

## All Day Breakfast

**Smashed Avo** on GF sourdough toast, Noshing vegan almond feta, pumpkin seeds, micro greens 17.50

**Green Machine Bagel** with vegan house pesto, avocado, micro greens 14.50 *[NF, contains pumpkin seeds]*

**STAC'd Bagel** with spinach, tomato, avocado, vegan cheese 14.50 *[NF]*

**GF Waffles** with banana, berries, coconut yoghurt, maple syrup 17 *[NF]*

**GF Banana Bread** with house peanut butter, banana, walnuts, cacao nibs, maple syrup 15  
~ add vegan ice cream +4

**Granola + Coconut Yoghurt** GH Produce granola served with Cocobella coconut yoghurt, fresh berries 10

**GF Vegan Muffins** a rotating selection of sweet and savoury, served warm 6.50

## Smoothie Bowls

All topped with GF vegan granola, banana, strawberries and chia seeds

**Acai** organic unsweetened almond milk, organic acai powder, banana, blueberries 18

**Green Goodness** organic unsweetened almond milk, avocado, kale, banana 16

**PB Choc** organic unsweetened almond milk, house-made peanut butter, organic raw cacao powder, banana, dates 16

**Tropical** organic coconut milk, mango, pineapple, banana 16

## Mains

**Rainbow Rice Paper Rolls** three fresh Vietnamese spring rolls filled with mint, cabbage, carrot, capsicum, snow pea sprouts, served with a vegan hoisin-style dipping sauce and sesame seeds 13 *[NF, contains sesame]*

**Raw Pad Thai** zucchini noodles, carrot, capsicum, cherry tomatoes, baby corn, mint and basil with a mildly spicy peanut butter sauce 16 *[K]*

**Raw Kale Slaw** cabbage, carrot, kale in a vegan cashew mayo, topped with cherry tomatoes and a smoky, BBQ walnut crumble 16

**Buddha Bowl** tofu, edamame, snow pea sprouts, carrot, cabbage, brown rice, cucumber ribbons, spinach with a tangy lemon, ginger, tamari and sesame oil dressing 16 *[NF, contains sesame]*

**Vegan Burrito** NOT GLUTEN-FREE organic red kidney beans, tomato, house-made guacamole, lettuce, jalapenos and vegan cheese, wrapped in a toasted wholegrain tortilla 17 *[NF]*

**Vegan Burger** house-made carrot and walnut patty, cashew mayo, tomato, avocado, lettuce, tomato ketchup, vegan cheese on a toasted GF bun 19

**Pumpkin Coconut Curry** pumpkin and green pea Thai red curry in organic coconut milk, served with brown rice 16 *[NF]*

**Mexican Protein Bowl** organic black beans, corn, avocado, brown rice, house cashew sour cream, shredded lettuce with a tomato, red onion & coriander salsa 17

**California Roll Sushi** brown rice, carrot, avocado, capsicum, cucumber and sesame served with tamari 13 *[NF, contains sesame]*

**GF Vegan Lasagna** mushrooms, spinach, zucchini, tofu ricotta, with GF pasta and tomato sugo, topped with vegan parmesan 18 *[NF]*

## Smoothies

All 9.50

**Pina Colada** organic coconut milk, banana, pineapple

**I'm Immune** orange, spinach, ginger, dates, sunflower seeds

**Strawberry Fields** strawberries, spinach, basil, 100% apple juice

**Apple Daily** cucumber, mint, lemon, 100% apple juice

**Cacao Almond Joy** organic unsweetened almond milk, banana, house-made almond butter, organic raw cacao powder, dates

**Berry Bliss** organic unsweetened almond milk, banana, blueberries, strawberries

**Mango Coconut** organic coconut milk, mango, banana, coconut flakes

**Green Goodness** organic unsweetened almond milk, avocado, kale, banana

**Just Plain Banana** milk of choice, banana, organic agave syrup, cinnamon

~ add GF, vegan protein powder +4

~ add organic acai powder +3

## Hot Drinks

**Espresso** 3.80 single, 4.20 double

**Small 1 shot 8oz** latte, flat white, cappuccino, long black, short macchiato 4.90

**Medium 2 shots 12oz** latte, flat white, cappuccino, long black 5.50

**Large 3 shots 16oz** latte, flat white, cappuccino, long black 6.20

Long macchiato +0.60

Hot chocolate - as above

Chai latte - as above

Mocha +0.50

Turmeric latte - as above

Matcha latte +0.50

Extra shot +0.60

Decaf +0.60

Honey or Stevia +0.50

**Iced latte or chocolate 6.80**

~ add vegan ice cream +4

**Plant milks available**

**ALL NO EXTRA CHARGE**

Alternative Dairy Co almond milk

Alternative Dairy Co Oat milk

Happy Happy Soy Boy soy milk

Coco Quench organic coconut milk

**Organic Tea medium 12oz only** chai, chamomile, Earl Grey, English Breakfast, green, lemon & ginger, peppermint 4.50

**Please see our cabinets for a wide range of desserts, pastries and cold drinks or speak to one of our friendly staff**

**All items are gluten free, vegan, and refined sugar free unless otherwise stated**

**[NF] = Nut-free [K] = Keto**

# **Eat Drink Raw**

**keeping it clean and green**