

Eat

(All day Monday to Saturday until 2pm)

EGGS YOUR WAY

Poached/ Scrambled or Fried Free-Range Eggs on GF Toast
\$12

SIDES

Bacon
\$6
Roast cherry tomatoes
\$4.5
Thyme Roasted Shroom
\$4.5
Danish feta
\$3
Caramelised onion mayo
\$2
Green Tomato pickle
\$2

PRIMAL ALTERNATIVE FRUIT LOAF

Goji and Inca Berry Fruit Loaf w/ Organic Maple Butter
\$12

TOASTED SANGAS

***no alterations to these please**

Smoked ham / Cheddar / Green Tomato Pickle
\$12
Roasted Marinated Mexican Chicken / Red Onion /
Harissa Mayo / Green Capsicum
\$14
Roast Eggplant / Hommus / Coriander / Caramelized Onion
\$12

CHIA PUDDING

Coconut Milk Soaked Chia Seeds w/ Stewed Strawberry
and Rhubarb, Fresh Fruits, Roasted Almond
\$12

BREKKY SMOOTHIE BOWL

Strawberry, Banana, Oats, Coconut Yoghurt, Honey
in a Smoothie Bowl w/ Fresh Seasonal Fruit, Granola
\$16

BACON & EGG WRAP

'Primal Alternative' Hemp Seed Wrap w/ Crispy Bacon, Chilli
Scrambled Eggs, Cheddar Cheese, Caramelised onion mayo
\$16

THE AVO

Freshly Smashed Avocado and Danish Feta on GF Toast
w/ Basil Pesto, Semi Dried Tomato
\$18
+ Bacon **\$6**

PORK & POTATO

Potato & Chive Roesti, Pulled Pork, Aioli, Chimmi Churri,
Carrot and Cabbage slaw
\$18

VEG FRY UP

Thyme Roasted Mushrooms and Garlic / Oregano Cherry
Tomato on GF Toast w/ Spinach & Halloumi
\$18
+ Poached Egg **\$3.5**

PANCAKES

Banana Pancakes w/ 'Pana' Hazelnut Choc,
Strawberry Compote, Granola, Lemon Balm
\$17

gf = gluten free df = dairy free v = vegetarian v+ = vegan
Please advise if you have any allergies or dietary requirements.
Sorry, no changes to the menu on weekends.



DID YOU KNOW?

Everything on our menu is **GLUTEN-FREE!**
We source our produce locally and **ORGANIC** where possible.
We go with the flow of the seasons and
availability of produce direct from the farmers to ensure
maximum freshness & optimum nutrition on your plate; for
this reason there may be some delicious variations to the
menu from time to time!

f/nourishd.eatery @nourishd_eatery
#nourishdeatery

Drink

COFFEE by ROSSO

black **\$4** | white **\$4** | mocha **\$5**
large **+0.5**
iced coffee **\$5**
almond milk | soy milk | coconut milk | extra coffee shot
+1.0

TEA

\$3.5

english breakfast | green | mint | lemongrass + ginger

ROSSO BLEND HOT CHOC

premium hot chocolate blend with 35% dark cacao
with toffee like sweetness
\$5

Anti-inflammatory TURMERIC LATTE

heal your body with vibrant yellow turmeric spice,
cinnamon, ginger, coconut oil + murray river raw honey

Energy Boosting MATCHA GREEN-TEA LATTE

premium matcha green tea powder + organic maple syrup

Calming Ayurveda CHAI LATTE by Prana Chai

hand blended naturally processed healing spices

ORGANIC SUPERFOOD SMOOTHIES

Check out the board above the smoothie bar for
our favourite blends!

Sweet Treats

Take a peak in the cake display fridge to be wowed by our
healthy selection of handmade organic, raw, vegan, gluten
free, dairy free, refined sugar free treats.

Our delectable range includes delicious surprises from
local Mint & Lime Co. all of which are full of antioxidants
and immune boosting nutrients that will leave you
feeling cheekily satisfied without the guilt!