



There are a few special places along Sydney's Northern Beaches that we like to call our own. They are places where the people are real, where you can kick back and take your time. Somewhere where you can always count on a great coffee, delicious wholesome food and a moment just to yourself. Welcome to our little tribe, welcome to Girdlers!

When it comes to food we are all about SIMPLE HONEST GOODNESS.

Simple meaning exactly what it says. We use the most simple, wholesome ingredients to create a real, nutritious and tasty menu. We live locally, so why not use local suppliers and honest ingredients to support our community and embrace sustainability.

Our food is fresh and unprocessed and our menu is almost completely gluten -, dairy - and refined sugar free.

Yes it is delicious, but it is also good for you. And that's exactly how we like it.

SIMPLE HONEST GOODNESS.

Find us at:

Dee Why Beach, Warringah Mall, Manly and Avalon

Sunday & Public Holiday Surcharge 10%

Follow us on @girdlers_cafe
www.girdlers.com.au

Any problem with your order or experience? Please speak to us, we are here to help! Your Team Girdlers.

EARLIER

- Available all day -

NATIVE BIRCHER vg rsf 18
Coconut Bircher Muesli with Seasonal Fruit, Wattleseed Super Crunch and Homemade Mango Sorbet. Served with our Salted Caramel Sauce and the Milk of your choice.

HOLY AVO 22
Avocado, Crispy Kale, Grilled Halloumi, Fresh Herbs, Organic Poached Eggs, Green Goddess Sauce on Rye Sourdough. With Gluten Free Seedy Brown Bread. 1

CAULI SHAKSHUKA gf vg-opt 22
Organic Poached Eggs on Nourishing Cauliflower Rice cooked in Roasted Tomato-Bellpepper Sauce w fresh Herbs & Goats Feta. Served with toasted GF Seedy Brown Bread or Rye Sourdough. Make it Vegan with Mushrooms & Macadamia Cheese.

SMASHED AVOCADO vg-opt 19
Smashed Avo, Goats Feta or Macadamia Cheese & Hemp Seed Dukkah served with Beetroot Hummus on Rye Sourdough or Gluten Free Seedy Brown Bread. Add Organic Poached Egg. 1 2

BACON & EGG ROLL GONE HEALTHY 15
Organic Bacon, Organic Fried Eggs & Baby Spinach topped with our Homemeade Vegan Mayo on Organic Charcoal Bun* Add Grilled Halloumi / Avocado On Gluten Free Roll 2 1

GOODNESS BOWL gf 20
Avocado, Kale, Organic Boiled Egg, Grilled Halloumi, Chives & Pomegranate Quinoa, Homemade Purple Kraut. Served with our Green Goddess Dressing. Add Chicken 5

PANCAKE REVOLUTION vg gf rsf 22
Fluffy Buckwheat, Banana & Coconut - Pancakes with Berry Compote, Organic Coconut Ice Cream, Pistachios & Mandarin Dust. Served with either
• Organic Maple Syrup
• Homemade Goodtella* Chocolate Sauce
• Homemade Salted Caramel Sauce

SOMETHING EXTRA

Roasted Potatoes with homemade Vegan Mayo	7
Grilled Chicken / Organic Bacon / Avocado Halloumi / Mushrooms	5 4
Organic Eggs your way	3/6
Toast with Jam, Honey, Peanut Butter or Homemade Vegemite	7

BUCKWHEAT CRÊPES 18
On Organic Buckwheat gf

VEGGIE PATCH 20
Baby Spinach, Crumbled Feta, Mushrooms, Avocado & our Homemade Beetroot Hummus. With Organic Egg 2

DOWN UNDER 20
Organic Egg Sunny Side Up, Mozzarella, Organic Smoked Bacon & Avocado. Add Mushrooms 4

PROSCIUTTO CRÊPE 21
Prosciutto, Buffalo Mozzarella, Tomatoes, Pistachios, Shredded Mozzarella, Fresh Oregano & Caramelized Onion topped with mixed Baby Leaf Salad.

