

yeah boy.

#ALLEATERSWELCOME

Our philosophy? To serve **nourishing** and **wholesome** foods.
We cater to **every type of hungry body**, mind & soul.

VG VEGAN | GOF GARLIC ONION FREE | NF NUT FREE
DF DAIRY FREE | VGO VEGAN OPTION | GF GLUTEN FREE

SHARING IS CARING

SUSHI TACO 9e
DF | GF | NF | VGO

tempura nori taco, rice, bibimbap sauce, pickled veg, veganaise
your choice of salmon or vegan konjac prawn

MISO GREENS 16
VG | DF | GF | NF | GOF

smoked eggplant hummus, greens, pepitas, crispy capers

KFC 12
VG | DF | GF | NF

kentucky fried cauliflower, jalapeño, house made bbq sauce

BLACK SESAME TOFU BAO 14
VG | DF | NF

kimchi, quinoa tofu, chipotle veganaise, vietnamese mint, coriander

SAN YEAH BOY BAO 16
VG | DF | NF | GF

marinated mushroom mix, lettuce cups, apple and ginger herbed salsa

NA-CHO BABE SM 14
VG | DF | GF LRG 20

vegan queso cheese, corn chips, vegan mozzarella, chipotle
corn, jalapeño, house made harissa, fresh salsa, guacamole

SWEET POTATO WEDGES 9.5
VG | DF | GF | NF | GOF W/O VEGANAISE

sea salt, fresh rosemary, chipotle veganaise

NOURISH BOWLS

BALANCE BOWL 26
VG | DF | GF | NF | GOF

roast miso greens, lotus chips, chilli lime cucumber, edamame,
enoki mushrooms, pepitas, avo, smoked eggplant hummus, quinoa

ADD +4

QUINOA TOFU | MISO BARRAMUNDI | GRILLED CHICKEN BREAST

SEXY MEXI BOWL 26
VGO | DF | GF | NF

chipotle corn, guacamole, gluten free corn chips, lime, rice,
charred pineapple, salsa, black beans, jalapeño veganaise

YOUR CHOICE OF

VEGAN CRUNCHY QUINOA TOFU | GRILLED CHICKEN BREAST

HARVEST BOWL 26
VGO | DF | GF | NF

roast pumpkin, chickpeas, cherry tomatoes, beans, house harissa,
field mushies, maple carrots, roast chats, mustard dressing, quinoa

YOUR CHOICE OF

VEGAN FALAFEL | GRILLED CHICKEN BREAST | SALMON ADD +2

BIBIMBAP BOWL 25
VG | DF | GF | NF

vegan crispy fried tofu & eggplant, bibimbap sauce, pickled carrot,
chilli lime cucumber, edamame, kimchi, sticky spicy cauliflower, rice

ADD

STICKY SLOW COOKED BEEF +2

TERIYAKI BOWL 25
VG | DF | GF

vegan crispy fried tofu and eggplant, slaw, chilli lime cucumber,
rice, vegan teriyaki sauce, furikake nut & seed mix, kimchi veganaise

ADD +4

VEGAN CRUNCHY QUINOA TOFU | TERIYAKI SALMON FILLET

MISO MAGIC 28
DF | GF

24 hour marinated miso barramundi fillet, carrot, green beans, quinoa,
edamame, mushrooms, lotus chips, furikake nut and seed mix

LAMB BOWL 27

slow cooked pulled lamb, roast pumpkin & cherry tomatoes, tzatziki,
olives, almond feta herbed couscous, chili lime cucumber, herb bread

*As some menu items contain **nuts**, **seeds** and other **allergens**, we are unable to guarantee the absence of such traces. If you do have a severe allergy please inform our friendly floor staff!

MMM. PIZZA

OUR PIZZA BASES ARE WHOLEMEAL,
13" AND EGG FREE!

BBQ	24
VGO DF NF	
bianco base, coconut corn puree, char grilled red capsicum, fresh green capsicum, vegan mozzarella, jackfruit, jalapeño, bbq sauce	
ADD +4	
VEGAN CHICKEN SPICED CHICKEN PIECES	
PUMPKIN	23
VGO DFO	
coconut corn puree, mozzarella (vgo), caramelised onion, crushed walnuts, roasted butternut pumpkin, dressed rocket, feta (vgo)	
VEGAN	
WITH DAIRY	
GREEN MACHINE	26
VG DF	
spiced queso, vegan mozzarella, miso roast brussels, broccolini, kale, snow peas, smoked pepitas, truffle oil, lemon zest, vg feta	
ADD +4	
VEGAN CHICKEN	
SPICED MEXICAN 'CHICKEN'	25
VGO DFO NF	
coconut corn puree, mozzarella (vgo), spiced mexican chicken (vgo), charred pineapple, fresh capsicum coriander medley, jalapeño aioli	
VEGAN	
WITH DAIRY + POULTRY	
MARGHERITA	22
VGO DFO NF	
napoli sauce, mozzarella (vgo), tomato medley, freshly crushed garlic, bocconcini (or house made vegan feta), freshly picked basil	
VEGAN	
WITH DAIRY	
MUSHROOM	25
VG DF	
herbed bianco base, roast field mushrooms, caramelised onion, fresh dill sprigs, house made vegan feta, truffle oil, pine nuts	
SRIRACHA TEMPEH-RONI	24
VG DF NF	
napoli tomato sauce, vegan mozzarella, sriracha sauce, house smoked spiced tempeh (pepperoni), house vegan feta, fresh mint	
PRAWN	25
NF	
herbed bianco base, mozzarella, cherry tomatoes, prawns, fresh picked basil, garlic confit, lemon zest, bocconcini	
SLOW COOKED BEEF	26
NF	
cauliflower puree, mozzarella, braised pulled beef cheek, lemon zest, caramelised onion, gremolata(*not gf), parsley, truffle oil	
CAPRICCIOSA	24
NF	
herbed bianco base, mozzarella, shaved grandmother ham, olives, roast field mushrooms, white anchovies, fresh oregano, bocconcini	
LAMB	26
NF	
herbed bianco base, mozzarella, slow cooked pulled lamb, olives, cherry tomatoes, feta, dressed rocket, side of house made tzatziki	
HAM & PINEAPPLE	23
NF	
napoli tomato sauce base, mozzarella, shaved grandmother ham, charred pineapple, bocconcini	
ADD +2	
EGGS ROAST FIELD MUSHROOM	

