



summer 2024



menu



Signature Savoury Bowls

Regular **\$20.90** Large **\$25.90** Extra items **\$3** each

All Day Breakfast Bowl (GFO)

Revitalize your mornings with a symphony of flavours featuring scrambled tofu, roasted corn and tomato, kale, mushrooms, ajvar, sprinkled with dukkah.

Asian Bowl (GF)

Great for hormone balance: miso glazed pumpkin, phytoestrogen rich teriyaki tofu, mixed quinoa, edamame, fresh cabbage and carrot salad, wasabi mayo, black sesame seeds and radish pickle.

Brazilian Bowl (GF, NF)

Protein and iron rich: smoked saucy black beans, brown rice, sauteed kale, tomato salsa, tapioca crumble, pickled sweet baby chilli, grilled banana, and lime.

Nacho Bowl (GF)

Mixed chilli beans, nachos, tomato corn salsa, guacamole, red onion pickle, chipotle cheesy sauce, lime, and coriander. Option: swap the nachos for brown rice or quinoa.

Low Carb Hi-Protein Falafel Bowl (GF, NF)

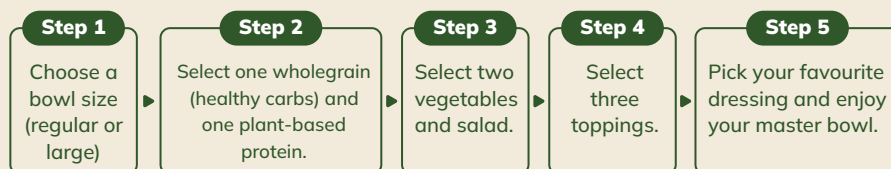
Boost Gut Health and Brain Clarity: House-made falafel, roasted spiced eggplant, broccoli, kale in EVOO, fresh cabbage, carrots, cranberries, beetroot hummus, onion pickle and tahini lemon dressing.

Poke Bowl (GF)

Delicious seeded crumbled tofu, brown rice or mixed quinoa, radish, daikon, edamame, cucumber, avocado, pickled ginger, poke dressing and furikake.

DIY Bowl (Your personalised bowl)

Create your own bowl choosing from a selection of legumes, wholegrains, greens, veggies, dressings, and a range of super toppings (fermented goods, dried fruits, nuts, and seeds)



For Kids under 12

Kids Mini Savoury Wellness Bowls **\$10**

Chef Specials Regular **\$19.90** Large **\$24.90**

NEW Food Farmacy Burger

Nourish Your Body with our Black Bean Burger: packed with plant-based protein, our house-made black bean and brown rice patty is complemented by grilled pineapple, caramelized onions, and a drizzle of house-made chipotle sauce. Served on a wholesome sourdough bun and a side of salad mix (for large only), it's a flavourful and nutritious choice for a satisfying meal.

- **Curry or Soup of the Day** - Served on a whole grain base or sourdough toast.
- **Chef's Pasta of the Day**
- **Chef's Salad of the Day**

**Wellness
Bowl Bar**

100% Whole Food Plant Based meals (free from meat, dairy, eggs, highly processed or refined ingredients and sugars) designed to satisfy your body, mind, and soul.
10:30am - 2:30pm



*Wheat-free (WF) *Wheat-free option (WFO) *Nut-free (NF) *Gluten-free (GF)

*Nut-free option (NFO) *Low FODMAP option (LFO)

Café & All-day Menu Dessert Bar



Sourdough Toppers

(with Uprising Wholemeal Sourdough or Food Farmacy GF Sourdough option **+\$3**)

Beetroot Hummus, mixed greens, and sprouts. **\$15.90**

Spring Scrambled Tofu Bliss with Sprouts and Onion Pickles. **\$15.90**

Mushroom medley with our house made aioli mayo, shallots, chili, lime and coriander. **\$17.90**

Avocado and Tomato, roquette salad, roasted sunflower seeds, **\$15.90**

Peanut Butter and House made seasonal jam OR Vegan Dairy Cultured Butter. **\$9.90**



HIGH FIBRE, LOW FAT

Sourdough Toasties

(with Uprising Wholemeal Sourdough or Food Farmacy GF Sourdough option **+\$3**)

Roasted pumpkin, semi-dried tomatoes, caramelised onions, feta, and pesto (GFO) **\$14.90**

Mediterranean roasted veggies, plant-based smoked mozzarella, and pesto (GFO, NF) **\$14.90**

Tomato, rocket, plant-based butter, and smoked mozzarella cheese (GFO, NF) **\$13.90**

Mexican Refried Beans and Chipotle Cashew Cheese (GFO) **\$13.90**

*Wheat-free (WF)

*Wheat-free option (WFO) *Nut-free (NF) *Gluten-free (GF)

*Nut-free option (NFO) *Low FODMAP option (LFO)

Nourishing Bowls

Regular **\$17.90** Large **\$23.90**
(add Pana Vanilla ice-cream for \$3)

Waffle Bowl (GF)

Our House buckwheat and brown rice waffles, coconut yoghurt, house made berry jam, berries and banana, almond crumble, and chocolate syrup.

