelized onions, slaw, tomato and carrot salad and a drizzle of smoky chipotle sauce—all served on a nourishing multigrain bun. A satisfying, flavour-rich choice to energize your day.

Nourishing Sweet Bowls

Regular **\$19.90** | Large **\$24.90**

(add Pana Vanilla ice-cream for **\$3** or Peanut Butter for **\$2**)

Waffle Bowl (GF)

Support Digestive Health & Boost Antioxidants:

Our nourishing house-made buckwheat and brown rice waffles are served with vanilla ice cream, antioxidant-packed seasonal fruits and berry jam, almond crumble, and a drizzle of pure maple syrup.

Açaí Energy Boost Bowl (GF)

Uplift Your Mood & Support Skin Health:

Fuel your day with our antioxidant-rich açai, blended with frozen banana, electrolytes, and a touch of agave for natural sweetness. Topped with fresh strawberry, banana, and crunchy granola.

Chef's Daily Special

Small Bite **\$15** | Reg **\$18.50** | Lge **\$24.50**

Curries | Salads | Frittatas | Pies | Pasta

All meals free from meat, dairy, eggs, highly processed or refined ingredients and sugars: designed to satisfy your body, mind, and soul.

Wellness
Bowl Bar

WHOLEFOODS - PLANT-BASED - VEGAN - HIGH FIBRE
PLANT-PROTEIN MEALS - ANTI-INFLAMMATORY
MEALS - SUITABLE FOR DIABETICS

*Wheat-free (WF) *Wheat-free option (WFO) *Nut-free (NF) *Gluten-free (GF) *Nut-free option (NFO) *Low FODMAP option (LFO)

Sourdough Toppers

GF option: house made sourdough for **\$1**

Mushroom Goodness **\$17.90**

Supports Immunity & Gut Health:

Sautéed mushrooms served on toasted sourdough with creamy miso mayo and a sprinkle of fresh garden herbs.

Brekkie Avocado Spiced Chickpea **\$17.90**

Promotes sustained energy and glowing skin:

Sourdough topped with creamy avocado, warm spiced chickpeas, sprouts, and a drizzle of tahini dressing.

Simply Avo on Toast **\$14.90**

Healthy fats and fibre for brain and gut health:

Sourdough topped with a whole avocado, lemon and salt.

High Fiber Protein Wraps

Falafel & Beetroot Hummus Wrap **\$15.90**

Supports Gut Health & Natural Detox:

House-made falafel with creamy beetroot hummus, crisp salad, and a drizzle of tahini dressing.

Sweet & Spicy Tempeh Wrap **\$15.90**

Boosts Immunity & Balances Hormones:

Sweet & Spicy marinated tempeh, fresh salad, miso mayo, and house lemon dijon dressing.

Bakery

Wholesome, house-baked treats made with love – 100% plant-based, made with nourishing ingredients.

Rolls & Pies (house-made)

Lentil & Walnut Roll **\$8.50**

A hearty, savory plant-based classic with a satisfying texture and spice blend.

Sourdough Toasties

(Wholemeal sourdough)

GF option: house made sourdough for **\$1**

Roasted Pumpkin & Pesto **\$16.90**

Nourishes with Antioxidants & Healthy Fats:

Sweet roasted pumpkin, semi-dried tomatoes, caramelised onions, creamy cashew persian feta, and house-made pesto.

Smoky Mozzarella, Tomato & Rocket **\$15.90 (NF)**

Boosts Immunity & Iron Absorption:

Fresh tomato, peppery rocket, plant-based butter, and smoked hemp mozzarella cheese on sourdough.

Mexican Refried Beans & Chipotle Cashew Cheese **\$16.90**

Fuels Energy & Balances Blood Sugar:

Protein-rich Mexican-style refried beans layered with chipotle cashew cheese.

Housemade Gluten-Free Sourdough

Loaf **\$17.90**

(Pre-order preferred)

Buns **\$4.50** (min 3 | pre order only)

Slow-fermented, gut-friendly gluten-free seeded sourdough made in-house with care and premium whole ingredients.

Spinach & “Tofu” Ricotta Roll **\$8.50**

Creamy house-made ricotta and seasoned spinach wrapped in flaky plant-based pastry.

Chef’s Special Pies **\$9.90 (GF)**

Rotating flavors featuring local produce and our chef’s imagination.

Sweet Treats

Sweet Muffins (wholemeal spelt flour) \$7.50

Naturally sweetened, soft, and satisfying.

Banana Bread (GF) \$7.50

A moist and wholesome classic made with ripe bananas and whole ingredients.

Blueberry Banana Bread (GF) \$8.00

A fruity twist on our banana bread, with antioxidant-rich blueberries.

Cookie (GF) \$6.50

A chewy and satisfying gluten-free cookie – perfect with a cuppa or as a nourishing treat.

Jumbo Cookie \$7

Special Orders (Pre-order only)

Celebration Cake \$100 (Medium) | \$140 (Large)

Custom plant-based cake for any special occasion – beautifully crafted and naturally sweetened.