SALMON CRÊPE 22
Wood Smoked Salmon, Organic Roasted Almonds, Avocado, Spinach, Oregano and our Homemade Cauliflower Sauce. Served with mixed Baby Leaf Salad.

NATURE'S CRÊPE vg-opt 21
Choose gf Buckwheat- or Vegan white Base Mushrooms, Tomato & Bellpepper Cauliflower Rice, Roasted Potatoes, Avocado, Spinach, Macadamia Cheese

SWEET CRÊPES rsf, vg-opt
All sweet crepes can be made vegan

CACAO SPLIT vg-opt 16
Banana Slices, Homemade Goodtella* Raw Cacao & Organic Coconut Ice Cream. Add Strawberries 2

LOVE ME BERRY vg-opt 17
Seasonal Berries, Coconut Ice Cream, Maple Syrup, Blueberry Coconut Reduction & Freeze Dried Raspberries.

CARAMEL DREAMING vg-opt 17
Banana Slices, Macadamia & Maple Crunch, Fresh Berries, Organic Coconut Ice Cream & Homemade Salted Caramel Sauce.

BUTTER SUGAR LEMON 11
Lemon & Coconut Coulis, Grass-fed Butter & Coconut Sugar. With Organic Coconut Ice Cream. 2

Spinach / Kale / Green Goddess Sauce	3
Beetroot Hummus / Grilled Tomato	3
Goats Cheese / Macadamia Cheese	3
Banana Bread toasted w butter	6
Vegan, Gf Banana Bread toasted	6.5

ALWAYS

SMOOTHIE BOWLS 16
All our bowls are vg, gf & rsf

MANGO MACADAMIA
Creamy Mango, Banana & Coconut Nice-Cream topped with Macadamia & Maple Crunch, Banana, Chocolate Granola, Hemp Seeds & Coconut Flakes.

AÇAÍ BOWL
Organic Acai blended with Banana. Topped with Almond Flakes, fresh Berries Banana, Passionfruit and our Homemade Coconut Granola.

GREEN BOWL
Pineapple, Mint, Spinach, Banana, Mango, Dates, Avocado, RAW Greens Powder, Almond Milk
Toppings: Banana, Blueberries, Hemp Seeds, Coconut Flakes, Homemade Granola.

Add Organic Peanut Butter or Goodtella* to any bowl 1

HEALTHY TREATS

Plant Based, GF, RSF

RUBY ROSE vg gf rsf 14
Homemade Banana Bread served with Fresh Berries, Rosewater Coconut Labneh, Maple Syrup, Berry Compote, Wattleseed Super Crunch & Mandarin Dust.

RAW TREATS vg gf rsf
Delicious, guilt free, Organic Treats handmade by our chefs from only the highest quality ingredients. Please check the counter for our selection.

Box of 4 Raw Treats of your Choice 20

gf gluten free **df** dairy free

vg vegan **vg-opt** vegan option available
rsf refined sugar free

Eggs Organic (unless temporarily unavailable)
Goodtella* Homemade Vegan Choc Sauce
Charcoal Bun* Topped with Sesame Seeds

A BIT LATER

- From 11:30am -

THE BURRITO vg 19
Spiced Organic Pulled Jackfruit, Corn, Brown Rice, Smashed Avo, Pico de Gallo, Cashew Sour Cream, Black Beans. All rolled up in a Tortilla and served with a side of Organic Corn Chips. Order it "naked" in a bowl to make it gf. With Chicken or Halloumi 2

VIETNAMESE SALAD vg gf 21
Vermicelli Noodles, Organic Sesame-Satay Tofu, Cucumber, Carrot, Bean Sprouts, Kale-Coriander Salad. Topped with crunchy Tamari Almonds & served with a side of our Chilli & Lime Tamari Dressing. Change Tofu to Satay Chicken 2

SEB'S BURGER 21
Grilled Free Range Chicken Breast, Colombian Spices, Bell Peppers, Grilled Halloumi, Roasted Mushrooms & our Green - Goddess Sauce on Organic Charcoal Bun. Served with Organic Corn Chips. With Gluten Free Roll. 1

