

NOURISH CAFE - BUNDABERG

WELCOME!

Monday - Friday - 7 am - 3.30 pm

Saturday - 8.30 am - 1 pm

(last lunch orders on Saturday - 12.30 pm)

We aim to offer wholefood meals and snacks that nourish your body and our farming communities.

We strive to use **organic - free range - local - pure - wholefood** ingredients.

We're committed to reducing our environmental footprint through bulk buying, recycling, re-purposing & using BioPak's plant based, sustainable takeaway packaging.

We support our local dairy (**Baffle Dairy**) along with local farmers and small businesses. We only ever use free range eggs and free range/organic meat.

We prioritise choosing certified organic ingredients wherever possible.

To ensure freshness, we grind our own flour & meal, and make our dressings (except aioli), bread & nut milks from scratch.

We proudly make all our sweet treats with organic or free range or local wholefood ingredients, unrefined sweeteners (rapadura, coconut nectar, dates, stevia etc) & without white sugar or white flour.

PHONE ORDERS WELCOME!

4153 3583

TAKEAWAY AVAILABLE

NOURISH CAFE
DRINKS

Mon - Fri -

7 am - 3.30 pm

Sat - 8.30 am -

1 pm

Cap / Flat White / Latte / Hot Chocolate \$4.00 / \$4.90 / \$5.70

Latte (in a glass) \$4.70

Espresso/Short Black \$3.30 Piccolo \$3.60

Long Black/Macchiato \$3.40 / \$3.60 / \$3.80

Butter Coffee = Long black + organic coconut oil + organic, grass-fed butter \$6.00

Extras - Shot / Flavour / Mocha / Coconut Oil + 70 c

Real Chai Latte (gf) \$4 / \$5 / \$6

= Finely ground organic tea, organic coconut sugar, honey & spice (df; on a df milk)

Slow' Chai Latte (gf) \$4 / \$5 / \$6

= Organic tea, organic coconut nectar & spice steamed with milk, brewed & strained (vegan & df on a df milk)

ALLOW 5+ MINUTES

Specialty Hot Chocolates (gf)

\$4.00 / \$4.90 / \$5.70

Organic Jaffa / Mint = essential oil, cacao, coconut sugar

Naked = Unsweetened, mildly sweet
Organic Dark = cacao, coconut sugar

(All hot chocolates are df/vegan with df milk)

ICED DRINKS

Iced Latte \$6.00

Iced Mocha \$6.60

Iced Long Black \$4.50

Iced Chai \$6.10

Add syrup 70 c / house made organic ice cream* \$1.50

ADD OUR *HOUSE MADE ICE CREAM TO YOUR ICED DRINK!

Handmade with organic coconut cream, dates, 100% pure, organic maple syrup, organic arrowroot, pink salt (gf, df, vegan, sugar free, nut free) \$1.50

OTHER MILK OPTIONS (ALL GF):-

- Zymil 60 c • Soy 60 c • Coconut 80 c • House made* Almond or House made Almond-Coconut Milk* 90 c (limited supply)

*NB our home made, activated nut milks are VERY different to UHT milk in taste & texture

NOURISH CAFE

DRINKS

Mon - Fri

7 am - 3.30 pm

Sat - 8.30 am -
1 pm

Proudly made with local **Baffle Dairy Fresh**
or choose from other milks on previous page

ORGANIC LEAF TEA
by Tielka Tea \$4.40

China Breakfast • Earl Royale • Jade
Mist Green • Lemon Ginger •
Peppermint • Midnight Blossom
Oolong • Cloud Chai • Rose Moscato

SPECIALTY STEAMERS (non-coffee)

Salted Caramel Steamer (gf) \$4.70 Iced version \$6.10

= House made raw, salted date caramel^ steamed with hot milk
Add coffee shot 70c (df/vegan on a df milk)

^ Raw Caramel = dates, organic
coconut oil, organic coconut
syrup, pink salt, vanilla

Golden Milk Steamer (gf) \$4.90

= Organic turmeric, organic cinnamon, organic maca, local ginger & stevia
(df/vegan on a df milk)

RAW ORGANIC ICE CREAM BARS \$8 hand made in Byron Bay
Salted Caramel OR Choc Mint gf, df, vegan, sugar free

