



OUR MENU IS ABOUT THE ART OF SMELLS, TASTE & TEXTURES, WE SOURCE FRESH SEASONAL, LOCAL AND ORGANIC PRODUCE WHERE POSSIBLE, WITH A FOCUS ON KITCHEN MADE, WHOLESOME NUTRITIONAL EATING, A MINDFULNESS TOWARDS DIETARY DIVERSITY, SPRINKLES OF WORLDLYNESS & WE FOSSICK FOR SOME FREE RANGE FARMYNESS ON OUR DOORSTEP. WE HOPE YOU FIND YOUR FLAVOUR!

BREAKFAST (7AM to 11AM-M to F; 7AM to 11.30AM -SAT), LUNCH (11.30AM to 3PM - M to F; 12PM to 3PM -SAT) + DRINKS MENU  
CHECK OUT OUR SEASONAL SPECIALS BOARD, DAILY DELI DISPLAYS + FRIDGES FOR OUR SWEET, SAVOURY, DRINKS "GOOD TO GO" MEAL OPTIONS

PLEASE ORDER + PAY AT THE COUNTER...

CLICK & COLLECT — DOWNLOAD the WHOLEFOODS KITCHEN APP.

## WHOLEBOWL LUNCH MENU

WORLDLY flavours WHOLEFOODified!

11.30AM – 3PM (MON TO FRI) - 12NOON – 3PM (SAT) \$17

- EAT IN OR TAKE AWAY -

- **MASSAMAN BEEF** - Slow roasted local beef rib served on the bone in a massaman curry, with crispy roasted potato + fresh Thai slaw + crunchy fried shallots + housemade mango chutney + a cooling yoghurt + burnt coconut flakes + fresh chilli & roti bread. (GFO) \$17
- **VIETNAMESE CHICKEN** - Housemade Vietnamese chicken & ginger meatballs, with an oriental broth + Asian greens + vermicelli noodles + crunchy carrot & daikon + fresh spring onion & chilli + crispy egg noodles & fresh herbs. \$17
- **LAMB RAGU** - Slow braised local lamb ragu, with aglio e olio (pasta salad) + zucchini noodle salad, tossed in basil pesto + blistered cherry tomatoes + shaved Reggiano parmigiano cheese + crunchy raw almonds + fresh rocket (GFO) \$17
- **ENGLISH PORK** - Pacdon Park pork sausage, with a creamy garlic butter mash + braised red cabbage + green pea smash + sweet housemade onion jam + crispy lamb bacon + red wine jus. (GF, OFO) \$17
- **MIDDLE EASTERN FALAFEL — VEGAN** - Housemade falafel, with creamy beetroot hummus + coconut labne + cous cous tabouli salad + housemade pita bread + raw pine nuts + crunchy pickled turnip & vegetables + Screaming Seeds dukkha + lemon wedge & olive oil drizzle. (VG, GFO) \$17
- **MUSHROOM & LENTIL BOLOGNESE - VEGAN** - Mushroom & lentil Bolognese, with zucchini noodle salad, tossed in basil pesto + aglio e olio (pasta salad) + creamy tomato cashew cream + crunchy nut parmesan + housemade garlic bread & fresh basil. (VG, GFO) \$17

CHECK OUT OUR SEASONAL SPECIALS BOARD, DAILY DELI DISPLAYS + FRIDGES FOR OTHER SWEET, SAVOURY + "GOOD TO GO" MEAL OPTIONS...

YOU CAN ORDER SALADS ONLINE VIA OUR APP...  
EAT IN, TAKE OUT, THESE ARE GOOD TO GO FOR A BBQ PARTY OR PICNIC...

SEASONAL SALADS available ALL DAY in the DELI DISPLAY — lightly dressed...

