

THE FOODS 7:30am-3:30pm

PANCAKE: BARNEY AND FRIENDS, PURPLE CITY (V)

Purple corn & almond, blueberries for days, blueberry cream, stewed blueberries, black currants, almonds, corn flowers, coconut nectar

PANCAKE: SHINE ON YOU CRAZY DIAMOND (V)

Still standing strong - the original, brown rice & almond, strawberries, spiced poached pears, berry cream, toasted coconut, almonds, coconut yoghurt, crunchy bits, flaxseed, calendula, coconut nectar

NOURISHING TOASTED MUESLI (V)

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

ONE OR TWO PIECES OF TOAST W/ CONDIMENTS (ALMOND BUTTER, VEGEMITE, JAM) (V)

One Slice / Two Slices Or create your own with add-ons

PEGGY'S PORRIDGE (V, NOT GF)

Guava, wheat free oats, chia, quinoa, finished w/ coconut flakes, goji berries, almond, coconut

PORRIDGE: PURPLE HAZE / PURPLE RAIN (V, NOT GF)

Acai, wheat free oats, chia, quinoa, coconut flakes, goji berries, almond, coconut

FREE RANGE EGGS ON TOAST

Two poached eggs **or** scrambled eggs, on two pieces of house loaf or sourdough toast

CHILLI & ROASTED GARLIC SCRAMBLED EGGS

Scrambled eggs on toast or greens

BAKED POTATO W/ BITS 'N' BOBS (V)

Potato purée, mushroom, pumpkin, garlic, lentils, pepitas, flaxseeds, almond,

THE CHISLETT (V)

Two pieces of toast, smashed avo, slow roasted tomato, basil, chickpeas, seeds, alfalfa

FOOD ADDITIONS

Bacon / Roasted Lamb / Poached Chicken / Avocado / Smoked Salmon **4.5**

Roasted Tomato / Poached Egg / Roasted Mushroom / Feta **2.5**

(GF) = Gluten Free (V) = Vegan Friendly

Sunday Surcharge 10%
Public Holiday Surcharge 15%

MORE FOODS 7:30am-3:30pm

16.9 SOUP: BFF'S OF THE FOREST (V) **15.9**

A soup of broccoli & mushroom, fennel seed, almond, pepitas, coconut flakes, served w/ a slice of house loaf or sourdough toast (it tastes so damn good)

16.9 THE CLASSIC LAMB SANDWICH **13.9**

5 hour slow roasted lamb, roasted potatoes, rocket, sweet chilli cashew sauce and tastes damn delicious

11 CHICKEN ON A WRAP **13.9**

An open wrap of poached chicken, baby spinach, sweet potato, pickled cabbage, jalapeños, alfalfa, sweet chilli cashew sauce on a coconut wrap

3.5 / 6.5 YOUR ROYALE BOWLINESS (V) **15.9**

A salad bowl of roasted sweet potato, roasted cauliflower & broccoli with fennel seeds, pickled purple cabbage, lentils, quinoa, mushroom, chickpeas, alfalfa, pepitas, flaxseed, olive oil, sweet chilli cashew sauce

13.9 LIFE-EXTENDING BOWL (V) **15.9**

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

14.9 PURPLE CORN TORTILLA (V) **15.9**

Roasted zucchini, mushroom, roasted broccoli & cauliflower, tomato, avocado, alfalfa, rocket, sweet chilli & cashew sauce, jalapeños, coconut yoghurt, baba ghanoush

10

13

15.9 PURPLE TOAST (V) **8.5**

House or sourdough toast, pickled purple cabbage, jalapeños, avo, sprouts, pepitas, flax

13.5 BANANA DATE LOAF **8.5**

White chocolate cream (v), fruits, cinnamon, honey

LITTLE BITTY THANGS



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

Food 7:30am-3:30pm
Coffee 7:30am-5:00pm
Tel (02) 9680 8885
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Be whole.

Being whole is about finding the simple and wildly diverse 'life ingredients' which bring the greatest richness to the heart, soul and body.

Today, 'healthy' and 'whole' can mean a million different things. Living a wholesome lifestyle isn't just about food - what's at the grocer; what's in the pantry; what's on the plate. Although we're super into food, it's so much more peripheral.

Living whole is discovering the sources of life and exploring the core of oneself - you know, finding out what really makes us tick. It's to feel, hear and see, touch and taste the wildly diverse ingredients of life - and weave them into our story.

Note to our patrons

While we try our best to maintain a workspace free of gluten, we cannot guarantee that all products are 100% gluten free. We do buy in sourdough, which could be the main contributor to cross contamination of gluten.

We use a lot of the following products: coconut, cashews, almonds (other types of tree nuts), grains etc in our food and milks. Please take responsibility for your own dietary requirements and let us know if there is any concern or clarity you may need.

We pride ourselves in providing nutritionally sound meals following the whole foods plant based diet. This is our foundation. That said, by no means do we exclude meat from the human diet. We do however encourage people to eat all things in moderation, meats being one of these things. Many of the components of our dishes provide natural and digestible proteins leaving you feeling light and fresh, and not bloated or heavy.

Enjoy!

HOT DRINKS

COFFEE

Regular black/white dine in or takeaway	3.7
Large Coffee dine in or takeaway	4.4
Filter / Refill	4.0 / 3
Extras - Soy / Decaf / Single Origin / Extra shot	.50

CHOCOLATE

The Jaffa (Orange)	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, lemongrass and ginger	4.5

COLD BEVERAGES

JUICE (Made & bottled in house)

Green - spinach, celery, lemon, cucumber, apple	5.5
Red - beetroot, carrot, lemon, ginger, apple	
Orange - a whole lotta oranges	

SMOOTHIES (Made & bottled in house)

Raw Cacao - Raw cacao, banana, cashews, almonds, dates, cinnamon, Himalayan pink salt	5.5
Green - Green juice, banana, chia, wheatgrass, spirulina	
Very Berry - Mixed berries, coconut milk, banana	

COLD COFFEE

Cold Brew, Iced Latte, Iced Coffee (sweetened), Iced Mocha	4.5
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WATER (From the fridge)

Curo - Alkaline Water (600ml)	2.4
Curo - Alkaline Water (1.5 L)	3.8

PUREZZA SPARKLING WATER

Bottle of sparkling water	3.0
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OTHER YUMMY THINGS

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

ALCOHOL

	glass /bottle
Spring Seed Wine Co. 'Forget Me-Not' Sauvignon Blanc Semillon (McLaren Vale, SA)	8 / 28
'Slow Red' Shiraz (Adelaide, SA)	8 / 29