

BREAKFAST (7:30 – 11:00)

Fruit Toast \$4.90 GF

Served with jam and Nutelex

NEW Creamy Porridge \$12.90 GF

Warming buckwheat & quinoa porridge topped with fresh julienne apple, poached rhubarb & coconut lemon foam

NEW Pancakes \$15.90 N

With mixed berry compote, fresh berries, banana, macadamia muesli, maple syrup and creamy coconut lemon foam
Add vanilla ice cream \$2

Smashed Avo \$14.90 A N

Seasoned smashed avocado served on locally baked multigrain toast with garlic butter, topped with almond feta, cherry tomatoes, pistachio za'aatar and a wedge of lemon

Brunch Bagel \$14.90 A

Toasted activated charcoal bagel, smashed avo, grilled smoked tofu, housemade potato rosti, fresh spinach, fresh tomato, chilli jam, and hollandaise
Add wedges \$4.50

Breaky Benny \$15.90 A N

Sauteed button mushrooms, grilled asparagus and roasted tomatoes with garlic tossed spinach on locally baked multigrain toast, drizzled with our hollandaise sauce, black sesame seeds and pistachio za'atar
Add smashed avo \$3

Summit Breaky \$19.90 A N

Truffled mushrooms, potato rosti, grilled smoked tofu, grilled tomato, asparagus, wilted greens, avocado, housemade baked beans, pistachio za'atar and toasted bagel

ACAI BOWLS GF N

available all day

Acai Flow

\$13.90

Acai Flow layered with our housemade macadamia muesli and topped with fresh fruit and coconut flakes

Health Nut Acai Flow

\$16.90

Acai Flow layered with housemade macadamia muesli, topped with coconut yoghurt, fresh fruit, buckinis, a goodie ball and coconut flakes

Choc Lovers Acai Flow

\$16.90

Acai Flow layered with housemade macadamia muesli, topped with fresh fruit, chopped country road, cacao nibs, coconut flakes and chocolate drizzle

Welcome to our 100% plant based cafe!

GF Gluten Free N Contains Nuts R Raw A Gluten-Free Available

BREAKFAST

BODY • MIND • EARTH



LUNCH (7:30- 3:00)

Stack of Wedges \$10.90 GF

Chunky homestyle potato wedges, oven baked with thyme and garlic, served with a side of our homemade chilli jam and garlic aioli

NEW Stack of Sweet Potato \$11.90 GF

Chunky homestyle sweet potato wedges, oven baked with chermoula, served with a side of our homemade mustard aioli

Garden Salad \$12.90 GF

Fresh leafy greens, cherry tomatoes, cucumber, red onion, a tangy citrus dressing, avocado and toasted pepitas
Add wedges for \$4.50

Mexican Wrap \$13.90 N

A 12 inch wrap packed with our rich saucy black bean, mushroom & corn mix, brown rice, fresh capsicum, red onion, chilli jam, homemade almond cheese & baby spinach. Served toasted w/ garden salad & 'sour cream'
Add Garlic & Thyme Wedges with Aioli \$4.50
Wrap & Smoothie Combo: \$19.90

Smashed Avo \$14.90 A N

Seasoned smashed avocado served on locally baked multigrain toast with garlic butter, topped with almond feta, cherry tomatoes, pistachio za'aatar and a wedge of lemon

Clean Green Salad \$15.90 GF R N

Shredded kale, broccoli, smashed avo, basil pesto, sundried tomatoes, pepitas, sunflower seeds, cranberries, walnuts, pickled radish & housemade fermented cabbage
Add Grilled Smoked Tofu \$3

NEW Poke Bowl \$15.90 GF

A delicious assortment of marinated tempeh, brown rice, avocado, seaweed salad, radish, carrot, alfalfa sprouts, nori and red onion.

