



**EAT  
GOOD,  
FEEL  
GREAT!**

**V** VEGETARIAN

**G** GLUTEN FREE

**V** VEGAN

**D** DAIRY FREE

## BREAKFAST ALL DAY

### THICK TOAST / RAISIN TOAST **V** 4.90/5.90

2 slices served with butter & your choice of jam, marmalade, honey, vegemite or peanut butter.

### POACHED OR SCRAMBLED EGGS **V** 11.90

Perfectly cooked free-range eggs, served with your choice of toast...while you're at it, why not **+ SOME EXTRAS?**

#### **+ SOME EXTRAS**

Mushrooms, tomatoes, spinach, avocado, avocado salsa, egg, grilled onions, hollandaise **+3.00** ea  
Bacon, ham, smoked salmon **+5.00** ea

### MINI RAW **V** **D** 9.90

It's little & delicate. Toasted sourdough with baby spinach, a grilled roma tomato & topped with a poached egg.

### EARTH RAW **V** 17.90

For all the vegetarians, this is your big breakfast. Two free-range eggs, mushrooms, tomato, avocado salsa, spinach & dukkah. With your choice of toast.

### BIG BREAKFAST 20.90

Two free-range eggs, bacon, mushrooms, tomato, avocado salsa, spinach & dukkah. With your choice of toast.

### EGGS BENEDICT 17.90

It's the classic. Two poached eggs on your choice of bacon or ham or avocado salsa with spinach, sourdough & smothered in creamy hollandaise.

**+ HAVE IT WITH SMOKED SALMON INSTEAD. +3.00**

### PANCAKE STACK **V** **G** 14.90

Like the name suggests, it's a stack of gluten-free pancakes, topped with mixed berries, maple syrup & maple glazed macadamias.

### CLASSIC BACON & EGG ROLL 10.90

Served on Turkish with a little chilli jam, need we say more?

## CHOOSE YOUR BREAD

Multigrain

Sourdough +1.00

Wrap

Turkish +1.00

Gluten Free +1.00

## ENERGY BOWLS

### SUPER MUESLI **V** 12.90

Choice of toasted or natural muesli with all the super stuff: chia, LSA, goji, pepitas, sunflower seeds plus fresh strawberry, kiwi, banana, coconut & greek yoghurt, drizzled with honey & served with milk.

### AÇAI BOWL **V** 14.90

Our famous Açai blend, with choice of toasted or natural muesli, fresh strawberry, banana & coconut.

### DRAGON BOWL **V** 14.90

Like the Açai Bowl, but made from a blend of pink pitaya, aka dragonfruit.

### **+ GF MUESLI** **G** **+1.00**

Have your bowl with Gluten Free muesli instead.

### **+ SUPER BOWL BOOSTER** **V** **G** **+2.50**

Give your Acai or Dragon Bowl superpowers with a super nutritious mix of goji berries, chia seeds, L.S.A, pepitas, sunflower seeds & cacao nibs.

### GOURMET BACON & EGG ROLL 14.90

Just like the classic, but even better!! It's also got honey mustard aioli, spinach, sliced tomato & tasty cheese.

### BREAKFAST BURRITO 15.90

Simple, it's got everything you want for breakfast, in a toasted wrap. Bacon, eggs, avocado salsa, our signature Mexican patty, chilli jam & tasty cheese.

### SMASHED AVOCADO **V** 14.90

It's our avocado salsa smashed down on two slices of toasted sourdough, topped with crumbled feta, chilli jam, rocket & seeds.

### ZUCCHINI & CORN FRITTER **G** 17.90

The crowd pleaser. Two zucchini & corn fritters, stacked with bacon, avocado salsa, chilli jam & a poached egg, served on a bed of spinach.

### VEGAN QUINOA FRITTERS **V** **G** 17.90

Quinoa, sweet potato and kale fritters, served with roma tomatoes, mushrooms, spinach, avocado salsa & warm napoli.

