



**EAT  
GOOD,  
FEEL  
GREAT!**

**V** VEGETARIAN

**G** GLUTEN FREE

**V** VEGAN

**D** DAIRY FREE

## BREAKFAST ALL DAY

### TOAST / RAISIN TOAST **V** 5/6

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

### POACHED OR SCRAMBLED EGGS **V** 11

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

#### **+ SOME EXTRAS**

Avocado, Mushrooms, tomatoes, spinach, egg, grilled onions, hollandaise **+3** ea  
Ham **+4** ea  
Bacon, Smoked Salmon **+5** ea

### MINI RAW **V** **D** 10

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

### EARTH RAW **V** 17

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

### BIG BREAKFAST 20

For true breakfast lovers, this is the most epic way to start your day. Everything in the Earth Raw, plus bacon makes for a brekky you'll want to tell your grandchildren about.

### EGGS BENEDICT 17

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

**+ HAVE IT WITH SMOKED SALMON INSTEAD. +2**

### PANCAKE STACK **V** **G** 15

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

### CLASSIC BACON & EGG ROLL 11

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

## CHOOSE YOUR BREAD

Multigrain

Sourdough +1

Wrap

Turkish +1

Gluten Free +1

## ENERGY BOWLS

### SUPER MUESLI **V** 13

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

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

### **+ GF MUESLI** **G** +1

Have your bowl with Gluten Free muesli instead.

### **+ SUPER BOWL BOOSTER** **V** **G** +2

Give your Açai Bowl superpowers with a super nutritious mix of goji berries, coconut, chia seeds, L.S.A, pepitas & sunflower seeds.

### GOURMET BACON & EGG ROLL 14

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

### BREAKFAST BURRITO 15

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

### SMASHED AVOCADO **V** 13

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

### ZUCCHINI & CORN FRITTERS **G** 18

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

### VEGAN BREKKY 18

A Macadamia and Lentil pattie served with Roma tomatoes, avocado, mushrooms, spinach & warm napoli.

## LUNCH ALL DAY

### CHILLI CHICKEN QUINOA BOWL **G** 16

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

### CHICKEN RICE NOODLE BOWL **G** **D** 16

Asian inspired chicken and rice noodles, with flavours of soy, ginger and lime. Light and fresh.

### MEXICAN BEEF BOWL **G** 16

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

### THE CAVEMAN **G** **D** 19

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

### THE VEGETABLE PATCH **V** **G** 19

Our mega-sized salad with avocado & dukkah + our Zucchini & Corn Fritter.

### + SIDE SALAD WITH MOROCCAN DRESSING **V** **G** +7

## KIDS MENU

### MINI MILKSHAKES **V** 4

Chocolate, Caramel, Vanilla, Banana and Strawberry

### MINI JACKS **V** **G** 6

Small pancakes + banana, mixed berries & maple.

### CHEESY TOAST **V** 6

### EGG YOUR WAY, WITH TOAST **V** 6

### KIDS BIG BREAKFAST 8

One egg, bacon, spinach & toast.

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

## BURGERS & WRAPS

Vegan, GF, DF & Breadless versions available.

### MEXICAN 5 BEAN **V** 14

with grilled onion, sour cream, avocado, sweet chilli & Moroccan dressing, fresh salad & cheese

### MACADAMIA & LENTIL **V** 14

with grilled onion, crispy garden salad & chilli jam

### MOROCCAN CHICKEN 15

with grilled onion, Moroccan dressing, crispy garden salad, cheese, dukkah & mayo

### WAGYU BEEF 15

with grilled onion, chilli jam, Moroccan dressing, crispy garden salad & cheese

## SANDWICHES

### AVOCADO **V** 10

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

### HAM 10

+ tomato, tasty cheese, cos lettuce & chilli jam.

### CHICKEN 12

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

### TURKEY 12

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

### SALAD GALORE **V** 12

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

### SALAD GALORE PLUS 15

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

15% surcharge on public holidays.

Ask about our daily specials!


## MILKS

Skim = free  
 Soy +0.70  
 Lactose Free +0.70  
 Coconut +0.70  
 Almond +0.70

## BOOSTERS

Protein +1.50  
 Spirulina +1.50  
 LSA +1.50

## CLASSIC SMOOTHIES 8.90

Ask us to make it 

### BANANA CLASSIC

Banana, cinnamon, milk & ice-cream.

### RAINING BERRIES

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

### JUNGLE JUICE

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

### RAW ENERGY

Mango, strawberry, banana, LSA & orange juice.

### YOGI BEAR

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

### MOOLOOLABA MAGIC

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

## GOURMET SMOOTHIES 10

Ask us to make it 

### EEENIE MEENIE GREENIE

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

### THE ACAI

Double Acai, apple juice & ice.

### PURPLE REIGN

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

### THE AZTEC

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

### THE FRESH PRINCE

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.

## JUICES 7.90

All  

### V6

Carrot, beetroot, celery, apple, lemon, ginger.

### ALEX HEADS

Apple, pineapple, orange, strawberry, lime.

### PEREGIAN SUNRISE

Orange, pineapple, watermelon, lime.

### GINGER NINJA

Orange, carrot, apple, lemon, ginger.

### COOLUM CRUSHER

Watermelon, apple, strawberry, mint.

### GREEN WITH ENVY

Apple, pear, cucumber, celery, parsley, spinach.

### SUMMER ZEST

Orange, pineapple, apple, lime.

### MINT MAGIC

Apple, pineapple, ginger, mint.

### 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, Long or Macchiato

### POT OF TEA

4.00

Ask staff for selection

### ICED LATTE

6.00

### ICED COFFEE

6.50

### ICED MOCHA

7.00

### ICED LONG BLACK

4.50

### THE OTHER GEMS

Ask about our Hot Chocolate, Mochaccino, Chai Tea, Chai Latte & Milkshakes.

### + JUST HOW YOU LIKE IT

+0.70

Extra Shots, Flavoured Syrups, Decaf & Specialty Milks.