Nurcha Nachos \$17.90 GF N

Our spicy and saucy black beans and corn served with plenty of corn chips, homemade almond cheese, chilli jam, fresh salsa, guacamole, rainbow apple slaw & 'sour cream'

NEW Nurcha Winter Plate \$17.90 GF N

Baba Ganoush topped with chermoula baked sweet potato wedges, wild mushrooms, zesty sauteed kale, fresh enoki mushrooms & pistachio za'atar

Thai Quinoa Curry \$17.90 GF

Delicious stir-fried seasonal vegetables and quinoa, grilled tofu, bean sprouts, mild yellow curry sauce, fermented cabbage and fresh herbs

NEW Cheeseburger \$12.90 A N

Housemade burger patty, pickles, mustard aioli, BBQ sauce, cheddar style slice, onion and fresh tomato on a toasted bun
Add Garlic & Thyme Wedges with Aioli \$4.50
Gluten Free Bun + \$2

Satay Burger & Wedges \$17.90 A N

Tender tofu marinated in satay sauce with smashed avocado, fresh tomato, red onion, crushed peanuts, salad leaves and bean sprouts on a toasted bun. Served with thyme and garlic wedges and aioli
Gluten Free Bun + \$2

NEW The Lot Burger & Wedges \$18.90 A N

House made burger patty, cheddar style slice, onion relish, grilled pineapple, tomato, salad leaves, BBQ sauce & aioli on a toasted bun. Served with thyme and garlic wedges and aioli
Gluten Free Bun + \$2

Go naked! Wanting an even healthier option? Ask for your burger "naked"....
no bun, extra salad.

GF Gluten Free N Contains Nuts R Raw A Gluten-Free Available

LUNCH
BODY • MIND • EARTH



PIZZAS (11am-2:30pm)

All pizzas are on a 10 inch wholemeal pizza base
Gluten-free available \$3

Margherita \$14.90 (A) (N)

Chef's special Napoli sauce, cherry tomatoes, homemade almond cheese, pesto and fresh parsley

NEW Middle Eastern Pizza \$17.90 (A) (N)

Chermoula infused sweet potato base, spinach, Swiss brown mushrooms, eggplant and zucchini, finished with homemade almond cheese, baba ganoush aioli, fresh cherry tomatoes & pistachio za'atar

BBQ Pizza \$17.90 (A) (N)

Napoli sauce, smoked tofu, mushrooms, pineapple, spinach, red onion, homemade almond cheese, BBQ sauce, aioli and parsley

Peacelovers Pizza \$17.90 (A) (N)

Chef's special Napoli sauce, roasted sweet potato & eggplant, olives, sundried tomatoes, mushroom, capsicum, red onion & homemade almond cheese. Topped with fresh rocket, parsley and basil pesto. *While olives are pitted please still be careful of pits.

Tree Huggers Pizza \$17.90 (A) (N)

Chef's special Napoli sauce, loaded with mushrooms, basil pesto, garlic, spinach, red onion & homemade almond cheese, topped with fresh parsley

NEW Pesto Pizza \$17.90 (A) (N)

Pesto base, spinach, red onion, sundried tomatoes, broccoli, zucchini, olives, homemade almond cheese, topped with rocket

KIDS

Acai Cup \$6.90 (GF)

A small serve of Acai Flow topped with fresh fruit

Smashed Avo \$6.90 (A)

1 piece of multigrain toast topped with smashed avo. Or swap the toast for corn chips!

Pancakes \$8.90 (until 11am) (N)

A small serve of pancakes with banana, vanilla icecream and maple syrup

Mini Marg \$8.90 (11am-2:30pm) (A) (N)

A 5 inch pizza base with Napoli sauce, homemade almond cheese and cherry tomatoes
Gluten Free Base + \$2

NEW Kid's Burger \$9.90 (GF) (N)

Housemade burger patty, cheddar style slice, BBQ sauce & aioli on a gluten-free bun, served with sweet potato wedges

Kids Milkshakes \$4.90

Banana | Caramel | Strawberry |
Chocolate | Vanilla

SIDES \$3

Grilled smoked tofu
Baked beans
Field mushroom
Oven roasted toms
Potato rosti x 1
Multigrain toast
Gluten-free toast
Smashed Avo
Almond feta
Fermented cabbage
Vanilla icecream

