

# REAL FOOD KITCHEN

BURLEIGH, GOLD COAST

## Light Meals available all day

<b>Raisin Toast</b> with whipped maple butter and berry compote Gf	<b>\$ 4.50</b>
<b>Banana Bread</b> with whipped maple butter and berry compote Gf	<b>\$8.50</b>
<b>Chia Pudding</b> mango puree and seasonal fruits Gf	<b>\$12.50</b>
<b>Guacamole</b> with house cooked chips Gf	<b>\$11.00</b>
<b>Bacon and egg Baguette</b> with house made chutney Gf option	<b>\$10.50</b>
<b>Pork Baguette</b> house made slaw chipotle crema kipfler rounds	<b>\$12.50</b>
<b>Smoked Salmon Baguette</b> baby watercress avocado and dill cream cheese	<b>\$12.50</b>
<b>BLT</b> bacon, lettuce and tomato with aioli served on sourdough bread	<b>\$10.50</b>
<b>Eggs on Toast</b> —2 free range eggs cooked to your liking on a slice sourdough	<b>\$10.50</b>

## Acai bowls available all day

<b>Original Acai Bowl</b>	<b>\$12.50</b>
<i>Frozen banana, acai, apple juice blended. Topped with apple, banana, mixed berries, granola &amp; honey</i>	
<b>Green Protein Acai Bowl</b>	<b>\$15.00</b>
<i>Frozen banana, acai, spirulina, spinach, avocado, vanilla protein &amp; coconut water. Topped with granola, banana, mixed berries</i>	
<b>Pitaya Bowl</b>	<b>\$12.50</b>
<i>Frozen banana, pitaya, coconut water blended. Topped with apple, banana, mixed berries &amp; granola</i>	

## Kids Breakfast (under 10) available all day

<b>Bacon &amp; Eggs</b>	<b>\$9.50</b>
<i>2 free range eggs fried, poached or scrambled on toast served with bacon</i>	
<b>Hot Cakes</b> served with maple whipped butter Berry Compote And organic agave syrup GF	<b>\$9.50</b>

## Kids lunch (under 10) available after 11:30am

<b>Kids Beef Burger</b>	<b>\$10.50</b>
<i>Back jack cheddar baby coz tomato roasted beetroot house made chutney bacon and kipfler rounds Gf option</i>	
<b>Kids Fish &amp; Chips</b>	<b>\$10.50</b>
<i>Fish and chips pan seared Barramundi house made slaw sweet potato chips house made tartare sauce</i>	

Please order at the counter inside

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## All Day breakfast

**Bacon and eggs** 2 eggs bacon roasted cherry tomatoes sour dough toast

Gf option \$14.50

**Zucchini Sweet Corn Fritters** poached egg bacon house made chutney and fetta Gf \$16.00

**Smashed Avocado** with beetroot hummus sourdough and fetta Gf option \$14.00

**Croissant Benny** 2 poached eggs spinach and your choice of bacon mushroom salmon and daily made hollandaise sauce. Gf option \$17.00

**Burleigh Big Breaky** eggs bacon mushroom roast cherry tomatoes spinach kipfler rounds pork sausage house made chutney sour dough toast Gf option \$19.50

**Mushrooms on Toast** mix of exotic mushrooms on sour dough toast poached eggs and fetta Gf option veg \$14.50

**Haloumi Hot Pot** sweet potato cherry tomatoes capsicum butter beans and haloumi sour dough toast spices and poached egg Gf option veg \$17.00

**Hot Cakes** served with maple whipped butter Berry Compote and organic agave syrup GF \$16.50

**Vege Bowl** wilted spinach exotic mushrooms roasted cherry tomatoes kipfler rounds and a poached egg Gf V \$14.50

**Savoury Mince Bowl** sautéed spinach spiced mince poached eggs avocado and sourdough toast GF Option \$15.50

## Breakfast extras

*free range egg (1) \$2 bacon (2) \$5 sausage \$4 smoked salmon \$7*

*halloumi cheese \$5 feta cheese \$3 roasted tomato \$2*

*avocado \$3.50 mushrooms \$4.50 cheddar cheese \$2.00*

*Bulla Ice Cream \$2.50 coconut ice cream \$3.50*

Please no swapping on menu items

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Lunch available after 11:30am