DOUBLE TROUBLE gf vg-opt 22
Grilled Free Range Chicken & Halloumi Tacos, with Purple Cabbage, Heirloom Tomatoes, Vegan Mayo. Topped with Chilli Salsa & Coriander on soft Corn Tortillas. Add a side of smashed Avocado. Make it vegan with Jackfruit & Avocado 2

GOODNESS BOWL gf 20
Avocado, Kale, Organic Boiled Egg, Grilled Halloumi, Chives & Pomegranate Quinoa, Homemade Purple Kraut. Served with our Green Goddess Dressing. Add Chicken 5
Add Roasted Potatoes 4

LITTLE PEOPLE

FLUFFY MINI PANCAKES vg gf rsf 10
Banana Pancakes, Strawberries, Banana Slices and Organic Maple Syrup. Add Vanilla Coconut Ice Cream. 1

ALL MINE 10
Organic scrambled Eggs with toasted Gluten Free Seedy Brown Bread, Butter, and a side of Seasonal Fruit.

HAPPY BOX 12
Grilled Free Range Chicken or Halloumi, Roasted Potatoes, Vegan Mayo, Honeyed Carrot Sticks, Seasonal Fruit & Popcorn.

MINI BACON & EGG ROLL 9
Organic Bacon, Organic Fried Egg, Baby Spinach, Homemade Vegan Mayo on Mini Charcoal Bun* With Gluten Free Roll. 1

DRINKS THIS WAY →

JUICES +

FRESH JUICES 9

ALKALIZER

Pineapple, Apple, Lime, Kale, Cucumber, Mint

DEFENDER

Carrot, Apple, Lime, Ginger & Turmeric

HEALER

Beetroot, Carrot, Apple, Lime, Ginger

VITALIZER

Watermelon, Ginger, Passionfruit, Carrot, Orange

KOMBUCHA PUNCH 10

Pomegranate & Grape Kombucha, Berries, Cold Pressed OJ, Mint, Ice

COLD PRESSED JUICES 9

PINK FLAMINGO (certified organic)

Watermelon, Apple, Strawberry, Beetroot, Mint

EAGLE EYE

Carrot, Apple, Orange, Pineapple, Lemon, Turmeric

GREEN WITH ENVY

Apple, Celery, Spinach, Kale, Lemon, Cucumber, Parsley

OJ

Certified Organic Oranges

SPARKLING WATER 750ml 5

KOMBUCHA 6

Ancient Fermented Tea Beverage full of Probiotics, Antioxidants and B Vitamins Please ask for our current Flavours.

GIRDLEERS[®]
SIMPLE HONEST GOODNESS

SMOOTHIES

SUPER SMOOTHIES vg rsf gf 11

GREEN LIVING

Pineapple, Banana, Baby Spinach, Mint, Avocado, Super Greens, MCT Oil, Dates, Coconut Water

AÇAÍ

Organic Acai Berry, Strawberries, Banana, Coconut Water

CLEAN BEAUTY

Pitaya, Berries, Coconut Milk, Avocado, Banana, Hemp Seeds, Dates, Super Greens

SALTED CARAMEL

Banana, Nut Butter, Sea Salt, Dates, Coconut Water, Homemade Salted Caramel

MANGO ALMOND

Mango, Passionfruit, Almond Meal, Dates, Coconut Milk, Organic Coconut Ice Cream

CACAO & CO

Organic Raw Cacao, Vanilla, Banana, MCT Oil, Plant Protein, Organic Coconut Ice Cream, Coconut Milk

ADD EXTRA MAGIC 2 to any drink

Plant Protein
Focus Flow Mushroom Booster
MCT Oil
Super Greens

KIDS SMOOTHIES 6

STRAWBERRY

Strawberries, Vanilla Ice Cream, Raw Honey, Cows Milk.

BANANA

Banana, Vanilla Ice Cream, Raw Honey, Cows Milk.

