



**EAT
GOOD,
FEEL
GREAT!**

V VEGETARIAN

G GLUTEN FREE

V VEGAN

D DAIRY FREE

BREAKFAST ALL DAY

THICK TOAST / RAISIN TOAST **V** 5.90/6.90

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 **+4.00 ea**
- Smoked Salmon **+5.00 ea**

MINI RAW **V D** 11.90

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

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 17.90

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

+ HAVE IT WITH SMOKED SALMON INSTEAD. +2.00

PANCAKE STACK **V G** 16.90

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 12.90

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

CHOOSE YOUR BREAD

Multigrain

Sourdough +1.00

Rye

Turkish +1.00

Wrap

Gluten Free +1.00

ENERGY BOWLS

SUPER MUESLI **V** 13.90

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** 15.90

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

DRAGON BOWL **V** 15.90

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

+ GF MUESLI G +1.50

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 16.90

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** 15.90

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** 18.90

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** 18.90

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** 16.90

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

TURKEY GOJI BOWL **G** **Ⓢ** 16.90

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

MEXICAN BEEF BOWL **G** 16.90

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

THE CAVE MAN **G** **Ⓢ** 19.90

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

THE VEGETABLE PATCH **V** **G** 19.90

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

VEGETABLE & PESTO LASAGNE **V** 15.90

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

3 CHEESE & LENTIL TRIANGLE **V** 12.90

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** 15.90

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** +6.90

KIDS MENU

MINI MILKSHAKES **V** 6.50

MINI JACKS **V** **G** 8.90

Small pancakes + banana, mixed berries & maple.

CHEESY TOAST **V** 7.90

EGG YOUR WAY, WITH TOAST **V** 8.90

KIDS BURRITO **V** 8.90

Mexican patty, spinach & cheese.

KIDS BIG BREAKFAST 10.90

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** 16.50

+ sweet chilli.

MEXICAN 5-BEAN **V** 16.50

+ avo salsa, sour cream & sweet chilli.

MACADAMIA & LENTIL **V** 16.50

+ mayo.

MOROCCAN CHICKEN 16.50

+ dukkah, mayo.

HOUSE-MADE BEEF 16.50

+ chilli jam

SANDWICHES

AVOCADO **V** 12.50

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

HAM 12.50

+ tomato, tasty cheese, rocket & chilli jam.

CHICKEN 14.50

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

TURKEY 14.50

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

SALMON 14.50

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

SALAD GALORE **V** 14.50

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

SALAD GALORE PLUS 16.50

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 +2.00
Spirulina +2.00
LSA +2.00
Maca +2.00

CLASSIC SMOOTHIES 10.50

Ask us to make it 

BANANA CLASSIC

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

OMANG-OTANG

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

RAINING BERRIES

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

JUNGLE JUICE

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

RAW ENERGY

Mango, strawberry, banana, LSA, maca & orange juice.

YOGI BEAR

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

MOOLOOLABA MAGIC

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

GOJI-A-GO-GO

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

GOURMET SMOOTHIES 12.00

Ask us to make it 

FENIE MEENIE GREENIE

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

PURPLE REIGN

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

THE AZTEC

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

THE FRESH PRINCE

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

BREKKIE ON THE FLY

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

THE DRAGON SLAYER

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

JUICES S 7.50 L 8.50

All

V6

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

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

S4.40 M4.90 L5.40

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

BLACK COFFEE

3.50

Short and Long, Standard or Iced & Short Macchiato.

POT OF TEA

4.40

Ask staff for selection.

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.