

'WINTER' LUNCH MENU

11.30am – 2pm



ORGANIC FEAST

Wholefoods Market & Cafe

Arancini w/ Pumpkin Leek & Vegan Fetta

(Ve)(GF).....**18.50**
gluten free crumb, baby spinach & roasted walnut
garlic - all organic ingredients

Nacho's (Ve) (GF)..... **18.50**

black bean mix, cashew sour cream, guacamole,
housemade salsa, corn chips - all organic
ingredients

Korean BBQ Tofu + Charred Veg Bowl

(Ve)(GF).....**22.00**
w/ kim chi, pickles, charred broccoli, pineapple &
mixed quinoa + rice - all organic ingredients
with house cured Gravlax Salmon.. **+7.50**

Pasture Raised Organic Chicken Curry (V)... **25.00**

housemade green curry & veg w/ brown rice +
pappadum – all organic

Soup of the day - Seasonal (V)..... **15.00**

See blackboard- served with our crusty freshly
baked organic sourdough bread – all organic
ingredients

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 Gravlax 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

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

ORGANIC + BIODYNAMIC

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

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

OPTIONS

Housemade Activated Gluten Free Bread **+ 1.00**

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

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

'WINTER' BREAKFAST MENU

8am – 11.30am



ORGANIC FEAST

Wholefoods Market & Cafe

ORGANIC + BIODYNAMIC

- Banana Bread** 6.50
organic banana bread with organic cinnamon & locally produced butter
- Fruit Toast** ... 6.50
2 slices organic fruit sourdough with local butter
- Fruit salad bowl + Coconut Yoghurt (Ve) (GF)** 14.50
organic coconut yoghurt with a selection of delicious seasonal organic fruits to entice your tastebuds
- Bircher muesli (Ve)** 16.50
Housemade bircher muesli, grated autumn fruits, dried apricots, toasted seeds & coconut yoghurt
- 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
- Buckwheat Banana Pancakes (Ve)(GF)** 18.50
with organic coconut yoghurt, organic fruit, organic maple syrup + organic fruit compote
- 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
- 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
- Smashed Avocado Sourdough (Ve) (GFO)**.....19.50
2 slices organic sourdough with smashed avocado, tomato salsa, vegan feta & lemon – all organic fruit & vegetables

- Baked Egg Shakshuka (GFO)**..... 18.50
baked egg, spiced house made beans, roast capsicum, spinach, za'atar spice, our freshly baked organic sourdough bread
- Eggs – 2 x Scrambled or Poached (GFO)**..... 14.50
2 pasture raised eggs with our freshly baked organic sourdough bread + organic salad greens
- 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 – all organic
- 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 Gravlax Salmon**..... + 6.50
- Free Range Bacon**..... + 6.50
- Organic House Baked 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

OPTIONS

- Housemade Activated Gluten Free Bread + 1.00

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
- 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"

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

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