FRUIT SMOOTHIES

GREEN SMOOTHIE baby spinach, local banana, mango, \$8.60
(gf, df, vegan) filtered water

BLUEBERRY SMOOTHIE blueberry, hint of local banana, \$8.60
(gf, df, vegan) house made coconut milk

BANANA SMOOTHIE local banana, house made coconut milk \$8.60
(gf, df, vegan) **Add** coffee shot 70c

BERRYLICIOUS PROTEIN SMOOTHIE (gf)

Promise Nutrition Whey Protein, mixed berries, house coconut milk, banana \$9.80

BANOFFEE PROTEIN SMOOTHIE (gf; ask about our df/vegan option)

Promise Nutrition Cacao Whey Protein, raw caramel^, banana, house coconut milk \$9.80

AVAILABLE DINE IN OR TAKEAWAY

Nourish Cafe Breakfast

M - F - 7am
- 11.15am
Sat 8.30am
- 12.30pm

Available
take away

FLATBREAD & EGGS \$14.90

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

Our house-made sweet potato flatbread, crisp greens, seasoned avocado, two oven-baked, free range eggs, purple cabbage & house dressing

HUMBLE TOAST \$6

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

Toasted house-made bread* **with:**
raw honey **OR** fresh avocado
(2 slices \$10)

Add banana slices **\$1.50**

BREKKY BURRITO BOWL \$14.90

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

Two oven-baked, free range eggs on a bed of lettuce, roast vege & tomato & zucchini 'salsa'. Topped with seasoned avocado & aioli

TOAST WITH EXTRAS

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

Organic chicken **OR** slow-cooked lamb, seasoned avocado & aioli on a slice of our house-made toast* **\$12.50**

Vegan option: swap to walnut mince + cashew 'sour cream' (*contains nuts*)

Swap meat for free range egg **\$11.50**

CHIA BOWL \$13.50

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

Organic chia pudding + house-made paleo granola + fresh fruit.
Served with your choice of milk
(**pls specify on ordering**)

BANANA BREAD \$7.50

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

A slice of our house-made banana bread, warmed & served with organic butter **OR** raw honey
Add banana slices **\$1.50**

EXTRAS \$4

Organic Feta, Avocado, Walnut Mince, Organic Fermented Vegetables, Organic Chicken, free range lamb. Free Range Egg \$2 each

**We proudly source vegetables, honey, ginger, fruit, microgreens, eggs, milk, banana flour & more
DIRECT from local farmers**

*Soaked overnight to improve digestibility; bread contains egg

Nourish Cafe

All Day Meals

Available
take away

M - F - 8 am - 2.15 pm Sat 8.30 - 12.30 pm

NAKED BURRITO \$14.90

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

Slow-cooked free range lamb on a bed of cos lettuce, roast vege & tomato & zucchini 'salsa'. Topped with seasoned avocado & aioli

Vegetarian: organic feta or walnut mince

Vegan: walnut mince + cashew 'sour cream'

Kids (under 12): Lettuce, roast sweet potato, lamb, aioli **\$10**

BOUNTY BOWL \$16.50

gf, df, grain free & vegan options, nut free, mainly organic

Crisp salad with avocado-lemon myrtle dressing + roast vegetables, fermented vegetables & your choice of slow cooked lamb OR organic brown rice (vegan)

HONEY MUSTARD CHICKEN

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

Organic chicken, crisp greens, roast pumpkin, red onion, honey-mustard aioli **\$14.90**

OR served on a slice of our house toast* **\$12.90**

TOAST OPTIONS

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

Toasted house-made bread* with fresh avocado **\$6** (2 slices \$10)

Organic chicken **OR** slow-cooked lamb, seasoned avocado & aioli on a slice of our house-made toast* **\$12.50**

ZESTY MAC SALAD \$16.50

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

Crisp greens, roast pumpkin, local roasted macadamia nuts + your choice of organic chicken **OR** organic feta **OR** 'coconut bacon' topped with our zesty avocado-lemon myrtle dressing

Ask about our daily special available from 11.15 am!

EXTRAS \$4

Organic Feta, Walnut Mince, Avocado, Organic Chicken, Free Range Lamb, Organic Fermented Vegetables

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DIRECT from local farmers*

*Soaked overnight to improve digestibility; bread contains egg