



Shop 2 / 250 Old Northern Rd
Castle Hill, NSW, 2154

Tel (02) 9680 8885
Social @youeni

www.youeni.com

10% Surcharge
Public Holiday + Sunday

FOOD 7:30AM-3:30PM

*WE ASK THAT YOU PLEASE
INFORM US OF ANY ALLERGIES
YOU MAY HAVE.
WE MAKE EVERYTHING FROM
SCRATCH IN A CONFINED
WORKSPACE WHICH
MAY LEAVE TRACES OF NUTS
AND SO ON.

ALL FOOD, ALL DAY, DINE IN

BERRY BUCKWHEAT & SORGHUM PANCAKE (V) 16.9

Lemon (vegan) cheesecake, rhubarb, toasted coconut, almonds, coconut yoghurt, crunchy bits, flaxseed, rapadura syrup

NOURISHING TOASTED MUESLI (V) 11

Served w/ house-made coconut yoghurt, stewed rhubarb, almond milk

THE CHISLETT (V) 12.5

Toast, smashed avo, slow roasted tomato, basil, chickpeas, seeds, alfalfa

LIFE-EXTENDING BOWL (V) 15.9

A salad of roasted pumpkin, turmeric chick peas, black turtle beans, cauliflower, beetroot, carrot, broccoli, turmeric chickpea puree, roasted garlic, citrus cashew relish, lemon, olive oil.

PORRIDGY PORRIDGY PORRIDGE (V) 13.5

Orange, lavender, quinoa, oats (**wheat free**), calendula, salted date paste, toasted coconut, toasted almonds

SOUPY STEWY THINGY (V) 15.9

Field mushroom, broccoli, cauliflower, onion, turmeric, chana dal, lentils, lemon, dill, chilli and roasted garlic oil, coconut yoghurt

BAKED LAMB W/ WINTER LEGUMES 15.9

Lamb, smoked tomato sauce, turmeric chickpeas, feta, egg, pepitas, almonds, roasted garlic

FREE RANGE EGGS ON TOAST 10

Two poached eggs or scrambled on house loaf or sourdough toast

PULLED LAMB SANDWICH 13.9

Pulled lamb leg (cooked real slow), smoked tomato & garlic sauce, rocket, lemon juice, extra virgin olive oil, alfalfa

TOAST W/ CONDIMENTS (ALMOND BUTTER, VEGEMITE, JAM) (V) 3.5/6.5

One Slice / Two Slices

PLEASE ORDER & PAY AT THE COUNTER

ADDITIONS - All \$4



POACHED CHICKEN



BACON



ROASTED LAMB



AVOCADO



SMOKED SALMON

ADDITIONS - All \$2.5



ROASTED TOMATO



POACHED EGG



ROASTED MUSHROOM



FETTA

BREAD OPTIONS

HOUSE LOAF (GF)



5 GRAIN S/DOUGH





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**CHECK OUT
BEHIND THE
COUNTER. WE SELL
LOTS OF REALLY
COOL STUFF:
COFFEE BEANS,
TOOLS, FOOD ETC.**

HOT

COFFEE

Black/White	3.7
Filter	4
Extras - Soy / Decaf / Single Origin / Extra shot	.50

CHOCOLATE

The Jaffa (Orange)	} Coconut Milk	4.8
Salted Coconut (Himalayan pink salt)		4.8

TEAS + TISANES

Brewed Chai Tea (Brewed with Milk)	5.5
Jasmine Pearl Green, English Breakfast, Earl Grey, Peppermint,	4.5

ALCOHOL

'Forget Me-Not' Sauvignon Blanc Semillon (McLaren Vale, SA)	8 / 28
'Slow Red' Shiraz (Adelaide, SA)	8 / 29

COLD

JUICE (From the fridge) 6.5

Green - spinach, celery, lemon, cucumber, apple
Red - beetroot, carrot, lemon, ginger, apple
Orange - a whole lotta oranges

SMOOTHIES (From the fridge) 7.5

Raw Cacao - Raw cacao, banana, cashews, dates, almond milk
Green - Green juice, banana, chia, wheatgrass, spirulina
Very Berry - Mixed berries, coconut milk, banana

COLD COFFEE 4.5

Cold Brew
Iced Latte
Iced Coffee (sweetened with rapadura sugar)
Iced Mocha

OTHER YUMMY THINGS

Apple Soda - Made here, apples, soda, good times	5
Chocolate Milk	4.5
Iced Chai	5.5

WATER (From the fridge)

Beloka Springs - sparkling water (200ml)	3.5
Beloka Springs - sparkling water (500ml)	4.5
Alkalife - Alkaline Water (600ml)	2.5
Alkalife - Alkaline Water (1.5 L)	3.5