**Pork Belly** Organic Agave glazed twice cooked pork belly slaw and guacamole Gf **\$19.50**

**Fish and Chips** Fish and chips pan seared Barramundi slaw sweet potato chips house made tartare sauce Gf **\$19.50**

**Pork Taco's** Agave glazed pork belly tacos x3 with slaw pickled radish chipotle crema Gf option **\$17.00**

**Vegan Jalapeno Poppers** stuffed with quinoa and vegan cheese light beer batter and served with house made chutney. Gf **\$14.00**

**Quinoa and Bean Salad** Mixed leaf quinoa butter beans roast capsicum roast chilli snow peas roast pumpkin lemon chilli coriander dressing **\$16.00**

**Lemon Myrtle Calamari Salad** rocket pear and parmesan salad house made tartare sauce Gf **\$17.50**

**Beef Burger** black jack cheddar baby coz tomato roasted beetroot house made chutney bacon on a brioche bun and kipfler rounds Gf option **\$17.50**

**Vege Burger** baby coz tomato pickled cucumber house made chutney on a brioche bun kipfler rounds Gf option veg **\$17.00**

**Sesame Chicken Burger** with house made slaw sriracha crema on a brioche bun and kipfler rounds Gf option **\$17.00**

**Roast Vegetable Salad** sweet potato pumpkin beetroot zucchini capsicum roasted seeds fetta and balsamic reduction Gf veg **\$16.00**

**Pork Belly Salad** coriander pesto pickled water melon Persian fetta baby water cress Gf **\$16.50**

**Maple Roasted Pear Salad** rocket roasted red onion grilled halloumi sweet potato ribbons crispy bacon bits and walnuts with wholegrain mustard dressing **\$16.00**

Please advise staff of any food allergies

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## Hot Beverages

House Short \$3 Cup \$4 Mug \$5

### Takeaway

Small \$3.50 Medium \$4.50 Large \$5.50

Milk options: almond +.50 / coconut +.50 / soy +.50 / full fat / skim / lactose free +.50 / Housemade almond milk +1

Decaffeinated coffee +.50

Short black Long black Cappuccino  
Café latte Flat white Mocha  
Piccolo latte Macchiato

**Babyccino \$1.50**

Marshmallow +.50

**Chai latte** - Prana Chai, natural spices, tea leaves +.50

### Turmeric latte

- Cinnamon, ginger, cayenne +.50

Add Bulletproof® XCT Oil \$3 or Brain Octane \$4

### Hot chocolate

**Classic cacao** - Raw cacao, honey +.50

**Salted caramel** - Dates, salt, raw cacao, honey +.50

**Cadbury** - Sweet syrup hot chocolate +.50

**Affogato \$ 7.00**

Double shot of espresso over ice cream

**Fat black coffee \$ 6.00**

Long black, Bulletproof® XCT Oil and grass-fed butter

Upgrade to Bulletproof® Brain Octane \$2

**Bone Broth \$6.50**

Slow cooked with apple cider vinegar and vegetables.

**Signature iced coffee \$ 8.00**

Your choice of milk, topped with ice cream, coconut cream & honey

**Signature iced chocolate \$ 8.00**

Your choice of milk, topped with ice cream, coconut cream & honey

**Iced latte \$5.50**

**Iced long black \$5.50**

**Pot of Tea for 1 \$3.50**

See counter for our selection

## Juices

**Very Vege \$8 regular \$6.50 small**

Carrot, apple, beetroot, lemon, celery, cucumber, turmeric

**Daily Detox \$8 regular \$6.50 small**

Carrot, cucumber, apple, lemon, ginger

**Vitamin Sea \$8 regular \$6.50 small**

Pineapple, apple, orange, mint

**Refreshinator \$8 regular \$6.50 small**

Watermelon, apple, lemon, mint

**Feel Good \$8 regular \$6.50 small**

Watermelon, mango, strawberry, passionfruit

**Ginger Ninja \$8 regular \$6.50 small**

Orange, pear, apple, ginger.

