

# THE RAW KITCHEN

100% gluten free, dairy free & plant based // (R): raw dish

## ELIXIR SHOTS *a must try! The very best way to start your meal*

Bling   celastus, lion's mane, quararibea, acai, rose, ionic germanium, ginger, kombucha	5
Zen   tulsi, lavender, zizyphus, lemon balm, kombucha	5
Love   aya, tribulus, rose essence, raspberry leaf, kombucha	5

## SMALLER

Turmeric, cumin and lime toasted cashews	4
Roasted brussel sprouts, chipotle cashew mayo	9.5
Lemon, sesame & garlic dehydrated kale chips (R)	7.5
Seasoned baby potatoes, citrus gremolata, garlic cashew aioli	9.5
White bean & harissa dip, toasted gluten free sourdough	9
Pea, mustard & mint dip, toasted gluten free sourdough	9
Charred corn, mushroom 'bacon', black beans, chipotle cashew mayo	11
Ferments   beetroot cherry kimchi / dill sauerkraut / turmeric infused pickled veg (R)	6ea
Seasonal salad greens, cucumber, raspberry vinaigrette, hazelnuts (R)	9
Herbed cashew 'goats' cheese, dehydrated corn crisps (R)	13
Beetroot carpaccio, blueberries, probiotic nut cheese, walnut crumble (R)	15
Live pizza slice   buckwheat base, tomato sauce, cashew cheese, avocado, fresh toppings (R)	14
Mezze board   herbed gluten free focaccia w/ choice of 3, 4 or 5 of the following 24/30/36 white bean & harissa dip, pea, mustard & mint dip, confit grape tomatoes, balsamic onion jam, beetroot & cherry kimchi, dill sauerkraut, turmeric pickled vegetables, herbed cashew 'goats' cheese	

## LARGER

Asian bowl   brown rice, shitake mushroom, kimchi, cashew sesame, tofu, wasabi sour cream, tempeh, cashew aioli, arame, crispy shallots	18
TRK bowl   quinoa, avocado, satay sauce, pickled cucumber, edamame, sauerkraut, pickled beetroot, coriander, marinated tofu, sprouts	19
Slice of live pizza (as above) with seasonal side salad, raspberry vinaigrette & hazelnuts (R)	19
Cabinet salads   changing daily selection, please ask for today's options	16
Live pad thai   zucchini noodles, satay sauce, capsicum, corn, tamarind, kaffir lime (R)	25
Raw nachos   salsa, jalapenos, walnut refried beans, guacamole, cashew sour 'cream' (R)	26
Greens pizza   broccoli, asparagus, cashew sour cream, spring onion, peas, pesto, pea sprouts	26
Yellow coconut curry   local lupin tempeh, broccoli, sweet potato, lime, chilli, shallots, quinoa	28

## DESSERTS *100% dairy, gluten & cane sugar free*

Warm sticky date pudding w/ raw ice cream [not available after 9pm]	15
Cakes   avocado lime, triple choc, choc mousse, hazelnut tort, lemon berry, carrot & walnut, coffee orange (R)	9.5
Top shelf   lemon meringue (R)	12
Balls   choc mint, super choc, fig & cacao, superfoods, salted caramel (R)	5
Macaroons   vanilla almond, dark chocolate (R)	5
Slices   caramel, mint, cherry (R)	6.5
Ice cream   <i>made from young coconut meat, cashews &amp; real wholefood ingredients</i> (R)	7.9
Salted caramel, hazelnut choc, rum & raisin	
Whole cakes [available to order for your next special occasion] (R)	70

COFFEE *milk choices: organic Bonsoy, coconut, house-made cashew macadamia & date (+1)*  
 Bullet proof | add a shot of coconut oil to your coffee for a natural elongated energy boost 1  
 Espresso, double espresso, short mac, long black 3.5  
 Flat white, cappuccino, latte, long mac 4.5

ICED *available up until 6pm*

Iced coffee frappe | coffee shot, vanilla bean, agave, ice, cashew macadamia milk 9.5  
 Iced turmeric | organic turmeric, ginger, pepper, honey, ice, coconut milk  
 Iced matcha | organic matcha, agave, ice, coconut milk