NEW Açaí Bowl (GF)

Açaí blended with our natural energy shot and berries, covered with fresh banana, strawberry, passion fruit or kiwi, coconut flakes, peanut butter and house made granola.

Pancake Bowl (GF)

our House buckwheat and brown rice pancakes, coconut yoghurt, seasonal fruits, house made berry jam, almond crumble, and maple syrup.

NO NASTIES. NO GUILT

Grab and Go

Chia Fruity Pudding (GF) **\$8.50**

Falafel Wraps **\$12.90**

Rice paper roll (GF) **\$12.90**

Parfaits (GF) **\$12**

Savoury (GF) and Sweet Muffins Baked daily **\$7**

Banana Bread (GF) **\$7**

Blueberry Banana Bread (GF) **\$7**

Cookies (GF) **\$5**

Tropical Bliss Ball (GF) **\$4.50**

Snickers Balls (GF) **\$5**

Guilt-free cheesecake Slice (GF) **\$9.50**

Lava Cake **\$9.50**

Mint Slice (GF) **\$8**

Raw Carrot Cake (GF) **\$8**

Choc Coated Protein Bar **\$8**

Snickers Slice (GF) **\$8**

Protein Bar **\$7**

Raw Donut (GF) **\$8**

Chef's Delicious Slice **\$8**

Protein Peanut Ball (GF) **\$4.50**

Choc mint Bliss Ball (GF) **\$4.50**

Carrot Sticks and Hummus (GF) **\$8.90**

Drinks Menu

Café | 7:30am - 3:30pm

Experience the Difference in Every Sip: Indulge in the goodness of our anti-inflammatory and caffeine-free beverage selection. Our **organic Colombian coffee beans**, sourced from Little Earth Roasters in Kiama, NSW, are locally roasted to perfection. We take pride in our **natural decaffeination process, using cutting-edge carbon dioxide technology that preserves the beans' antioxidants and natural flavors**. With each cup, savor the harmonious blend of smooth chocolate and caramel notes. It's more than just coffee; it's a flavorful journey.

Coffees

Regular (R) \$5.50 Large (L) \$6.00

Cappuccino
Long Black
Flat white
Coffee Latte
Mocha
Hot Chocolate

CHOOSE YOUR FAVOURITE
BARISTA PLANT-BASED MILK

Golden Turmeric Latte

(turmeric, ginger, vanilla, black pepper, cinnamon)

Red Velvet Latte

(beetroot, turmeric, chia spice, hibiscus, rosehip, vanilla bean)

Chai Latte

(brewed organic rooibos chai soaked in honey)

Caroccino

(malted barley, rye and chicory and plant-based milk)

Babyccino

(Warm steamed plant-based milk of your choice with a foamy chocolate dusted top) **\$3**

Iced Lattes \$6.50

(add Pana vanilla ice-cream for **\$3**)

Iced Coffee Latte

(Our signature coffee served with plant-based milk and ice)

Iced Golden Turmeric Latte

(Our Golden Turmeric with milk, ice and coconut nectar)

Iced Chocolate Latte

(Our plant based milky organic cacao chocolate and ice)

Iced Chai Latte

(Brewed organic rooibos honey-soaked chai with milk, ice and coconut nectar)

Antioxidant Herbal Teas

(Ask for special tea menu)

Smoothies

\$11.90 (add Pana Vanilla ice-cream for \$3)

Healthy Green n lean

Kale, banana, lemon, ginger, pineapple, avocado, dates, coconut water, green's powder and energy shot.

Cherry Ripe

Banana, cherry, cacao, protein powder, plant-based milk and dates.

Blueberry Sunrise Powered-Up!

Plant-based milk, banana, blueberries, cinnamon, maple syrup and vanilla protein powder

Tiramisu Smoothie

Double decaf shot, dates, plant-based milk, cacao, vanilla, almond butter, and protein powder.

Snickers Protein Smoothie

Banana, peanut butter, organic raw cacao, plant-based milk, dates and chocolate protein powder.

Strawberry Energy Kiss

Orange juice, banana, strawberry, ginger and energy shot.

Pina Colada

Coconut milk, coconut cream, banana, pineapple and vanilla.

Cold Press Juices

Regular **\$8.90** Large **\$12.90**

Tropical Twist

Orange, apple, pineapple, spinach, ginger, and passionfruit

Immune Juice

Orange, apple, carrot, ginger, and lemon

Detox Special

Beetroot, celery, carrot apple, lemon, and ginger

Green Machine

Kale, celery, cucumber, pineapple, apple, ginger, lemon

Immunity shots \$6

Ningxia goji berry or Gold Turmeric

Healing wine | 250ml **\$8.50** or 1L **\$14.90**
100% organic grape juice

*Wheat-free (WF)

*Wheat-free option (WFO) *Nut-free (NF) *Gluten-free (GF)

*Nut-free option (NFO) *Low FODMAP option (LFO)

