

# NOURISHING FOOD FOR THE SOUL

## HEALTHY WHOLE-FOODS

Our menu focus' on healthy wholesome plant-based ingredients, made in house with love

### BREAK THE FAST

Loaded Paleo Banana Bread - Our house made Paleo Banana Bread topped w' Berry Compote, Coconut Yoghurt + Granola \$16

Açai Bowl - Açai topped w' Berry Compote, Chia Seeds, Hemp Seeds, Roasted Almonds, Coconut Flakes + Choice of Peanut Butter or Almond Butter or Choc Peanut Spread (Vegan) \$16

### HEMP SEED SOURDOUGH TOASTIES

The Veggie - Spinach, Roasted Pumpkin, Sweet Potato, Capsicum w' Cashew Spread (Vegan) \$16

The Tradie Toastie - Smoked Leg Ham, Vintage Cheddar Cheese w' Tomato Relish \$16

### TOASTED VEGE WRAP

Toasted Vege Wrap - Spinach, Roasted Pumpkin, Sweet Potato, Capsicum w' Halloumi \$13

\*Gluten-Free Option Available on request +\$2

### FOR THE KIDS / SOMETHING LIGHT

Paleo Banana Bread - Toasted w' Choice of Butter or Ghee or Maple Syrup \$9

Hemp Seed Sourdough - Toasted w' Choice of Butter or Ghee + Peanut or Almond Butter or Choc Peanut Spread \$9

Breaky Yoghurt Bowl - Coconut Yoghurt, Berry Compote + Granola \$10

### NOURISHING BONE BROTH

Our Famous Beef Broth - Beef Bone Broth made w' a potent mix of herbs & spices. Just like a coffee, but a brothee! \$9

### RAW TREATS + SLICES

Assorted Bliss Balls / Fingers \$4.5 Date-licious Choc Peanut \$6.5  
Fig & Grain Bar \$6.5 Salted Caramel Slice \$6.5 Peanut Butter Cups \$7.5

More Healthy Wholesome Nourishment on our Weekly Specials board. Simple food done well!

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MADE IN HOUSE  
w' LOVE & INTENTION  
87 Young St, Carrington

15% Surcharge Applies  
Sunday & Public Holidays