



'simple, nourishing wholefoods, mostly plant based, often raw... always delicious'

please order and pay at the counter

& please do let us know if you have any food allergies or intolerances

All of our food is free from gluten, dairy & refined sugar.

- all raw, all day breakfast -

living buckwheat granola .....\$9.50

- Almond, vanilla bean & honey
- OR
- Cacao, hazelnut & chia

Served with fresh almond milk and coconut yoghurt.

fresh fruit parfait .....\$10

with Living Buckwheat Granola & coconut yoghurt.

Cocowhip parfait .....\$14

chia pots .....\$7.20

See cabinet for today's flavours.

- warm & toasty -

- 1 Choose your gluten free toast:**  
 Strange Grains sourdough  
 OR  
 Strange Grains Sprouted Quinoa Bread  
 OR  
 House-made paleo almond flat bread

- 2 Choose your topping:**
- Organic salted cashew & olive oil butter .....\$10.50
  - Raw hazelnut 'nutella' .....\$12.50
  - Organic berry chia jam OR local raw honey  
AND  
Organic cashew, vanilla bean coconut butter ..... \$12.50
  - Avocado & lime smash, leafy greens .....\$16.50
  - Mushroom braise, leafy greens, cashew creme fraiche with garlic & lemon thyme .....\$16.50
  - Roasted sweet potato smash, cinnamon & cayenne with greens & turmeric sauerkraut .....\$16

- 3 Add:** a slow cooked sous vide egg in the shell – local paddock range ..... \$3

- menu extras -

- Avocado & lime smash ..... \$7.50
- Mushroom braise with cashew creme fraiche ..... \$7.50
- Roasted sweet potato smash, cinnamon & cayenne with greens & turmeric sauerkraut ..... \$7.50
- Margaret River lupin tempeh with cashew creme fraiche & leafy greens .....\$10.50
- Seasonal green vegetables, lightly cooked with lemon juice & evoo..... \$8
- Serve of organic quinoa ..... \$5
- Cashew butter – salted OR sweet .....\$2.80
- Organic berry chia jam ..... \$4
- Slice of toast ..... \$4.50

- paleo plate -

Avocado & lime smash, roasted sweet potato, cinnamon smash with turmeric sauerkraut, mushroom braise with cashew creme fraiche, paleo almond bread and leafy greens ..... \$19

Fruit Toast \$10.50

Strange Grains gluten free fruit toast with organic cashew butter

- lunch -

kale super-salad ..... \$16.50

Kale rubbed with lemon oil, marinated beetroot, carrot, red cabbage, crispy activated organic pepitas, sesame, goji ginger dressing, with organic seed crackers. (raw)

Kelp noodle pad Thai ..... \$20

Crunchy noodles of kelp, carrot & daikon with red capsicum, cabbage, spring onion, coriander, cashews, creamy tamarind & lime sauce.....  
Extra: add 2 slices of tempeh ..... \$5

abundance bowl ..... \$22

French lentil & mushroom braise with red wine, garlic & herbs served with quinoa, grilled lupin tempeh, cashew creme fraiche.

- cocowhip -

Cocowhip

Bowl ..... \$7

Gluten free cone ..... \$7.50

See board for our selection of sauces and toppings!

Cocowhip parfait

Fresh fruit salad with Cocowhip

- Cacao & hazelnut with chia OR
- Honey, almond & vanilla ..... \$14

Cocowhip lassi ..... \$8.50

Thick & creamy Cocowhip drinks

- Organic turmeric & mango OR
- Organic beetroot & raspberry

Banana split ..... \$15

Cocowhip, raw chocolate sauce, raw caramel sauce, raspberries and cacao cashews.

- superfood smoothies -

green goodness

Kale, seasonal greens, banana, young coconut water, spirulina

creamy banana

Creamy banana, medjool date, cinnamon, fresh almond milk, bee pollen

coconut & mango

Young coconut & mango, banana & a drop of doTerra lime oil

blackberry & vanilla bean

Blackberry & vanilla bean, banana, lucuma, fresh almond milk

organic berries

Organic berries – raspberry, blueberry, goji, pear & coconut yoghurt

cacao cashew

Cacao cashew, banana, medjool date, maca, cacao nibs & a touch of Himalayan salt

\$9.50

Superfood extras \$1.50

Fermented paleo protein, spirulina, maca, mesquite, lucuma, cacao powder, cacao nibs, goji

- coffee, tea & chocolate -

Our own blend of organic coffee beans from Honduras & Ethiopia ethically sourced and roasted by Fiori Coffee.

- espresso ..... \$2.00
- black ..... \$3.50
- white ..... \$4.20
- extra shot ..... \$0.50
- upsize ..... \$0.50
- Soy milk (GF) ..... \$0.30
- fresh almond milk ..... \$0.80
- red espresso – caffeine free latte ..... \$4.70
- mocha – espresso & raw cacao lightly sweetened with coconut sugar ..... \$5.50
- iced coffee or red espresso (with Cocowhip) ..... \$7.80
- iced mocha (with Cocowhip) ..... \$8.60
- iced Matcha (with Cocowhip) ..... \$8.80
- iced Turmeric (with Cocowhip) ..... \$9.90
- iced chocolate (with Cocowhip) ..... \$8.80
- affogato (Cocowhip) ..... \$6.90
- iced latte ..... \$5.70
- matcha latte ..... \$5.70
- Prana chai latte ..... \$5.20
- babycino ..... \$2.00
- big hot chocolate made from organic raw cacao with coconut sugar with a little himalayan salt ..... \$5.70

Choice of Grumpy Farmer A2 milk, Vitasoy (GF)  
OR

House made unpasteurised almond milk.

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- NEW Turmeric latte – almond milk &/or honey \$6.90

cold pressed juices

Take a look in the self-serve fridge for our selection of house made freshly cold pressed juices

\$9.50

Cold pressed orange

\$5.50

kombucha

Locally made probiotic fermented green tea drinks from Alkomy; see board for this week's flavours on tap or try our bottled favourites.

\$5

raw sweet treats

Take a look in the cabinet for our selection of raw fudges and cakes... all gluten, dairy & cane sugar free, of course!

takeaway lunch boxes

Take a look at our fridges for today's selection of 'ready to go' lunch boxes and salads

Pre-orders also available for group catering

- Organic teas & herbal infusions -

- breakfast tea
- earl grey tea
- darjeeling tea
- oolong tea
- green tea
- ayurvedic – cooling & revitalising (caffeine free)
- apres meal – digestive blend (caffeine free)
- wellbeing – mint blend (caffeine free)
- ginger, lemongrass, echinacea white tea (low caffeine)
- chamomile (caffeine free)

Little Pot \$4.50

Big Pot \$6.00