- SMALL - \$6 (one salad)
- MEDIUM - \$11.00 (two salad)
- LARGE - \$15.00 (three salad)

LUNCH

## DRINKS MENU

**SMOOTHIES:** SML: \$7 (EAT IN OR T/A) LGE: \$9 (T/A ONLY)

- **STRAWBERRIES & CREAM DREAM:** Strawberries, banana, coconut yoghurt, fresh apple juice.
- **THE GRATEFUL GUT:** Celery, cucumber, lime, spinach, avocado, coconut H2O & food based pro & prebiotic.
- **THE PALEO PROTEIN PERFORMER:** Avocado, banana, cacao, almond milk & fermented protein powder. (vegan option available)
- **HAVE A GANDHA:** Carrot, turmeric, lemon, pineapple, ginger, almond milk & Ashwa Gandha.

**BELLY BLITZERS:** SML: \$7 (EAT IN OR T/A) LGE: \$9 (T/A ONLY)

- **FARMY FRAPPE:** Fresh apple juice, Harcourt apple cider vinegar (with the mother) blitzed with ice.
- **KEFIR KRUSH:** Babushka organic kefir yoghurt, organic full cream milk, agave syrup, mango, blitzed with ice.

### SMOOTHIE ADD ONS ....

- **LIQUID CHLOROPHYLL:** (good in The Grateful gut) 50c
- **MACA POWDER:** a plant based energizing superfood. 50c
- **INCA INCHI POWDER:** a plant based protein powder. 50c

**JUICES:** SML: \$6.5 (EAT IN OR T/A) LGE: \$8 (T/A ONLY)

All made fresh in house. ICE BLITZED for an EXTRA \$1.00

**FRESH JUICES:** Apple// Orange// Carrot Juice

### JUICE BLENDS

- **THE DETOXIFIER:** Beetroot, carrot, apple, lemon & ginger.
- **THE KALE KICKSTART:** Kale, orange, spinach & carrot.
- **CLEANSE IN THE BENDS:** apple, ginger, turmeric, lemon + kombucha shot.
- **IMMUNITY BOOSTER:** Carrot, orange & ginger.

**MAKE YOUR OWN JUICE** 4 INGREDIENT LIMIT

apple/orange/carrot/lemon/lime/celery/ginger/  
cucumber/spinach/turmeric/pineapple/  
watermelon.

**VEGAN MILKSHAKES** Small \$7.5 Large \$9.5

- Chocolate (GF)//Strawberry (GF)//Vanilla//
- Soy Milk//Almond Milk//Coconut Milk
- Made with coconut milk ice cream (GF, VG)

**COLD DRINKS: \$5.5** We use local organic dairy milk. (SERVED WITHOUT CREAM OR ICECREAM)

- Iced Coffee//Iced Chocolate//Iced Mocha//Iced Long Black



DRINKS

CHECK OUT OUR DRINKS FRIDGE FOR MORE OPTIONS....

## DRINKS MENU CONT...

### HOT DRINKS

**HOT NOT TODDYS:** brewed with hot H2O in a tea pot to warm you up and make you feel great. \$5.95

- **NOT QUITE CIDER:** fresh apple juice, ginger, Harcourt apple cider vinegar & clove.
- **COUGH CALMER:** fresh lemon, local honey & cinnamon.
- **WARM & TANGY:** orange & cranberry reduction with dried cranberry & fresh orange slices.
- **THE CIRCULATION BOOSTER:** dried sage & thyme infused in hot H2O.

A local favourite roaster, Coffee Basics from Castlemaine, roast our organic blend especially for us. We use local dairy milk & our MOFO raw chocolate powder and Calmer Sutra Chai wet chai leaves are VEGAN...

**COFFEE:** Latte//Flat White//Cappuccino//Mocha//Raw Hot Chocolate//Wet Chai Latte \$4.20 Espresso//Long Black//Macchiato \$3.50 //Piccolo \$4 //Babycino \$1//Decaf FREE//Upsize .50c

- **BULLET PROOF COFFEE** – double shot coffee, organic grass fed butter, coconut oil: \$5.00
- **PEP N FRESH** - Coconut H2O, ice, double shot of espresso \$5.00
- **ALTERNATE LATTE**—NATURAL ANTI OXIDANT—BEETROOT // TURMERIC // MATCHA GREEN TEA// BLUE-BERRY \$4.60 + almond or coconut milks (.+30c)

**TEA POT: \$4** - English Breakfast//Earl Grey//Chai Tea//Russian Caravan//Jasmine//Peppermint//Lemongrass & Ginger//Chinese Green//Sencha Morning Dew//Rooibos

