

Raw Harvest Café – Spring Menu

Avocado Smash w/ Beetroot hummus

20.00

Smashed avocado & beetroot hummus on organic sourdough or gluten free bread topped poached eggs, crumbled fetta and micro herbs - GFO, DFO, VeganO
Add bacon +4.00

Breaky board

24.00

Three beautiful elements: Mini avo smash with poached egg on organic sourdough or gf toast, Humpercrunch muesli topped with coconut yoghurt & fresh fruits, local honey and splash of almond milk and toasted house waffle with Canadian maple - GFO, V, VeganO
Add bacon +4.00

Banana bread heaven

17.00

Two pieces of our famous banana bread, toasted to perfection plated with coconut yoghurt, fresh berries, strawberry powder, Canadian maple and toasted almond flakes - GF, DF, V

PB & Jelly Toast

14.00

Crunchy peanut butter, strawberry jam & sliced strawberries layered on organic sourdough or gluten free toast with toasted almonds
- GFO, Vegan
Add bacon +4.00

Egg & Bacon Roll

12.00

Turkish roll with two pieces of shortcut bacon, two free range fried eggs & Mum's house made zucchini relish
- DF, GFO
Add: Cheese / Tomato / Spinach +2.00

Gingerbread waffles

19.00

House made vegan waffles topped with poached pears, caramel sauce & gingerbread pistachio crumb & vanilla coconut yoghurt or ice cream
- GF, DFO, VeganO
Add bacon +4.00

Vegan mushroom pasta

18.00

Pan caramelised mushrooms tossed through spinach and toasted pine nuts served on gluten free pasta and smoked paprika & parsley to serve.
- GF, Vegan
Add parmesan +2.00
Add chicken or bacon +4.00

Veggie Burger w/ Sweet potato chips

20.00

House made chickpea patty on a Turkish or gluten free roll with avocado, red onion & spinach with dill coyo.
Served with baked sweet potato chips - Vegan, GFO
Add Cheese +2.00

Please let our friendly staff know if you have any intolerances and we will do our very best to cater for you

GF- gluten free, GFO – gluten free option, V-vegetarian, VO – vegetarian option, Veg – vegan, VegO - vegan option, DF – dairy free,

Imagine:

Local, organic produce in the form of deliciously simple snacks, meals and treats catered to all dietary requirements that provide something for everybody

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DFO – dairy free option

Gourmet beef burger w/ Sweet potato chips

23.00

House beef patty on Turkish or gluten free roll with tomato, lettuce, cheddar cheese, bacon, house dill pickles & chipotle mayo. Served with baked sweet potato chips - GFO, DFO
Add Bacon +4.00

Warm lamb, quinoa & beetroot salad

22.00

A medley of roasted beetroot, walnuts, fetta and red onion tossed through rocket and topped with medium rare lamb with red wine, balsamic reduction
-GFO, VO, DFO, VeganO

We have a range of specials, wraps, focaccias, toast options and our range of intolerance friendly treats & take away meals for you and your family that our staff can help you with

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