

breakfast

- TOAST** three mills ancient grain / fruit toast
w. homemade jam / australian honey / 100% peanut butter
w. gluten free bread +\$2
- PB & B TOAST** 100% peanut butter w. sliced banana, 'cacao honey' on toast (v/df/gf*)
- APPLE & COCONUT BIRCHER** w. grated apple, almonds, coconut & almond milk. Topped w. fresh fruit, dehydrated apple & berry yoghurt (v)
w. coconut yoghurt (df/vg) +\$2
- AVO ON TOAST:** ancient grain toast topped with avocado, heirloom tomato, nigella seeds & herb pesto (df/vg/v)
- B. BOARD:** cup of granola & yoghurt topped w. fresh fruit, & a piece of toasted grain bread w. avocado, pepitas & sprouts (v/gf*/df*/vg*)
- DUKKAH EGGS** w. roasted capsicum, eggplant & herbs, served on grain toast w. poached eggs, house labne, hummus & topped w. dukkah (v/df*/gf*)
- GREEN NOURISH BOWL** w. asparagus, broad beans, cauliflower, kale, grilled zucchini & roasted pepitas, served w. semi-dried tomato, roast capsicum pesto & poached egg, sprinkled w. chili-paprika salt (gf/v/df/vg*/p*)
- POWER BOWL** quinoa, roasted pumpkin, greens, avocado, broccolini, ruby kraut, eggplant hummus, alfalfa, poached egg, green tahini & seednut mix (gf/df/v/vg*/p*)
- GREEN PEA & AVO PLATE** smashed peas & avocado on toast w. pickled radish, crumbed feta coated in kale pesto & poached eggs, topped w. fresh herbs (v/gf*)
- MEX EGGS:** baked sweet potato hash w. goji berry relish, quiona, corn, tomato & herb salsa. With avocado, poached eggs & chilli oil (gf/df/v)
- BREAKFAST WRAP** smoked bacon, eggs, tomato, baked sweet potato hash, spinach & house bbq sauce (gf*)
- FREE RANGE EGGS** poached on toast (v/gf*)
- EXTRAS**
salmon (med-rare) +\$7
pialligo farm smoked bacon +\$4.5
avocado / garlic-thyme mushrooms +\$4
wilted greens / blistered cherry tomatoes +\$3.5
gluten free bread / poached egg +\$2

food

lunch

- \$6 **JAPANESE SALAD BOWL** w. miso coated eggplant & sweet potato, grilled broccolini, spinach & brown rice, drizzled w. housemade miso-tahini & topped w. pickled ginger, nori & nigella seeds (gf/vg/v/df)
w. grilled salmon +\$7
- \$7
- \$14 **SUPER SALAD:** w. quinoa, alfalafa, avocado, kale, spinach, brown rice, carrot, beetroot, grated apple, ruby kraut, turmeric cauliflower, goji berries, mixed nuts & seeds (vg/v/gf/df/p*)
w. grilled chicken +\$6
- \$14 **ZOODLES** w. puttanesca sauce, roasted pumpkin, spinach, olives & capers (gf/df/v/vg)
- \$15 **CHERMOULA LAMB:** pulled lamb tossed w. pumpkin, quinoa, kale, parsley cherry tomatoes & spinach. Served w. cauliflower & lemon hummus, and topped w. pinenuts & pomegranate (gf/df/v*/vg*)
- \$19 **WARM LENTIL SALAD:** coconut roasted pumpkin & eggplant, puy lentils, roasted cherry tomatoes, caramelised onion, fresh herbs & lemongrass-coconut sauce (v/vg/gf/df)
w. grilled chicken / salmon +\$6
- \$17 **MIDDLE EASTERN CHICKEN:** served w. a sweet potato puree, & a warm salad of buckwheat, sumac roasted cauliflower, eggplant & currants (gf/df)
- \$17
- \$19 **BURRITO BOWL:** slow cooked chicken chilli con carne, brown rice, ruby kraut, tomato salsa, charred corn, avocado, green tahini & house seed crackers (gf/df)
+ vegan/vegetarian option w. miso sweet potato, eggplant & pumpkin (v/vg)
- \$21 **THAI BEEF SALAD:** picked paw paw, cucumber, cherry tomato, capsicum, soba noodles herbs & thai dressing. Topped with peanuts, chilli & dehydrated onion (gf/df)
- \$12.5
- \$12

