

# 'Autumn' MENU

## 8am – 2pm



ORGANIC FEAST

Wholefoods Market & Cafe

## ORGANIC + BIODYNAMIC

### \*ALL DAY FROM THE CABINET\*

**SALADS** (Ve) (GF – Exciting nutrient rich salads made fresh each day. Order a mix as a large or small as your meal or add as a side salad to one of our displayed cabinet dishes.

Select 1 up to all 4 salads

**Small**..... 12.50

**Large**..... 16.50

**Salad as a side with selection from the cabinet**

(1 choice)

..... 8.50

**Greens Superfood Tart** (Ve) (GF)... 14.50

seeded base, cashew nut cheese, kale, spinach, avocado, chia

**Vegan Mushroom Quiche** (Ve) (GF)... 14.50

Chickpea shortcrust pastry filled with tofu, broccoli, mushrooms + dill

**Frittata** (GF,V) ..... 10.50

pasture raised eggs w/seasonal vegetables

**Potato, Salmon & seasonal Veg Pie** (GF)... 14.50

NZ smoked salmon w/ dutch cream potatoes & veg

### \*ALL DAY FROM THE CABINET\*

**Organic Chicken Sourdough Toastie** ..... 14.50

our organic sourdough with certified organic free range chicken, seasonal organic vegetables, locally produced cheese + house made organic chutney

**Grilled Vegetable Sourdough Toastie** (Ve) .... 12.50

housemade sourdough bread with grilled seasonal organic vegetables + house made organic chutney

**Vege Pastry Roll** (V) ..... 10.50

flaky puff pastry filled with seasonal organic vegetables served with house made tomato chutney

**Lamb Pastry Roll** ..... 12.50

flaky puff pastry filled with grass fed organic lamb mince & organic herbs, served with house made organic tomato chutney

**House made Pies** (V)(Ve) ..... 9.50

Daily selections of chicken, beef or vegetarian flavours. Flaky puff pastry with house made organic tomato chutney. See hot display cabinet for today's selections.

### Add...

**Nutrient Rich Side Salad** (Ve) (GF).. ..... +8.50

**Smoked Salmon**..... +7.50

**Pasture Raised Egg** ..... + 4.00

**Free Range Bacon** ..... + 6.50

**Organic House Baked Beans**..... +4.00

**Organic Avocado** ..... + 5.00

**Organic Spinach & Kale** ..... + 4.00

**Organic Mushrooms** ..... + 5.00

**Organic Cashew Cheese** ..... + 6.00

**Organic Grilled Tomato** ..... + 4.00

**Organic Potato Rosti** ..... + 5.00

### OPTIONS

**Housemade Activated Gluten Free Bread** ..... + 1.00

**We do not use microwaves and all orders are prepared fresh to order.**

(GF) Gluten Free (VE) Vegan (GFO) Gluten Free option  
(V) Vegetarian (VEO) Vegan option

# 'Autumn' BREAKFAST MENU

## 8am till 2pm



ORGANIC FEAST

Wholefoods Market • Cafe

### Pasture Raised Eggs – 2 x Scrambled or Poached (GF)..... 14.50

2 pasture raised eggs with our freshly baked organic sourdough bread + organic salad greens.  
ADD SIDES

### Feast Vegan Big Brekkie (Ve)(GF).....26.50

potato rosti, grilled tomato, baby spinach, mushrooms, avocado, spiced beans & Kale, our freshly baked organic sourdough bread

### Vegan Board (Ve)(GF) – Avocado, activated cashew cheese, mushrooms, fetta, pickled vegetables, hummus, dried tomatoes w/ activated buckwheat bread GF .....25.50

### Nourish Bowl – Roasted Pumpkin, broccoli, kale, spinach, quinoa, chickpeas avocado, kim chi & tahini dressing .....22.50

### Avocado w/ Coconut Fetta, Tomato, S/dough (Ve)(GF) ..... 19.50

w/ housemade organic dukkah, Lemon & leafy greens

### Fruit bowl w/ Coconut Yoghurt (VE) (GF) ..... 14.50

organic coconut yoghurt with a selection of delicious seasonal certified organic fruits to entice young minds + tastebuds

### Deluxe Granola..... 18.50

house made organic granola, served with seasonal organic fruit + organic coconut yoghurt. Your choice of organic milk on the side

### Acai Bowl – w/ Fresh Organic Fruits, chia, coconut & berries..... 18.50

### AFTER 11.... Till 2pm

### Vegan Cheeseburger (Ve)(GFO).....18.50

house made veggie lentil pattie, "gouda" style vegan cheese, dill, cucumbers, tomato, lettuce, mayo on Turkish Bread.

### Steak Sandwich (GFO).....24.50

organic pasture reared scotch fillet steak, tomato chutney, caramelised onions, lettuce, tomato, house made chips, aoli

### Add...

Pasture Raised Egg.....	+ 4.00
Smoked Salmon.....	+ 6.50
Free Range Bacon.....	+ 6.50
Organic House Baked Beans.....	+ 4.00
Organic Avocado.....	+ 5.00
Organic Spinach & Kale.....	+ 4.00
Organic Mushrooms.....	+ 5.00
Organic Cashew Cheese.....	+ 6.00
Organic Grilled Tomato.....	+ 4.00
Organic Potato Rosti.....	+ 5.00
Organic Coconut Yoghurt.....	+ 4.00
Vegan Feta.....	+ 5.00

### OPTIONS

Housemade Activated Gluten Free Bread ..... + 1.00

## ORGANIC + BIODYNAMIC

### SMALL SERVES...

**Banana Bread** ..... 6.50  
organic banana bread with organic cinnamon & locally produced butter

**Fruit Toast** ... ..... 6.50  
2 slices organic fruit sourdough with local butter

**Sourdough Toast (GFO)** ..... 6.50  
2 slices of our freshly baked organic sourdough w/butter, choice of jam, honey, organic peanut butter, housemade healthy 'vege' mite

**Single Poached Egg & Sourdough(V) (GFO).... 10.50**  
1 slice of our freshly baked organic sourdough bread toasted with poached egg.

**"Cheesy" Sourdough (Ve) (GFO)..... 6.50**  
1 toasted slice of our freshly baked organic sourdough bread with melted locally produced cheese OR organic Cashew 'cheese' on sourdough

**Avocado + Tomato Sourdough (Ve)(GFO) ..... 8.50**  
1 slice of our freshly baked organic sourdough bread with organic avocado and organic tomato

**Fruit Salad Bowl + Coconut Yoghurt (Ve) (GF) 10.50**  
organic coconut yoghurt with a selection of delicious seasonal organic fruits

We delight in putting care & love into all our dishes, we hope that you enjoy them.

(GF) Gluten Free (VE) Vegan (GFO) Gluten Free option  
(V) Vegetarian (VEO) Vegan option