

## ALL DAY BREAKFAST

(7:30 – 3, except pancakes)

Acai Flow \$13.90 GF N

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

Health Nut Acai Flow \$16.90 GF N

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 GF N

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

Nurcha Bircha \$12.90 N

A wholesome mix of oats, coconut milk, chia seeds, shredded coconut and dried fruits served with our housemade macadamia muesli, fresh fruit, vanilla yoghurt and maple syrup

Fruit Salad \$9.90 GF

Fresh fruit with vanilla yoghurt  
Add macadamia muesli \$3  
Add chia gel \$1

Pancakes \$15.90 (until 11am) N

With zesty almond cream, fresh berries, banana, vanilla icecream, macadamia muesli & maple syrup

Fruit Toast \$4.90

Served with jam and Nutelex

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'atar 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

Gluten Free Bun + \$2

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 and toasted bagel

### SIDES \$3

Grilled smoked tofu  
Grilled satay tofu  
Baked beans  
Field mushroom  
Oven roasted toms  
Potato rosti x 1  
Multigrain toast  
Gluten-free toast

Smashed Avo  
Olive tapenade  
Basil pesto  
Almond feta  
Sour cream  
Rainbow apple slaw  
Fermented cabbage  
Vanilla icecream

### SIDES \$4

Guacamole  
Fresh avocado  
Bagel

### SAUCES \$1.50

Maple syrup  
Satay Sauce  
Asian Sauce  
Chilli Jam  
Aioli

Welcome to our  
100% plant based cafe

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

# BREAKFAST

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## LUNCH (7:30- 3)

### 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

### 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

### Raw Asian Salad \$14.90 GF R N

Shredded cabbage, carrot, zucchini, capsicum, bean sprouts, crushed cashews, fresh herbs, chilli, lemon with a light Asian dressing (onion and garlic free, soy free, sugar free, oil free)

Add Grilled Satay Tofu \$3

### Garden Salad \$12.90 GF

Fresh leafy greens, cherry tomatoes, capsicum, cucumber, red onion, a tangy citrus dressing, fresh avocado and toasted pepitas

Add wedges for \$4.50

### 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 and 'sour cream'

Add spicy jackfruit mix \$4 (it's a must try!)

### Nurcha Plate \$17.90 GF N

Our spicy braised jackfruit mix on a bed of quinoa, drizzled with our homemade aioli, and served with fresh salsa, salad leaves, cherry tomatoes & our Clean Green Salad

### Mushroom Burger and Wedges \$17.90 A N

Sauteed field mushroom topped with basil pesto, fresh salad leaves, sliced tomato, red onion and garlic aioli on a toasted bun. Served with thyme and garlic wedges and aioli.

Gluten Free Bun + \$2

### Satay Burger and 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

### Mexican Wrap \$13.90

A 12 inch wrap stuffed full to the brim with a rich saucy black bean, mushroom & corn mix, brown rice, fresh capsicum, red onion, chilli jam, our homemade almond cheese and baby spinach. Served toasted with a fresh garden salad and 'sour cream'

Add Garlic & Thyme Wedges with Aioli \$4.50

Wrap & Smoothie Combo: \$19.90

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LUNCH  
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## PIZZAS (11am-2:30pm)

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

**Bianca Garlic \$14.90** (A) (N)  
Creamy confit garlic, rosemary, house made almond feta and truffle oil

**Margherita \$14.90** (A) (N)  
Chef's special Napoli sauce, cherry tomatoes, homemade almond cheese, pesto and fresh parsley

**Thai Curry Fusion \$17.90** (A)  
Thai flavours on a pizza - yellow curry base, broccoli, capsicum, sweet potato, carrot, spinach, tofu, homemade almond cheese, creamy coriander sauce, fresh herbs, sesame seeds (onion free)

**BBQ Pizza \$17.90** (A)  
Napoli sauce, smoked jackfruit, 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 'feta' and fresh parsley

**Hawaiian Pizza \$15.90** (A)  
Napoli sauce, smoked tofu, pineapple and homemade almond cheese

## SOMETHING ELSE

**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

**Loaded Wedges \$14.90** (GF)  
Our famous garlic and thyme wedges topped with saucy smoky jackfruit, apple rainbow slaw, aioli and chilli jam

**Corn Chips & Guacamole or Tapenade \$8.90** (GF)  
Your choice of corn guacamole or olive tapenade (contains nuts) served with gluten-free corn chips

## KIDS

**Pancakes \$8.90 (until 11am)**  
A small serve of pancakes with banana, vanilla icecream and maple syrup

**Smashed Avo \$6.90** (A)  
1 piece of multigrain toast topped with smashed avo. Or swap the toast for corn chips!

**Mini Marg \$8.90 (11am-2:30pm)** (A)  
A 5 inch pizza base with Napoli sauce, homemade almond cheese and cherry tomatoes  
Gluten Free Base + \$2

**Hawaiian Pizza \$9.90 (11am-2:30pm)** (A)  
A 5 inch pizza base with Napoli sauce, smoked tofu, pineapple and homemade almond cheese  
Gluten Free Base + \$2

**Acai Cup \$6.90** (GF)  
A small serve of Acai Flow topped with fresh fruit

**Kids Milkshakes \$4.90**  
Banana | Caramel | Strawberry | Chocolate | Vanilla

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

**LUNCH**  
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## 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  
extract, 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

## SHAKES & FRAPPES

Regular \$8.90 | Large \$10.90

### Bliss Shakes

Chocolate | Caramel | Vanilla |  
Chai | Strawberry  
Made on soy milk, blended with  
icecream, flavour & topped with  
chocolate syrup & icecream  
Add coffee 50c

### Choc Hazelnut Frappe

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

### Cookies & Cream Frappe

Oreos 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 | Strawberry |  
Chocolate | Vanilla

### Kids OJ \$4.90

## COFFEE & TEA

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

### Flat White | Cappuccino | Latte | Hot Chocolate

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

### Short Black | Long Black

Regular \$3.50 | Large \$3.50

### Pot of Tea \$4.5

(certified organic)

Tea for two \$ 8

English Breakfast | Earl Grey |  
Green | Dandelion | Chamomile |  
Lemon & Ginger | Peppermint |  
Licorice & Peppermint | Chai |  
Rooibos | Superfruit

### Specialty Lattes

Byo Cup \$4.50 | Regular \$4.90  
Large \$5.50

Chai made w/ organic chai syrup

Loose Leaf Chai brewed with  
spices & milk

Dirty Chai chai w/ dash of  
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.

Full of antioxidants!

Matcha Beneficial green tea

Energy Brew Yerba Mate,

Guarana, Raw Cacao & Maca

# DRINKS

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