

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 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	24/30/36

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
Soup of the day changing selection, please ask your waiter	15
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, 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 & 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 <i>milk choices: organic Bonsoy, coconut, house-made cashew macadamia & date (+1)</i>	
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 <i>available up until 6pm</i>	
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 <i>our own delicious fermented drink infused w/ medicinal herbs</i>	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	
<i>1L bottles available to take home</i>	19.9
SMOOTHIES <i>available up until 6pm. Almond milk is handmade fresh on site. Alternative sweeteners available upon request</i>	
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, coconut oil, chia, wheatgrass, maca, protein powder	1/2
COLD PRESSED JUICES <i>by Pressed Earth</i>	
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]