



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.

KITCHEN CLOSURES Monday to Thursday at 2.30pm
Friday to Sunday at 3pm

- all raw, all day breakfast -

living buckwheat granola \$12.50

- Almond, vanilla bean & honey
OR

- Cacao, hazelnut & chia

Served with fresh almond milk and coconut yoghurt.

fresh fruit parfait \$10.50
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

- House made raw jam OR local raw honey
AND

Organic cashew, vanilla bean coconut butter \$13.50

- Avocado & lime smash, leafy greens \$16.50

- Mushroom braise, leafy greens, cashew creme fraiche with garlic & lemon thyme \$16.50

- Roasted sweet potato smash, Moroccan spices, leafy 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 \$12.80

Cashew butter – salted OR sweet \$2.80

House made raw jam \$2.80

Slice of toast \$4.50

fruit toast

Strange Grains gluten free fruit toast with organic cashew butter \$12

paleo plate

Avocado & lime smash, roasted sweet potato smash with Moroccan spices, turmeric sauerkraut and mushroom braise with a slice of toasted almond bread \$21.50

banana bread

Toasted hazelnut, banana & blueberry bread served with vanilla cashew butter & maple syrup \$14.80

- meals -

abundance bowl \$25

Biodynamic brown rice, grilled lupin tempeh, kim chi, kai lan, pumpkin, braised mushrooms, spring onion, bean shoots, carrot, toasted sesame, Korean sweet, tangy chilli sauce.

Zucchini Bolognese.....\$22

Rich walnut, mushroom, sundried tomato, Italian herb sauce, zucchini spaghetti noodles, cashew 'parmesan'

- cocowhip -

Cocowhip

Bowl \$7

See board for our selection of sauces and toppings!

Cocowhip parfait

Fresh fruit salad with Cocowhip

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

Cocowhip lassi \$8.50

Thick & creamy Cocowhip drinks

- Organic turmeric & mango
- Organic beetroot & raspberry
- Organic blackberry & chilli cacao

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, mesquite.

coconut & mango

Young coconut & mango, banana and 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 \$2.50
- black \$3.50
- white \$4.20

Upsizing to		(M)\$0.70	(L) \$1.70
Almond Milk	(S) 0.80	(M)\$1.00	(L)\$1.20
Hazelnut Milk	(S) 1.00	(M) \$1.20	(L) \$1.50
Soy Milk (GF)	(S) 0.30	(M) \$0.50	(L) \$1.00

- red espresso – caffeine free latte \$4.70
- mocha – espresso & raw cacao \$5.50
- iced latte \$5.70
- iced coffee or red espresso (with Cocowhip)..... \$7.80
- iced mocha (with Cocowhip) \$8.60
- iced Matcha (with Cocowhip)..... \$8.80
- iced Turmeric / Beetroot latte (with Cocowhip)... \$9.90
- iced chocolate (with Cocowhip) \$8.80
- affogato (Cocowhip)..... \$6.90
- 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
- Turmeric latte – almond milk \$6.90

NEW Organic beetroot latte \$6.90

MILKS: Your choice of Grumpy Farmer A2 milk, Vitasoy (GF), Organic Coconut milk, House made Almond or Hazelnut Milk.

- 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)
- Valley Tea “Boost” – energising blend
- Valley Tea “Peppermint”
- Valley Tea “Stressless” – soothing blend

Little Pot \$4.50
Big Pot \$6.00

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

Probiotic fermented green tea drinks; see board for this week’s flavours on tap or try our bottled favourites.

\$7.00 glass
\$21.00 bottle

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.

raw sweet treats

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