\*\*\* **SWEETENERS:** Honey//Coconut Sugar//Raw Sugar//Xylitol//Stevia Drops//Agave Nectar

\*\*\* **ALTERNATE MILKS:** + 30c BonSoy //Almond Milk//Coconut Milk// Lactose Free

**REGAN'S SICK TEA** - Fresh ginger, turmeric, apple cider vinegar, local honey +green tea \$5.95

**FIRE TONIC SHOT- \$2 KOMBUCHA SHOTS - \$2 WELLNESS SHOT: \$2.50**

Raw apple cider vinegar tincture live with mother of vinegar. (VG)

Grateful Harvest-Turmeric & ginger kombucha.

Served on its own as a natural wellness booster with the antioxidant turmeric, ginger for digestion, lemon for Vitamin C & coconut H2O which is full of electrolytes.

DRINKS

# BREAKFAST MENU

7AM TO 11AM (MON-FRI) - 11.30AM (SAT)

## TOAST

- **WHITE SOURDOUGH** (x2 slices) from one of our local bakeries. COMES WITH your choice of butter and condiment. (VGO) \$9
- **MULTIGRAIN SOURDOUGH** (x2 slices) from one of our local bakeries. COMES WITH your choice of butter and condiment. (VGO) \$9
- **PUMPKIN BREAD** (x2 slices) from one of our local bakeries. COMES WITH your choice of butter & condiment. (VGO) \$9
- **LOCAL FRUIT LOAF** (x2 thick slices) comes with your choice of butter (V, VGO) \$9
- **GLUTEN FREE BREAD** (x2 slices) COMES WITH your choice of butter and condiment. (VGO) \$8.50
  - **BUTTER:** either LOCAL REGION COWS MILK BUTTER or BOTANICAL CUISINE CULTURED BUTTER (VG) - order extra is \$2
  - **CONDIMENTS** — either VEGE SPREAD (GF, YEAST FREE) / HOUSE MADE SEASONAL JAM / LOCAL HONEY / PEANUT BUTTER (FRESH GROUND) - order extra is \$2

### BREAKY BRUSCHETTA — SEASONAL SPECIALS \$13

- Thick cut toast topped with delicious dabbles drizzles + dollops
- GLUTEN FREE or PALEO bread is an extra \$2.
- CHECK OUT THE SPECIALS BOARD...



**KIDS STUFF:** We can do: 1 x slice of toast + butter, poached egg (hard or soft) and a slice of bacon \$8.50 (UNDER 12). ..... There are also ham and cheese / or veg toasties in the daily deli display. Plus options are available on the BUILD A BREAKY / BREAKY BITS menu next page.

- **KOMBUCHA OVERNIGHT OATS** (VG, LC, RSF) with baked STONE FRUITS, paired with raw ALMONDS & COCONUT YOGHURT. \$16.90
- **APPLE & CINNAMON SCROLL WAFFLES** (VG, GFO) House made CINNAMON WAFFLES with poached APPLES, vegan CREAM CHEESE frosting, PECAN PRALINE, PISTACHIO crumble & MAPLE SYRUP \$16.90
- **TOASTED MAPLE MUSELI** (VG) Housemade toasted MAPLE OATS with SEEDS, PUFFS, GOJI & INCA BERRIES with LIME infused COCONUT LABNE & seasonal FRUIT \$13.90.
- **NOURISH BOWL** (FOG, GF, VG, LC) - Grilled CAULIFLOWER steak, BEETROOT humus, sautéed KALE, EDAMAME, sautéed CARROTS in basil oil, topped with raw ALMONDS & CHIA SEEDS. \$16.90
- **ACAI BOWL** (VG, GF) ACAI, AVOCADO BLUEBERRIES, KALE, LEMON juice & CHIA SEEDS, blended with COCONUT H2O, served with GOJI, BERRIES, MAPLE COCONUT & fresh seasonal FRUIT. \$16.90

ALSO GRANOLA EAT IN OR TAKEAWAY OPTIONS — CHECK OUT OUR **GOOD TO GO** FRIDGE.



