

'AUTUMN' LUNCH MENU

11.30am – 2pm

Cauliflower Buffalo Wings (Ve)(GF).....18.50
crumbed cauliflower, housemade BBQ sauce, housemade aioli + organic leafy greens - all organic ingredients

Mushroom Tacos (Ve).....17.50
2 tortillas, mushrooms, avocado, red onion, lettuce, housemade pickled cabbage – all organic ingredients

Miso & Dumpling Soup (Ve).....18.50this
deliciously rich & nutrient dense Asian inspired miso tofu dumpling soup is packed with flavour

Nacho's (Ve) (GF)..... 18.50
black bean mix, cashew sour cream, guacamole, housemade salsa, corn chips - all organic ingredients

Asian Inspired Poke Bowl (Ve) (GF)
tempeh, nutritious mixed grains, edamame beans, pickled ginger, arame, coriander + vegetables with a flavour packed miso ginger dressing - all organic ingredients
with pan fried Tempeh..... **22**
with house cured Ora Salmon..... **25**

Middle Eastern Falafel Buddha Bowl (Ve) (GF)....22
falafels, nutritious mixed grains, seasonal fresh veggies, babaganoush, tomato and a good drizzle of tasty tahini dressing - all organic ingredients

Vegan Board (Ve) (GF)..... 25
falafels, olives, babaganoush, grilled vegetables, housemade cashew cheese, cheese + our freshly baked activated buckwheat bread – all organic

Charcuterie board (GFO)..... 25
selection of grass fed meats, housemade pickles, housemade



ORGANIC FEAST

Wholefoods Market & Cafe

fermented vegetables, locally produced cheese, our freshly baked organic sourdough bread – all organic vegetables

Wagyu Beef Burger..... 18.50
grass fed organic wagyu, our freshly baked organic potato bun, lettuce, tomato, caramelised onions, local cheese

ALL DAY FROM THE CABINET

Check the cabinet to choose additional fresh, house made, seasonal organic + whole food meals.

Please see the board for this weeks selection with your choice of dressings.

Nutrient Rich Fresh Salads (Ve) (GF)
Small.. 12.50
Large.. 16.50

ADD House cured Ora Salmon. 7.50
ADD Pan fried Tempeh. 4.50
ADD Falafel..... 4.50

Greens Superfood Tart (Ve) (GF)..... 14.50
seeded base, cashew nut cheese, kale, spinach, avocado, chia - all organic ingredients served with leafy greens

Vegan Mushroom Quiche (Ve) (GF)..... 14.50
Chickpea shortcrust pastry filled with tofu, broccoli, mushrooms + dill - all organic ingredients served with leafy greens

Organic Chicken Sourdough Sandwich 14.50
our organic sourdough with certified organic free range chicken, seasonal organic vegetables, locally produced cheese + house made organic chutney

OPTIONS

Housemade Activated Gluten Free Bread + 1.00

ORGANIC + BIODYNAMIC

Grilled Vegetable Sourdough Sandwich (Ve)..... 12.50
our organic housemade sourdough bread with grilled seasonal organic vegetables + house made organic chutney - all organic ingredients
Add locally produced cheese. **3.00**

Vege Pastry Roll (V) 10.50
flaky puff pastry filled with seasonal organic vegetables served with house made tomato chutney + organic leafy greens

Lamb Pastry Roll 12.50
flaky puff pastry filled with grass fed organic lamb mince & organic herbs, served with house made organic tomato chutney & organic leafy greens

Byron Bay Pies (V)(Ve)..... 8.50
flaky puff pastry filled with seasonal organic vegetables served with house made organic tomato chutney

ADD Nutrient Rich Side Salad (Ve) (GF)..... 6.50

FOR LITTLE ORGANIC PEOPLE

Toasted Sourdough (V) (GFO) 5.50
organic housemade sourdough toasted with organic peanut butter, organic jam OR housemade healthy 'vege' mite

"Cheesy" Sourdough (Ve) (GFO) 6.50
our freshly baked toasted organic sourdough with melted locally produced cheese OR organic Cashew 'cheese' on sourdough

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

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

'AUTUMN' BREAKFAST MENU

8am – 11.30am



ORGANIC + BIODYNAMIC

Avocado + Tomato Sourdough..... 8.50

our freshly baked organic sourdough toast with organic avocado and organic tomato

Fruit bowl w/ Coconut Yoghurt (VE) (GF) 10.50

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

Eggs – 2 x Scrambled or Poached (GFO)..... 14.50

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

Free range Bacon & Egg Roll (GFO) 16.50

free range bacon, pasture raised egg, house made organic tomato relish, our freshly baked organic potato bun + organic fresh leaves

Sourdough Toast (GFO) 6.50

2 slices of our freshly baked organic sourdough with local butter and choice of organic jam, organic honey, organic peanut butter OR housemade healthy 'vege'mite

Avocado Sourdough Brushetta (Ve) (GFO).....19.50

2 slices organic our freshly baked organic sourdough with avocado, tomato, spanish onion, coriander + vegan feta – all organic vegetables

Fruit Toast 6.50

2 slices organic fruit sourdough with local butter

Deluxe Granola (Ve) 16.50

house made organic granola, served with seasonal organic fruit + organic coconut yoghurt.

Your choice of organic milk on the side

Quinoa & Chia Porridge (Ve)(GF) 18.50

organic quinoa, organic chia seeds, organic coconut milk, organic sultana's, organic fruit, organic coconut yoghurt + maple syrup

Buckwheat Banana Pancakes (Ve)(GF) 18.50

with organic coconut yoghurt, organic fruit, organic maple syrup + organic fruit compote

Banana Bread 6.50

organic banana bread with organic cinnamon & locally produced butter

Feast Vegan Big Breakie (Ve) (GFO).....25

potato rosti, grilled tomato, baby spinach, mushrooms, avocado, housemade beans, our freshly baked organic sourdough bread, vegan feta - all organic vegetables & beans

Fruit salad bowl + Coconut Yoghurt (Ve) (GF) 14.50

organic coconut yoghurt with a selection of delicious seasonal organic fruits to entice your tastebuds

Filled Organic Housemade Croissants 8.50

with organic tomato, organic baby spinach + local cheese

Plain Organic Housemade Croissant 5.90

Organic Housemade Almond Croissant..... 7.50

Organic Housemade Pain Au Chocolat. 7.50

Organic Housemade Seasonal Fruit Danish. 7.50

Add...

Pasture Raised Egg..... + 4.00

House Cured Smoked Salmon + 6.50

Free Range Bacon + 6.50

Organic Mexican Housemade 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

FOR LITTLE ORGANIC PEOPLE

Toasted Sourdough (V) (GFO) 5.50

1 slice of our freshly baked organic sourdough bread toasted with organic peanut butter, organic jam OR housemade healthy 'vege'mite

"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

OPTIONS

Housemade Activated Gluten Free Bread + 1.00

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

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



ALL DAY MENU

(8am - 2:30pm)

ORGANIC + BIODYNAMIC

Fruit Salad Bowl + Coconut Yoghurt (Ve) (GF)10.50

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

Junior Buckwheat Banana Pancakes (Ve)(GF)10.50

with organic coconut yoghurt, certified organic fruit, organic maple syrup + organic fruit compote

Check out our selection of organic housemade danish + pastries in our pastry cabinet – baked fresh daily.

“Our food loves you back”

OPTIONS

Gluten Free Bread+ 1.00