Cupcakes (min 6) \$6 each

Mini delights perfect for parties, events, or gifting – available in your preferred flavour and theme.

Desserts

Guilt-free indulgence — all desserts crafted with whole ingredients to satisfy and nourish.

Chia Fruity Pudding \$8.50

Light and refreshing chia pudding layered with seasonal fruit

Parfaits (Love Cup, Forever Young, Chef's Special) \$12.00

Creamy, layered goodness made with a mix of coconut cream, cashew and tofu-based fillings, fresh fruit, and crunchy toppings.

Bliss & Power Balls

Bite-sized energy boosters — naturally sweetened, satisfying, and nutrient-dense.

- **Tropical Bliss Ball \$4.50**
- **Snickers Ball \$5.90**
- **Protein Peanut Ball \$4.50**

Raw Cakes & Slices

Guilt-Free Cheesecake Slice \$10.00

Creamy, dreamy, and dairy-free — made with whole ingredients and zero refined sugar.

Chef's Mini Cheesecakes \$8.50

Individual portions of our signature guilt-free cheesecake.

Snickers Slice \$8.50

A wholesome twist on the classic — nutty, sweet, and satisfying.

Ginger Slice \$8.50

Warm spices and natural sweetness combine in this zesty, comforting treat.

Mint Slice \$8.50

Cool and creamy with a rich chocolate base — a refreshing indulgence.

Chef's Special Slice \$8.50

A rotating surprise featuring seasonal flavours and creative flair.

Bars

Protein Bar \$7.50

Fuel up with a high-protein, whole-food snack designed to energize and satisfy.

Choc-Covered Protein Bar \$8.50

Fuel up with a high-protein, whole-food snack designed to energize and satisfy.

Frozen Healthy Easy Meals

Regular \$13.90

Large \$17.90

Family Meals \$24.90

Drinks

Experience the Difference in Every Sip

Indulge in the goodness of our anti-inflammatory and caffeine-free beverage range. Our organic Colombian decaf coffee beans — locally roasted by Little Earth Roasters in Kiama, NSW — are naturally decaffeinated using state-of-the-art carbon dioxide technology. This process preserves antioxidants and natural flavours, resulting in a smooth, rich coffee with notes of chocolate and caramel. It's more than just coffee — it's a flavorful journey.

Hot Drinks

Sizes: Regular **\$6.80** | Large **\$7.50**

Cappuccino
Long Black
Flat White
Coffee Latte
Mocha
Hot Chocolate
Salted Caramel Hot Chocolate
Caroccino
Babyccino **\$4**

Wellness Lattes

Sizes: Regular **\$6.50** | Large **\$7.50**

Caramel Coconut Chai

Caffeine-free, calming, and anti-inflammatory — with electrolytes from coconut and stress-soothing chai spices:

Our signature rooibos chai steeped in honey, blended with creamy coconut milk and a swirl of natural caramel syrup.

Golden Turmeric Latte

Supports joint health, immunity, and detox:
Turmeric, ginger, cinnamon, black pepper, and vanilla — a golden elixir bursting with natural anti-inflammatories.

Red Velvet Latte

Boosts blood flow, skin glow, and energy:
Beetroot, turmeric, chai spices, hibiscus, rosehip, and vanilla bean — rich in antioxidants and natural vibrancy.

Chai Latte

Caffeine-free, gut-friendly, and relaxing:
Organic rooibos chai steeped in honey and spices, frothed with your choice of milk.

Iced Lattes

\$7.50

Add a scoop of Pana Vanilla Ice Cream **\$3**

Iced Coffee Latte

Our signature decaf coffee, plant-based milk, and ice.

Iced Golden Turmeric Latte

Anti-inflammatory Golden Turmeric blend with milk, ice, and plant nectar

Iced Chocolate Latte

Rich plant-based cacao chocolate, milk, plant nectar, and ice — a cooling, indulgent classic.

Iced Chai Latte

Rooibos-based honey-soaked chai, milk, ice, and plant nectar — a naturally sweet, spiced refreshment.

Iced Teas

\$7.50

Butterfly Glow Iced Tea

A vibrant blue infusion of butterfly pea flower, balanced with our house-made lemon syrup. Light, refreshing, and rich in antioxidants — this beauty-boosting tea transforms colour when the lemon syrup is poured in.

Immune Boost Elixir Iced Tea

A revitalising blend of tangy hibiscus tea, blueberry, lemon and antioxidant-packed açai. Naturally fruity, hydrating, and vitamin-rich, this cooling drink supports energy, immunity, and overall wellness.

Wellness Smoothies

Add Protein Powder **+\$2**

Add Electrolytes (hydration + energy balance) **+\$2**

Add Pana Vanilla Ice Cream **+\$3**

Healthy Green 'n' Lean **\$13.90**

A powerhouse detox blend packed with antioxidants, healthy fats, and energizing greens to support vitality and digestion: Kale, banana, lemon, ginger, pineapple, avocado, dates, coconut water, greens powder, and electrolytes.