## Smoothies

**Salted Caramel \$8 regular \$6.50 small**

Dates, banana, maple syrup, cashew butter and coconut milk.

**Funky Monkey \$8 regular \$6.50 small**

Banana, cacao, honey and coconut milk

**Burleigh Sunrise \$8 regular \$6.50 small**

Pineapple, orange, strawberries and mango

**Berried Treasure \$8 regular \$6.50 small**

Mixed berries, banana, honey and coconut milk.

**Acai smoothie \$9 regular**

Acai berry, banana, apple and coconut water.

**Pitaya smoothie \$9 regular**

Dragon fruit, banana, apple, strawberries and coconut water.

**Green Envy \$9 regular**

Spinach, celery, apple, pear, avocado

coconut water

## Milkshakes

Your choice of **Chocolate, Strawberry, Caramel, Vanilla or Nutella.**

Served with full cream milk

and ice-cream \$5.00

Make it dairy free add \$2.00

## Drink Boosters

Acai \$2 Nuzest Good Green Stuff \$2

Honey \$1 Nuzest Clean Lean Protein \$2

XCT Oil \$3 Brain Octane \$4

Spirulina \$2 Activated charcoal \$2

Great Lakes Collagen \$3

Coconut Icecream \$3.50

10% Public Holiday Surcharge

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## BEER available after 10am

Ccilliacc Ale **\$9** (Gluten free)

Jinja Beer **\$9** (Gluten free)

BB Bighead **\$7** (Carb free)

XXXX Gold **\$5**

Little Creatures **\$8**

Cider **\$7**

Jinja Beer **\$8**

Corona **\$7**

BB Twisted Palm **\$7**

Boags Light **\$6**

Coopers **\$7**

**BUCKET OF CORONA** 4 Corona's **\$20**

## SPIRITS

Vodka and mixer \$8.00

Jim Beam and mixer \$8.00

Vodka and Kombucha \$9.00

## WINE available after 10am

Giesen Organic Sav Blanc **\$11 / \$50**

Stoneleigh Sav Blanc **\$7 / \$30**

Grant Burge Chardonnay **\$7 / \$30**

Deepwood Rose **\$8 / \$36**

Zonin Prosecco Piccolo **\$9**

Giesen Sav Blanc **\$7 / \$30**

Stoneleigh Pinot Gris **\$9 / \$40**

Grant Burge Shiraz **\$7 / \$30**

Annie's Lane Shiraz **\$8 / \$34**

## SCOTCHMANS HILL WINE

Sav Blanc **\$8 / \$33**

Pinot Gris **\$8 / \$33**

Shiraz **\$8 / \$33**

Cab Sav **\$8 / \$33**

## SCOTCHMANS HILL MEAL SPECIAL

Buy any meal and a glass of Scotchman's Hill wine **\$22**

**OR**

Buy any 2 meals and a bottle of Scotchman's wine **\$55**

\*meals under \$20



Please order at the counter inside



# REAL Food Kitchen Burleigh

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[info@realfoodkitchenburleigh.com.au](mailto:info@realfoodkitchenburleigh.com.au)

## **Please advise staff of any food allergies or intolerances.**

Our aim is to provide a healthy food experience to showcase our creation of flavour combinations. We focus on quality local product and friendly service, while delivering that home cooked feel that everyone loves. We are proud to accommodate all lifestyle choices and dietary requirements. Please let staff know of any food allergies. At R.F.K there is something for everyone. So, let us take care of you.

Ask about our fresh pre-made meals.

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