## BREAKFAST MENU CONT...

"BUILD A BREAKY" TO SUIT YOUR DIETARY REQUIREMENTS ...

### BUILD A BREAKY + ADD BREAKY BITS

- The **YOKAL** (V, GFO-) 2x Local free range eggs (SOFT or HARD poached) on sourdough toast. \$11.50 (GF+\$2)
- **OMELETTE** (P, V, GF, FOD, KETO) - 3 x local free range eggs \$9 add some BREAKY BITS if you fancy.

### + ADD BREAKY BITS .....have fun!

smashed AVO \$4 / wilted baby SPINACH \$4 / lemon thymed MUSHROOMS \$4 / Istra BACON (2 slices) \$5.00 / local free range EGG \$4 / Meredith GOATS CHEESE \$4 / smokey slow roasted TOMATO \$4 / Screaming Seeds DUKKHA \$2 / Botanical Cuisine Persian style vegan FETA \$4 / wilted KALE \$4 / housemade HOLLANDAISE \$2 / housemade spud ROSTI \$4 / BASIL PESTO \$2 / Tomato RELISH \$2

CHECK OUT OUR DAILY DELI DISPLAYS + FRIDGES FOR SWEET, SAVOURY + "GOOD TO GO" BREAKY OPTIONS....

### BUNDLED BREAKY BITS — sensibly sized & sorted....

- **BROCC BOWL** (KETO, V, VGO, OF, FOG) - steamed BROCCOLINI, SPINACH, raw ALMONDS, AVOCADO, DUKKHA, fresh HERBS, tamari & ginger DRESSING, with two FREE RANGE POACHED EGGS. \$16.90 (add a slice of SOURDOUGH +\$4, add ISTRBA BACON \$5)
- **POTATO ROSTI EGGS BENNY** (FOO, FOG, GF) - housemade POTATO ROSTI filled with MANCHEGO CHEESE, with fresh SPINACH, Istra BACON, two local free range poached EGGS & housemade HOLLANDAISE \$19.90
- **THE RED CHILLI SCRAM** (GFO, V, FOG) Free range SCRAMBLED EGGS with CHILLI, topped with fresh SPRING ONION, grated PARMESAN & fried SHALLOTS on local SOURDOUGH toast, paired with a fresh CUCUMBER, CHERRY TOMATO & CORIANDER salsa. \$19.90
- **THE OLD FAITHFUL** (FOO, FOG, GFO) - One slice of local SOURDOUGH TOAST with SMASHED AVOCADO, Istra Bacon, Meredith's GOATS FETA & two local free range POACHED EGGS. \$19.90
- **CITRUS PANACOTTA** (GF) housemade citrus infused PANACOTA with STRAWBERRY puree, PISTACHIO & COCONUT granola, WATERMELON & MINT granita, & fresh BERRIES. \$16.90
- **OH MY OMMLETTE** (V, FOG, OF, KETO, GF, LC) Three egg OMMLETTE with thymed MUSHROOMS, GRUYERE cheese, AVOCADO, BLACK SEASAME & fresh BASIL. \$16.90 (add ISTRBA BACON \$5)

**PUBLIC POLICY & DISCLAIMER:** IF YOU HAVE ANY ALLERGIES, INTOLERANCES OR SPECIFIC DIETRY REQUIREMENTS, PLEASE NOTIFY OUR STAFF AND WE WILL TRY TO CATER FOR YOU AS BEST AS POSSIBLE. OUR KITCHEN AND SHOP **CANNOT GUARANTEE** AGAINST ANY CROSS CONTAMINATION WITH PEANUTS, TREE NUTS, MILK, LUPIN, EGGS, SESAME, FISH, SHELLFISH, SOY, WHEAT OR ANY OTHER FOOD ALLERGENS. **LEGEND:** (GFO) GLUTEN FREE OPTION, (GF) GLUTEN FREE, (VG) VEGAN, (V) VEGETARIAN, (P) PALEO, (OF) ONION FREE, (FOG) FREE OF GARLIC (FOD) FODMAP, (OFO) ONION FREE OPTION (LC) LOW CARB. (KETO) KETO DIET.