SIDES \$4

Guacamole
Fresh avocado
Bagel

SAUCES \$1.50

Aioli
Chilli Jam
Satay Sauce
Asian Sauce
Maple syrup

(GF) Gluten Free (N) Contains Nuts (R) Raw (A) Gluten-Free Available

LUNCH
BODY • MIND • EARTH



SMOOTHIES

Regular \$8.90 | Large \$10.90

Green Machine

Banana, mango, passionfruit, baby spinach & filtered water

All Good

Mango, banana, strawberry & cold pressed orange juice

Revitaliser

Pineapple, cold pressed pressed orange juice, mango & baby spinach

Refresher

Pineapple, mango, mint, coconut water & spinach

Bananarama

Banana, coconut milk, real vanilla, dates, cinnamon & ice

Tropical nights

Mango, pineapple, passionfruit & coconut milk (or opt for coconut water instead)

Strawberry Delight

Strawberry, vanilla & coconut milk

Mixed Berry

Mixed berries, strawberry, banana & coconut milk

Nutty Professor

Banana, peanut butter, vanilla, dates, cinnamon, filtered water & ice

Breakfast Smoothie

Strawberries, banana, coconut yoghurt, soaked oats, almond milk, topped with cinnamon

ADD PROTEIN: \$2.50

SHAKES & FRAPPES

Regular \$8.90 | Large \$10.90

Bliss Shakes

Chocolate | Caramel | Chai | Vanilla | Strawberry | Mango

Made on soy milk*, blended with icecream, flavour, topped with chocolate syrup & icecream

**Mango bliss shake made on coconut milk*

Add coffee 50c

Choc Hazelnut Frappe

Cacao blend, almond milk, hazelnut syrup, ice, topped with choc syrup and icecream
Add coffee 50 c

Cookies & Cream Frappe

Oreo style cookies blended with vanilla icecream, soy milk, vanilla, ice, topped with choc syrup, icecream & chocolate biscuits

COLD DRINKS

Cold Pressed Juices \$6.90

Ask staff for available flavours

Iced Latte \$6.90

Caramel | Vanilla | Hazelnut | Chai | Maple
Milk of choice, 2 shots of coffee poured over ice, with the syrup of your choice

Wide selection of other cold drinks available in drinks fridge

KIDS DRINKS

Milkshakes \$4.90

Banana | Caramel | Vanilla | Strawberry | Chocolate |

Kids OJ \$4.90

COFFEE & TEA

MILKS: Coconut | GMO-free Soy | Activated Almond | Oat

Flat White | Cappuccino | Latte | Hot Chocolate

(certified organic & fair trade)
Byo Cup \$4.50 | Reg \$4.90
Large \$5.50

Short Black | Long Black

Regular \$3.50 | Large \$3.50

Pot of Organic Tea \$4.5

Tea for two \$ 8

English Breakfast

Peppermint, Lemon Myrtle & Lavender

Wild Mr Earl Grey

Chai

Jasmine, Green Tea, Mint & Rose

"I need a moment"
Chamomile, Passionflower, Lavender, Hyssops & Valerian

"I am Goddess"
Calendula, Nettle, Dandelion, Burdock, Licorice Root, Lemon Myrtle, Red Clover, St Mary's Thistle, Stevia Leaf

Specialty Lattes

BYO Cup \$4.50 | Reg \$4.90
Large \$5.50

Chai organic chai syrup

Masala Chai Latte authentic wet spiced chai brewed w/ milk

Dirty Chai chai w/ coffee

Golden turmeric, ginger and cayenne blend, coconut oil

Add chai syrup 40c

Gingerbread coffee with a warming blend of ginger, allspice and nutmeg

Beetroot infused latte with an energising hit of ginger.

Matcha Beneficial green tea

Organic Energy Brew Yerba Mate, Guarana, Raw Cacao & Maca Root

DRINKS

BODY • MIND • EARTH