ORGANIC TEAS

Green, African rooibos, mint, English breakfast, ginger, vanilla bean 3.9

OTHER HOTS

Turmeric golden milk | organic turmeric, ginger, black pepper, honey, coconut milk 6  
 Fire tonic elixir | Hilbilby fire tonic, lemon, honey 5  
 Fresh local chai latte with coconut palm sugar 5.5  
 Matcha | organic Japanese matcha, agave, coconut milk 5  
 Hot chocolate or mocha | raw cacao, agave, chilli (optional) 6

GYPSY ELIXIRS KOMBUCHA *our own delicious fermented drink infused w/ medicinal herbs* 7.9

Joy tonic | passionfruit, chamomile, lemon balm, linden flower, lemon myrtle, motherwort, St John's Wort  
 Immunity | lemongrass, ginger, lime, mint, elderflower, cats claw, echinacea  
 Longevity | blueberries, hibiscus, gynostemma, ashwagandha, he shou wu, schizandra, goji, inca, hawthorn  
 Digestive | pineapple, ginger, cinnamon, star anise, all spice, fennel, liquorice, marshmallow root, pepper, vanilla, clove  
 1L bottles available to take home 19.9

SMOOTHIES *available up until 6pm. Almond milk is handmade fresh on site. Alternative sweeteners available upon request*

Summer green | spinach, cucumber, mango, lemon, dates, mint 10  
 Mango lassi | mango, lemon juice, vanilla, agave, ice, almond milk  
 Orange blossom | frozen mango and strawberries, orange extract, dates, almond milk  
 Bananarama | frozen bananas, dates, almond milk  
 Choc it to me | raw cacao, frozen banana, agave, almond milk +/- chilli  
 Blue moon | blueberries, lavender, frozen banana, agave, almond milk  
 Peanutty | crunchy peanut butter, salt, frozen banana, dates, almond milk 12  
 Spirulina lassi | mango, spirulina, coconut oil, lemon, agave, ice, almond milk  
 Morning glory | coffee shot, raw cacao, maca, agave, frozen banana, almond milk

SMOOTHIE BOOSTERS spirulina, maca, coconut oil, chia, wheatgrass, protein powder (+1.50) 1

COLD PRESSED JUICES *by Pressed Earth*

Fire Tonic herbal tincture | add a shot to your juice for an immune boosting healthy hit 3  
 Alphabet | pink lady apple, carrot, beetroot, lemon, ginger 9.5  
 Greens | kale, celery, cucumber, lemon, orange, parsley, ginger, watercress  
 Strawberry Fields | strawberry, pineapple, royal gala apple

# DRINKS

## RED

Angove   SA merlot (B/O/S)	34	9
Flor Marche   WA grenache (B/S)	40	10
Rocky Gully   WA cabernet (O/S)	42	
Yalumba   SA patchwork shiraz (S)	47	
Temple Bruer   SA pinot noir (B/O/PF/S)	45	10.5
Organic Hill   SA shiraz (O/S)	45	11
Bremerton   SA malbec (S)	58	12

## WHITE

Temple Bruer   SA Lola's Garden (B/O/PF/S)	40	
Organic Hill   SA pinot grigio (O/S)	45	11
Domaine Lucci   SA sauvignon blanc (B/N/S)	56	
Flor Marche   WA malabre riesling (B/S)	40	10
Angove   SA sauvignon blanc (O/S)	34	9
Yalumba   SA chardonnay (O/S)	38	9.5
Organic Hill   SA sauvignon blanc (O/S)	40	

## ROSE

Angove   SA rose (S)	39	10
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## SPARKLING

Angove   SA sparkling wine (S)	44	12.5
Jauma   SA chenin 'pet nat' (N/S)	71	

## DESSERT WINE

Yalumba   SA botrytis viognier (O/S)	65	14
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## CIDER

Custard & Co   WA (S) 330ml scrumpy, vintage, original	11	
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## BEER

Billabong   WA pale ale, ginger beer (G/F)	11	
Wilde   VIC pale ale (G/F)	11	

O [ORGANIC] B [BIODYNAMIC] PF [PRESERVATIVE FREE] S [SUSTAINABLE]  
NCO [NON-CERTIFIED ORGANIC] N [NATURAL] G/F [GLUTEN FREE]