

NOURISH CAFÉ BREAKFAST MENU

7 am – 11.15 am

Phone orders welcome 4153 3583

Flatbread with Eggs \$14.50

gf, df, grain free, vegetarian, nut free, bread contains egg, mainly organic

Our sweet potato flatbread made with Trish's biodynamic sweet potato, crisp greens, fresh avocado, two oven-baked, Fig Tree Farm pasture raised, free range eggs, purple cabbage & house dressing

Add:- Walnut Mince, Organic Feta, Organic Chicken, Organic Fermented Vegetables \$4 each

Toasted Fruit Loaf \$6.50

gf, df option, grain free, nut free, bread contains egg, no refined sugar, mainly organic

A slice of our house-made banana & fruit loaf (using Springhaven Meadow's chemical free banana and sulphur free, organic dried fruit) topped with organic, grass-fed butter OR raw, local honey Add:- Banana \$1.50

Nourish Chia Bowl \$13.50

gf, df, grain free, vegan, no refined sugar, mainly organic

Our organic, sugar free chia pudding topped with house-made grain free granola and fresh fruit; served with a small side of your choice of milk (please specify milk choice on ordering)

Add:- our house made, vegan 'Nutella' + chunks of Loving Earth raw chocolate \$4

Humble Toast \$6/slice; \$10 for 2 slices

gf, df, grain free, nut free, bread contains egg, activated, mainly organic

Our house bread (handmade using organic seeds) with avocado + S&P OR local honey OR house made 'nutella'

Add:- Banana slices \$1.50, organic feta \$4 or oven baked, free range egg & aioli \$5.00

Gourmet Toast \$10 - \$12

Breakfast Page 2

Choose your bread:-

Farmhouse
Pumpkin Loaf
(contains egg)

or

Sweet Potato Focaccia
(vegan)

Both breads are handmade, using organic seeds which we freshly grind into flour.

Trish's biodynamic sweet potato is used on the focaccia.

Organic pumpkin & local, free range egg is used in the pumpkin loaf.

Grain free & mainly organic.

Choose your topping:-

Beetroot puree + rocket \$10/slice

gf, df, grain free, nut free option, mainly organic, vegan on our focaccia bread

Lightly spiced roasted beetroot puree + our cashew 'sour cream' & fresh rocket

Sauteed Mushrooms + rocket \$10/slice

gf, df, grain free, nut free, mainly organic, vegan on our focaccia bread

Meadowvale mushroom sautéed lightly in garlic and topped with fresh rocket

Organic Chicken & Avocado with aioli \$12/slice

gf, df, grain free, nut free, mainly organic, vegan on our focaccia bread

Seasoned avocado + organic, free range Bendele Farm chicken and aioli

Whipped Manuka honey & banana \$10/slice

gf, df, grain free, nut free option, mainly organic

Aussie Manuka honey whipped with dried strawberry OR turmeric & cinnamon; topped with sliced Springhaven Meadows banana & our cashew-coconut cream

Add:- free range egg, organic feta, organic chicken, organic fermented veges \$4

NOURISH CAFÉ LUNCH MENU

11.15 am – 2.15 pm

Phone orders welcome 4153 3583

Naked Burrito \$14.90

gf, df, grain free, nut free, vegetarian/vegan option, mainly organic

Slow-cooked free range lamb on a bed of cos lettuce, Trish's biodynamic roasted sweet potato + our chunky zucchini & tomato salsa. Topped with avocado & aioli

Kid's Burrito (under 12 yrs) – lettuce, roast sweet potato, lamb and aioli \$10

Vegetarian option: organic feta OR walnut mince + aioli Vegan option: walnut mince + cashew 'sour cream'

Rice Salad of the Day \$12.90

gf, df, vegan, nut free option, mainly organic

Ask our friendly team for more details

Add to any meal

\$4 each

Feta, Walnut Mince, Chicken, Avocado, Lamb, Fermented Vegetables

Gourmet Sandwich \$13.90

gf, df, grain free, nut free option, ^contains egg, activated, mainly organic

Our nourishing house bread^ (handmade daily using organic seeds), cashew 'sour cream', greens, tomato, purple cabbage, red onion, aioli & your choice of:-

slow-cooked free range lamb or organic chicken or organic feta or walnut mince

Kid's Sandwich (under 12 yrs) – choose two fillings + aioli \$10

We proudly source honey, vegetables, nuts, ginger, turmeric, fruit, lemon myrtle, microgreens, free range eggs, fresh milk, banana flour & more from local farmers

Honey Mustard Chicken Sandwich \$12.50

gf, df, grain free, nut free, ^contains egg, activated, mainly organic

Lunch Page 2

Our nourishing house bread^ (handmade daily using organic seeds), organic Bendele Farm chicken, crisp greens, roast pumpkin, red onion & honey-mustard aioli (as a salad \$14.90)

The Bounty of Bundaberg Bowl \$16.50

*gf, df, grain free, vegan option, nut free, mainly organic *locally grown*

Crisp salad with avocado & lemon myrtle dressing + Trish's roasted sweet potato + fermented vegetables + your choice of our rice of the day OR slow cooked lamb; topped with our ginger*-turmeric* dressing*

Avocado Bruschetta \$12.00

gf, df, grain free, nut free, mainly organic, vegan on our focaccia bread

A light lunch option - Seasoned avocado topped with tomato, zucchini, shallots, balsamic & olive oil on a slice of our house bread or our Sweet Potato Focaccia

Daily Special

Add to any meal

\$4 each

Feta, Walnut Mince, Chicken, Avocado, Lamb, Fermented Vegetables

Ask our friendly team about today's special

NOURISH PICNIC – Please order 30+ mins ahead on 4153 3583 😊

Let us put together a picnic lunch for you or your family! Simply order your takeaway meals & drinks, we'll pack it in a basket for you and provide you with a map guiding you to some local parks for your lunch!

Place a \$40 deposit; returned when you return the basket & blanket 😊