SMALL FRY KIDS MENU

HAM AND PINEAPPLE PIZZA	
NF	
napoli tomato sauce, mozzarella, shaved grandmother ham, charred pineapple	8
CHEESE PIZZA	
V NF	
napoli tomato sauce, mozzarella	8
CRUNCHY TOFU BOWL	
VG DF GF	
roast chat potatoes, broccolini, corn, crunchy tofu, brown rice	12
CHICKEN BOWL	
DF GF	
roast chat potatoes, broccolini, corn, chicken breast, brown rice	12

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#ALLEATERSWELCOME

DRANKS

COCKTAILS.

ALL VEGAN. ALL \$10. BOOM SHAKALAKA.

PASSION FRUIT KOMBUCHA MOJITO	VG
vodka, kombucha, passion fruit pulp, lime, mint	10
KANYE ZEST MOJITO	VG
blue butterfly peaflower tea, bacardi, triple sec, gin, lemon	10
GINGER SPICE MOJITO	VG
captain morgan, ginger ale, lime, mint	10
B - CARDI B KOMBUCHA MOJITO	VG
bacardi, peach schnapps, peach & mango kombucha, mint	10
APPLECIDER SPRITZ	VG
gin, watermelon puree, aperol, raspberry probiotic soda, mint	10
POMEGRANATE MARGARITA	VG
tequila, pomegranate liqueur, triple sec, lime juice	10
ESPRESSO MARTINI	VG
espresso coffee, vanilla vodka, crem de cacao, kahlua	10
GLOSSY FLOSSY	VG
gin, fairy floss liqueur	10

BEER

LITTLE CREATURES FURPHY	VG
375ml bottle	8.5
LITTLE CREATURES PALE ALE	VG
330ml bottle	8.5
STONE AND WOOD PACIFIC ALE	VG
330ml bottle	9
PRICKLY MOSES OTWAY LIGHT	VG
330ml bottle	8
CORONA	VG
355ml bottle	8.5
SOMERSBY APPLE CIDER	VG
400ml on tap	9

LET'S WINE AND DINE

DEAKIN ESTATE AZAHARA 200ml	VG
sparkling	12
BROWN BROTHERS KING VALLEY 200ml	
prosecco piccolo	12
ANGEL'S FOOTPRINT	CERTIFIED ORGANIC + VG
sauvignon blanc	10 / 48
HARVEST MOON	
sauvignon blanc	8 / 38
FAT BASTARD	
chardonnay	10 / 46
WEST CAPE HOWE	
rosé	8
OAKDENE	VG
pinot noir	12 / 56
FAT BASTARD	
pinot noir	10 / 48
KOONARA WANDERLUST	CERTIFIED ORGANIC + VG
cabernet sauvignon	12 / 60
RYMILL DARK HORSE	VG
cabernet sauvignon	9 / 44
LAUGHING JACK	VG
shiraz	12 / 55

DRANKS

COLD DRINKS

AMPLIFY KOMBUCHA

organic
pineapple coconut | peach mango | passion fruit lemonade 6

BOD PROBIOTIC SODA

yuzu | raspberry | cola 8.5

SAN PELLEGRINO

500ml sparkling water 7.5

SOFT DRINK

pepsi | pepsi max | lemonade | dry ginger | solo 4

HOT DRINKS

COFFEE

espresso | latte | flat white | cappuccino | macchiato | mochaccino ... 4.5

CHAI LATTE

spiced tea with milk 4.5

MATCHA LATTE

organic japanese matcha
an antioxidant powerhouse, rich in fiber & vitamins 5.5

TURMERIC LATTE

organic golden turmeric, cinnamon, ginger, organic coconut sugar
a super spice blend that boots immunity, energy & gut health 5.5

TEA

peppermint | chamomile | green | earl grey | english breakfast 4

EXTRAS

extra shot \$1 | almond milk | soy milk | coconut milk50c

DESSERT

ENJOY IT SWEET THANG

SCOOP! THERE IT IS

VG | DF | GF OPTION | NF OPTION

+ your choice of base:

salty caramel & furikake or brownie & honeycomb (nf)

+ your choice of two scoops:

peanut butter | choc hazlenut | coconut (nf) 13

BROWNIE POINTS

VG | DF | GF | NF

raspberry coulis, fudge brownie, fairy floss, coconut nice cream 13

CHOCOLATE LAVA CAKE

served with vanilla ice cream 13

STICKY DATE PUDDING

served with vanilla ice cream 13