



# 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've used BioPak since we opened 4.5 years ago.

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.

OUR PRICES REFLECT OUR COMMITMENT TO PAYING OUR FARMERS AND OUR STAFF CORRECTLY AND OUR COMMITMENT TO USING ORGANIC/WHOLEFOOD INGREDIENTS AND ECO-FRIENDLY PACKAGING :)

**PHONE ORDERS WELCOME! 4153 3583**

**TAKEAWAY AVAILABLE**

NOURISH CAFE

# DRINKS

Mon - Fri -  
7 am - 3.30 pm

Sat - 8.30 am -  
1 pm

Proudly made with local **Baffle Dairy Fresh**

Cap / Flat White / Latte / Hot Chocolate     \$4.20 / \$5.00 / \$5.90

Latte (in a glass)     \$4.80

Espresso/Short Black     \$3.30     Piccolo     \$3.70

Long Black/Macchiato     \$3.50 / \$3.70 / \$4.00

**Butter Coffee** = Long black + organic coconut oil + organic, grass-fed butter     \$6.20

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

Chai Latte (gf)     \$4.20 / \$5.20 / \$6.20

*REAL = Finely ground organic tea, organic coconut sugar, honey & spice*

*SLOW = Organic tea, organic coconut nectar & spice steamed with milk, brewed & strained  
ALLOW 5+ MINUTES*

**Specialty Hot Chocolates (gf)**     \$4.20 / \$5.00 / \$5.90

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

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

**Iced Latte**     \$6.20

**Iced Mocha**     \$6.80

**Iced Long Black**     \$4.50

**Iced Chai**     \$6.30

*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

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Mon - Fri

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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* \$4.50

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

## SALTED CARAMEL STEAMER (GF) \$4.90

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

**ICED VERSION \$6.20**

<sup>^</sup> Raw Caramel =  
dates, organic  
coconut oil,  
organic coconut  
syrup, pink salt,  
vanilla

## GOLDEN MILK STEAMER (GF) \$5.00

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

# FRUIT SMOOTHIES

### GREEN SMOOTHIE

(gf, df, vegan)

baby spinach, local banana, mango,  
filtered water

\$9.00

### BLUEBERRY SMOOTHIE

(gf, df, vegan)

blueberry, hint of local banana,  
house made coconut milk

\$9.00

### BANANA SMOOTHIE

(gf, df, vegan)

local banana, house made coconut milk  
**Add** coffee shot 70c

\$8.80

**Ask about our Jaffa / Choc Mint option! \$9**

### BERRYLICIOUS PROTEIN SMOOTHIE (gf)

**Promise Nutrition** Whey Protein, mixed berries, house coconut milk, banana \$11

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

**Promise Nutrition** Cacao Whey Protein, raw caramel<sup>^</sup>, banana, house coconut milk \$10.80

AVAILABLE DINE IN OR TAKEAWAY

# Nourish Breakfast

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

Available  
take away

## FLATBREAD & EGGS \$15.90

*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

## BREKKY BURRITO BOWL \$16.50

*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

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

## CHIA BOWL \$13.90

*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*)

## HUMBLE TOAST \$6.50

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

Toasted house-made grain free bread\* with:  
raw honey **OR**  
fresh avocado (2 slices \$12)

## 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 grain free toast\* **\$12.50**

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

## BANANA BREAD \$8.50

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

House-made banana bread, warmed & served with organic butter and raw honey  
**Add** banana slices **\$1.50**

**EXTRAS: Organic Feta, Avocado, Walnut Mince, Organic Fermented Vegetables, Organic Chicken, free range lamb - \$4.50. Free Range Egg \$2.50**

**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

## All Day Meals

Available  
take away

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

Daily special available from 11.15 am

### NAKED BURRITO \$15.50

*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 **\$12**

### BOUNTY BOWL \$16.90

*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 rice of the day (vegan)

### HONEY MUSTARD CHICKEN SALAD

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

Organic chicken, crisp greens, roast pumpkin, red onion, honey-mustard aioli **\$16.50** OR served on a slice of our house toast\* **\$13.90**

### TOAST OPTIONS

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

Toasted house-made bread\* with fresh avocado **\$6.50** (2 slices \$12)

Organic chicken **OR** slow-cooked lamb, fresh avocado & aioli on a slice of our 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

### CHUNKY VEGE SOUP \$12.50

*gf, df, vegan, paleo, nightshade free, mainly organic*

Organic vegetables cooked with mild Indian spices; topped with cashew sour cream

**Add** House toast & butter **\$3.50** (NOT vegan)

**EXTRAS \$4.50**

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

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