breakfast 7–11:30am / lunch 12–2:30pm
please order at the counter

please notify staff of food intolerances or allergies

full menu available to takeaway

gf / gluten free df / dairy free v / vegetarian
vg / vegan * / on request

bowls & drinks

smoothies

BREAK(THE)FAST \$8
banana, oats, almonds, honey,
cinnamon, greek yoghurt & milk

POPEYE \$8
kale, spinach, spirulina, kiwi,
coconut water & apple juice

NUTTY PROFESSOR \$8
banana, peanut butter, cacao, maca
powder, coconut nectar & milk

MATCHA IMMUNITEA \$8
matcha, mango, almond milk,
coconut flesh & coconut nectar

GLOW PRO \$8
acai, blueberries, raspberries,
coconut flesh, coconut water, natural
apple juice & honey

COFFEE + CACAO \$8
espresso, cacao, chia, dates, coconut
flesh, coconut nectar & almond milk

GOLDEN \$8
turmeric, cinnamon, ginger, honey,
banana, dates & almond milk

REFRESHER \$8
cucumber, mint, mango, spinach &

acai bowls

“O” BOWL \$15
acai, banana & apple juice, topped w.
granola, banana, strawberry, & coconut

CRUNCH BOWL \$15
acai, banana, cacao, peanut butter
& almond milk, topped w. banana,
granola, cacao nibs, crushed almonds
& honey

HULK BOWL \$15
acai, banana, avocado, spinach
& apple juice, topped w. kiwi, granola,
goji berries & honey

w. GF granola +\$2
Please note our granola contains nuts.

smoothie add ins

**BOOST YOUR SMOOTHIE WITH A
VARIETY OF SUPER SMOOTHIE ADD INS**

plant based protein / super greens \$2
matcha powder / granola

whey protein / lsa / chia seeds \$1

psyllium husk / maca powder / \$0.5
spirulina

coffee

gabriel monte carlo blend \$3.5
single origin espresso \$3.5
single origin long black \$4
decaf / large / syrups / extra shot + \$0.5
bonsoy + \$0.5
almond / coconut /lactose free + \$0.7

SOY CHAI LATTE \$4

HOT CHOCOLATE \$4

MATCHA LATTE \$4.5

green tea powder steamed on
almond milk. Please ask if you would
like natural sweetener added.

GOLDEN LATTE \$4.5

turmeric, cinnamon, ginger &
cracked pepper steamed on
almond milk with a touch of honey

TURMERIC CHAI \$4.5

turmeric infused chai steamed on
soy milk with a touch of honey

tea

CHAMELLIA ORGANIC TEA \$4.5
(brewed to perfection)
English breakfast 90°c 4m30s
Earl grey 90°c 4m30s
China sencha 75°c 2m30s
Masala chai 90°c 4m30s
Peppermint herbal tisane 90°c 2m30s
Chamomile herbal tisane 90°c 3m
Lemongrass & ginger
herbal tisane 95°c 4m30s

cold drinks

ICED COFFEE / CHOCOLATE \$5.5

FRESH SQUEEZED ORANGE JUICE \$8

COCONUT WATER \$5.5

LOCAL ORGANIC KOMBUCHA \$6.5

ORGANIC SPARKLING \$4.5

Gingerella Ginger Ale
Lemmy Lemonade
Karma Cola

BELOKA SPARKLING 500ML \$5.5

Here at 80/20, we believe in food as fuel and that absolutely everybody benefits from clean, natural and unprocessed whole foods.

We endeavor to serve you real, healthy, honest and delicious meals as well as nutrient packed smoothies, homemade raw desserts and damn good coffee. We wholeheartedly believe that life is all about balance, and while food is functional it should also be fun sometimes! So whether you're being 80% mindful or indulging in the cheeky 20%, at 80/20 food we are 100% behind you!

please note that a 10% surcharge applies on public holidays