### SMOKED SALMON SENSATION **D** 18.90

It's oh so pretty and a little bit fancy. Toasted sourdough with spinach, smoked salmon, red onions, capers, dill sauce & two poached free-range eggs.

## LUNCH ALL DAY

### CHILLI CHICKEN QUINOA BOWL **G** 15.90

Imagine a warm hug of spice through chicken & quinoa, with roast veg, dukkah and calming Labneh (hung yoghurt).

### TURKEY GOJI BOWL **G** **D** 15.90

Fresh turkey salad with mung beans, almonds, goji berries, cranberries, seeds & avo salsa tossed through Spinach and roasted sweet potato with a pumpkin & turmeric dressing.

### MEXICAN BEEF BOWL **G** 15.90

Our Protein bowl spiced with the flavours of Mexico. Wagyu beef, beans and quinoa, served with grilled lime and sour cream with an avocado & lime dressing.

### THE CAVE MAN **G** **D** 18.90

Our mega-sized salad with avocado salsa and Moroccan dressing + choice of Moroccan chicken, ham, turkey or smoked salmon.

### THE VEGETABLE PATCH **V** **G** 18.90

Our mega-sized salad with avocado salsa, dukkah & Moroccan dressing + your choice of our Zucchini & Corn Fritter or our Quinoa, Sweet Potato & Kale Fritter.

### VEGETABLE & PESTO LASAGNE **V** 14.90

The mother of vegetarian lasagnes - sweet potato, pumpkin, zucchini, broccoli, corn & eggplant with pesto bechamel between the pasta sheets, topped with napoli, parmesan & served with a salad garnish.

### 3 CHEESE & LENTIL TRIANGLE **V** 9.90

Lavash rolled into a triangle, packed with lentils, vegetables, cheddar, parmesan & feta cheese, toasted and served with a salad garnish.

### ROAST VEGETABLE TORTILLA STACK **V** 10.90

A heap of roasted vegetables and spinach, layered between sheets of lavash & napoli, topped further with more veggies and served with a salad garnish.

### + SIDE SALAD WITH MOROCCAN DRESSING **V** **G** +8.90

## KIDS MENU

### MINI MILKSHAKES **V** 5.00

### MINI JACKS **V** **G** 6.90

Small pancakes + banana, mixed berries & maple.

### CHEESY TOAST **V** 6.90

### EGG YOUR WAY, WITH TOAST **V** 6.90

### KIDS BURRITO **V** 6.90

Mexican patty, spinach & cheese.

### KIDS BIG BREAKFAST 8.90

One egg, bacon, spinach & toast.

**RAW ENERGY** uses free range chicken, free range eggs & locally grown produce wherever seasonally possible.

## BURGERS & WRAPS

All served with crispy garden salad, caramelised onion, cheese & Moroccan dressing. Vegan, Gluten Free, Dairy Free & Breadless versions available on request.

### QUINOA, SWEET POTATO & KALE **V** 13.90

+ sweet chilli.

### MEXICAN 5-BEAN **V** 13.90

+ avo salsa, sour cream & sweet chilli.

### MACADAMIA & LENTIL **V** 13.90

+ mayo.

### MOROCCAN CHICKEN 14.90

+ dukkah, mayo.

### WAGYU BEEF 14.90

+ chilli jam

## SANDWICHES

### AVOCADO **V** 10.90

+ garlic & feta spread, red onion, tomato & cos lettuce.

### HAM 10.90

+ tomato, tasty cheese, rocket & chilli jam.

### CHICKEN 12.90

+ honey mustard aioli, brie, avocado & cos lettuce.

### TURKEY 12.90

+ cranberry sauce, avocado, alfalfa, mung beans & swiss cheese.

### SALMON 12.90

+ cream cheese, red onion, capers, dill sauce & cos lettuce.

### SALAD GALORE **V** 11.90

+ garlic and feta spread, all the salad, with carrot, beetroot & avocado.

### SALAD GALORE PLUS 14.90

The greatest sandwich known to mankind. Take the Salad Galore and add your choice of chicken, ham, turkey or smoked salmon.