CHOCOLATE

Organic Chocolate, Vanilla Ice Cream, Cows Milk.

VANILLA

Organic Vanilla Paste, Vanilla Ice Cream, Cows Milk.

Dairy Free option available.
Made with Homemade Almond Milk and Coconut Ice Cream.

TEA & CO

WELLNESS DRINKS df rsf gf

FOCUS FLOW hot or on ice 7.5

A potent, activating blend of Lion's Mane Mushroom, single-origin Cacao, activated Maca, Ginkgo Biloba, Ginger & Cinnamon to enhance your senses. Brewed on Oat Milk and sweetened with Maple Syrup.

STICKY CHAI LATTE hot or on ice 6

A blend of Organic black Tea Leaves, Aromatic Spices & Organic Raw Honey, brewed freshly in Organic Coconut Milk.

CHAGA CHOCOLATE hot or on ice 6

Supercharge your day with this powerful blend of Organic Raw Cacao, Healing Chaga Mushroom, Mesquite, Vanilla, Carob, Cinnamon. Brewed on Almond Milk and sweetened with Maple Syrup.

GOLDEN LATTE hot or on ice 6

A nourishing powerhouse packed full of healing benefits. Made with Turmeric, Black Pepper, Vanilla, Nutmeg, Cinnamon, sweetened with Raw Honey. Served on Organic Coconut Milk.

BODHI ORGANIC TEA 4.5

All ingredients are 100% Certified Organic and have been carefully chosen for their rich therapeutic properties and fulsome flavours.

ImmuniTEA defence

Echinacea, Spearmint, Elderflower, Elderberry, Ginger Root and Lemongrass.

ViridiTEA protective

Sencha Green Tea and Jasmine Green Tea.

SereniTEA calming

Chamomile, Spearmint, Lemon Verbena, Lavender and Lemon Balm.

LongeviTEA antioxidants

Hibiscus, Rosehip, Apple, White Tea and Goji Berries.

VitaliTEA revitalising

Peppermint, Spearmint, Ginger, Sweet Orange Peel, Withania, Siberian Ginseng and Bacopa.

ZesTEA invigorating

Ginger, Lemongrass, Lemon Peel, Turmeric and Lemon Myrtle.

HonesTEA English Breakfast

Sri Lankan Black Tea

Black BeauTEA Earl Grey

French Earl Grey, Mango, Sweet Orange Peel, Rose Petals, Blue Cornflower Petals.

ChaiTEA Organic Black Tea Leaves, 5.5

Aromatic Spices, Organic Raw Honey. Served with the milk of your choice on the side.

COFFEE

ESPRESSO BASED

BLACK long black, espresso, ristretto 3.8 / 4.5

Selection of Single Origin Coffees that will rotate weekly to keep you traveling around the globe.

WHITE cappuccino, flat white, latte, piccolo, mocha 3.8 / 4.5

Made with our very own Organic Coffee blend THE ALL GOOD (available for purchase in store & online)

100% certified organic beans from Colombia, Ethiopia and Mexico. Perfectly balanced, clean with vibrant acidity and a smooth creamy finish with hints of malt and caramel.

Coconut / Oat / Soy or Almond Milk +.70
Extra Shot +.50
Decaf +.20

FILTERED BATCH BREW 5.5

Simple and complex at the same time. A clean cup that will allow you to explore aromas and flavours in a Tea-like experience. Order it chilled over ice if you like!

ICED LATTE Espresso over Ice and Milk. 5

ICE COFFEE Espresso blended with Vanilla Ice Cream & Milk. 9

HOT CHOCOLATE 4.5

Made with Organic Peruvian Cacao. Served deconstructed, our Hot Chocolate is delightful to put together yourself. (100% vegan-friendly when ordered with alternative milk)

KIDS HOT CHOCOLATE 3.8

We love nature and aim to minimise the use of disposables!

Please feel free to bring your own re-usable cup or container or join [@greencaffeen](#) our chosen swap & go partner!

For a greener, healthier planet, Love Team Girdlers.