Blueberry Sunrise **\$11.90**

Brain-boosting and anti-inflammatory — rich in antioxidants and natural sweetness: Frozen banana, blueberries, plant-based milk, cinnamon, vanilla and plant nectar.

Snickers Smoothie **\$11.90**

Protein-rich and satisfying — balances blood sugar and fuels muscles with plant-powered energy: Banana, peanut butter, organic raw cacao, plant-based milk, plant nectar and dates.

Pina Colada **\$11.90**

Hydrating and tropical — supports digestion, immunity, and skin with natural electrolytes and vitamin C: Coconut milk, coconut cream, banana, pineapple, vanilla and plant nectar.

Banana Vanilla Shake **\$11.90**

Naturally sweet and fibre-rich, this nourishing shake supports steady energy, digestion, and overall vitality: A creamy blend of ripe banana, dates, fragrant vanilla, and a hint of cinnamon, shaken up with your choice of plant-based milk (we recommend oat for extra creaminess) and plant nectar for extra sweetness.

Immunity Shots

\$6

Quick, concentrated immunity boost! These shots are packed with antioxidants and anti-inflammatory properties to enhance your body's natural defenses.

- **Gold Turmeric**

Cold Pressed Juices

Small **\$8.90** | Large **\$12.90**

Watermelon Wonder

Hydrating and rich in electrolytes, this cooling blend supports circulation, aids digestion, and helps you feel refreshed on warm days: Watermelon, fresh mint, and lime.

Tropical Glow

Packed with vitamin C and antioxidants, this tropical blend boosts immunity, supports digestion, and adds a refreshing burst of energy: Orange, apple, pineapple, kale, ginger, and passionfruit.

Immune Juice

A potent immunity-boosting juice rich in vitamin C and anti-inflammatory properties — perfect for keeping colds at bay: Orange, apple, carrot, ginger, and lemon.

Detox Special

Supports liver detox, improves circulation, and boosts energy with nutrient-dense ingredients that cleanse and rejuvenate: Beetroot, orange, celery, carrot, apple, lemon, and ginger.

Healing Drinks

100% Organic Grape Juice

\$8.50 (250ml) | \$14.90 (1L)

Savor the natural sweetness of organic grape juice, known for its heart-healthy antioxidants and stress-relieving properties. A soothing and alcohol-free alternative that promotes relaxation and wellness. 100% Organic Grape Juice

House-Brewed Organic Kombucha

\$8.50 (375ml) | \$14.90 (750ml)

Fermented and rich in probiotics, our house-brewed kombucha supports gut health, digestion, and detoxification while delivering a refreshing, effervescent kick.

House-Made Organic Kefir

\$8.50 (375ml) | \$14.90 (750ml)

Packed with beneficial probiotics, our organic kefir supports gut health, strengthens the immune system, and aids in digestion with its naturally fermented goodness.

Antioxidant Herbal Teas

The Tea Collective Blends \$5.5

Firestorm

Immune system optimiser! A fiery tea blended from ginger root, turmeric, chilli & peppercorns.

Moontime

Aiding the symptoms associated with menopause and PMS. Preventing any disruption to the precious 28-day cycle: spearmint, peppermint, cohosh root, dong quai, liquorice root, ashwagandha, St. John's wort, red clover, lavender, red rose, and lemon verbena.

Happiness

An eclectic and wildly-colourful blend of sweet, floral, and spicy: organic lemongrass, organic apple pieces, jasmine flowers, rose petals, pink peppercorns, cinnamon chips, coriander seeds, raspberry leaf, ginger, natural jasmine.

Peppermint

Pure peppermint tea has been used in traditional medicine to relieve discomfort in the digestive system.

Neo Organic Tea Blends \$5.5

Chocolate Dream (GF, LF)

Cacao and rooibos, this high iron and magnesium tea will uplift the senses and also help sugar cravings.

Echinacea Accelerator

Enhance your immune system with echinacea, lemongrass and ginger.

Turmeric Tonic (GF, LF)

This golden zesty tea includes turmeric, citrus and lemongrass to help Page 4 / 4 relieve muscle and joint pain.

Happy Hemp (GF, LF)

Protein rich, fibre and fatty acids including omega-3s and omega-6s to cheer and uplift. The perfect mood balancing elixir.

Delightful Blue (GF, LF)

Butterfly Pea flower is known for its graceful ageing properties, improving digestive health and alleviating symptoms of anxiety and depression.

Tea Tonic Organic Blends

Thirst Quencher

Naturally sweet and hydrating. Hibiscus, moringa leaves, natural flavour, monk fruit and calendula.

Tea Party (GF, LF)

Calcium and iron rich, smooth rooibos and rose petal tea.

Apple Tree (GF)

Loaded with antioxidants and apple pieces "An apple a day.... Blue Magic Tea (GF, LF)
This floral turkish delight will boost the lustre of your hair, skin and eyes while delighting your sights with a gorgeous natural blue from the butterfly pea flower. Adding floral notes with rose petals and chamomile.

Relaxation Tea (GF)

Calming the mind and body day or night with lemongrass, passionflower, lemon balm, skull cap and lavender.