Ask about our daily specials!

## MILKS

Skim = free  
 Soy +0.80  
 Lactose Free +0.80  
 Coconut +0.80  
 Almond +0.80

## BOOSTERS

Protein +1.50  
 Spirulina +1.50  
 LSA +1.50  
 Maca +1.50

## JUICES 7.90

**V6** Carrot, beetroot, celery, apple, lemon, ginger. All G V

**ALEX HEADS** Apple, pineapple, orange, strawberry, lime.

**MOOLOOLABA SUNRISE** Orange, pineapple, watermelon, lime.

**GINGER NINJA** Orange, carrot, apple, lemon, ginger.

**COOLUM CRUSHER** Watermelon, apple, strawberry, mint.

**GREEN WITH ENVY** Apple, pear, kale, cucumber, celery, parsley, spinach.

**COOLANGATTA GOLD** Pineapple, pear, strawberry, lime.

**SUMMER ZEST** Orange, pineapple, apple, lime.

**MINT MAGIC** Apple, pineapple, ginger, mint.

**UP-BEET** Beetroot, pear, carrot, lemon.

**MYO - MAKE YOUR OWN!** Choose up to 5 ingredients & we'll juice it!

## COFFEE & TEA

Takeaway prices may vary.

**WHITE COFFEE** \$4.00 M4.50 15.00

The usual suspects...Cappuccino, Flat White, Latte, & Piccolo.

**BLACK COFFEE** 3.50

Short and Long, Standard or Iced & Short Macchiato.

**POT OF TEA** Ask staff for selection. 3.90

**HOT CHOCOLATE** \$4.00 M4.50 15.00

**MOCHACCINO** \$4.50 M5.00 15.50

**CHAI TEA** 4.00

**CHAI LATTE** \$4.50 M5.00 15.50

**MILKSHAKES** 5.90

Vanilla, Chocolate, Banana, Strawberry

**+ JUST HOW YOU LIKE IT** +0.80

Extra Shots, Decaf & Specialty Milks.

## CLASSIC SMOOTHIES 8.90

Ask us to make it **V**

**BANANA CLASSIC** **G**

Banana, cinnamon, milk, ice-cream & honey.

**OMANG-OTANG** **G**

Mango, pineapple, coconut, passionfruit, milk & honey.

**RAINING BERRIES** **G**

Blackberries, raspberries, strawberries, passionfruit, ice-cream, milk & honey.

**JUNGLE JUICE** **G** **V**

Acai berries, pineapple, passionfruit, strawberries, banana, apple juice & honey.

**RAW ENERGY** **V** **G**

Mango, strawberry, banana, LSA & orange juice.

**YOGI BEAR**

Banana, peanut butter, protein powder, ice-cream, milk & honey.

**MOOLOOLABA MAGIC** **G** **V**

Mango, banana, sunflower seeds, pumpkin seeds, coconut milk & honey.

**GOJI-A-GO-GO** **G** **V**

Goji berries, raspberries, blueberries, banana, apple juice & honey.

## GOURMET SMOOTHIES 9.90

Ask us to make it **V**

**EENIE MEENIE GREENIE** **V** **G**

Banana, avocado, spinach, kale, parsley, celery, apple, pear & spirulina.

**PURPLE REIGN** **G** **V**

Acai, mixed berries, strawberry, passionfruit, apple, pineapple, coconut water & honey.

**THE AZTEC** **G** **V**

Banana, coconut, cacao, peanut butter, chia seeds, honey & coconut milk.

**THE FRESH PRINCE** **V** **G**

Fresh mint, cacao nibs, banana, spinach, dates, coconut oil, spirulina & coconut milk.

**BREKKIE ON THE FLY**

Acai, muesli, banana, strawberry, L.S.A, yoghurt, milk & honey.

**THE DRAGON SLAYER** **G** **V**

Dragonfruit, banana, mango, coconut oil, strawberry, passionfruit, coconut water & honey.