



GEELONG WHOLEFOODS

PANTRY + KITCHEN

Welcome to Geelong Wholefoods Pantry + Kitchen. We foster human wellbeing. We welcome all people and celebrate diversity. We passionately support individual, community and planetary wellness. We eat well.

Our priorities putting this menu together were to utilise local, sustainable, seasonal, chemical free, ethical, free range, nutrient dense, artisan produce. Prepare it using traditional and new methods, and preserve the whole food, naturally. Make it yum.

[MENU](#)

MENU

REFER TO OUR DISPLAY FRIDGE
AND SPECIALS BOARD FOR MORE
DELICIOUS OPTIONS.

EGGS ON TOAST

LOCAL FREE RANGE WES EGGS - \$11

Poached or scrambled & served on your choice of local *La Madre* sourdough or 7 grain wholewheat loaf. *GF Precinct Buckwheat & Chia loaf add \$2.*

ADD SIDES

Ravens Creek Farm free range smoked bacon - \$5
Indian spiced tomato relish - .50c
Smashed avocado - \$3.50
Roasted local tomatoes - \$2

Meredith Goats Cheese - \$3
Roasted field mushrooms in herb & garlic butter - \$2.50
Organic sweet potato & shallot rosti - \$3

TOAST

2 SLICES SERVED WITH YOUR CHOICE OF SPREAD & BUTTER

La Madre White sourdough or 7 grain wholewheat - \$7. Buckwheat & Chia Gluten Free - \$6.
La Madre Vine Fruit Loaf - \$8.50.

Spreads – House made strawberry & Chia Jam, Vegemite, Honey & Organic Peanut butter.

SWEET BOWLS

GRANOLA – CHOCOLATE & HAZELNUT GOODNESS - \$14

Our house made Nutella granola served with fresh seasonal fruit & house made coconut yoghurt (GF,DF,VG).

ORGANIC ACAI BERRY BOWL - \$15

Acai, banana smoothie bowl topped with toasted coconut flakes, seasonal fresh fruit, nuts & seeds (GF,VG,RSF,DF).

SAVOURY BOWLS

THE GW NOURISH BOWL - \$16.50

Cauliflower, chickpea, organic quinoa, seasonal organic fresh greens, maple roasted organic sweet potato, tahini dressing, seeds & Kim Chi (VG,GF,PF,DF).

ADD - free range poached egg (\$1), falafel (\$2), free range poached chicken (\$3),
Meredith goats cheese (\$3).

GREEN WITH ENVY BREAKY BOWL - \$16.50

Sautéed seasonal organic greens, avocado, toasted nuts, seeds & a fresh chilli & tamari dressing.
ADD – free range poached egg (\$1), free range poached chicken (\$3), Meredith goats cheese (\$3).

MAIN PLATES

GREEK FETA, ZUCCHINI & DILL FRITTERS - \$16.50

House made lemon quark, *Sprout House Farms* micro herb salad, soft poached free range egg, topped with tamari green kale chips (GF).

ADD - smoked salmon (\$4).

MIDDLE EASTERN PLATE - \$16.50

Baked rosemary flatbread, grilled haloumi, sautéed garlic greens, lemon & a smoked eggplant & white bean puree (V).

GW KIDS

SWEET BOWL - \$6

House made real coco pops, choice of milk & served with banana & berries.

MINI PROTEIN BREAKY - \$5

One poached free range egg with sourdough soldiers.

CHEESE & VEGEMITE MELT - \$5

Toasted organic sourdough, cheese & vegemite sandwich. Plain cheese available as well.

SNACK PLATE OF GOODNESS - \$7

Celery & carrot sticks, house made hummus, grilled flatbread & a dried fruit medley.

DRINKS

TEA & COFFEE

White 8oz \$4, 12oz - \$5
Black 8oz \$3.80, 12oz - \$4.50
Mofo Mocha 8oz - \$4.50, 12oz - \$5.50
Mofo Hot Chocolate 8oz - \$4, 12oz - \$5
Prana Chai - \$5

Tea - \$4

Earl Grey, Peppermint, Lemon & Ginger, English Breakfast, Green Tea, Chamomile.

Milk – Schultz Organic Dairy full cream or low fat, Bonsoy,
ADD - Almond milk or Coconut Milk (50c).

COLD DRINKS

Antipodes Sparkling Water - \$6.50

Kreol Sparkling Prebiotic Drink - \$6.90
Refer to drinks fridge.

Six Barrel Soda, hand crafted soda - \$8
Refer to drinks fridge.

House made Kombucha on tap - \$5 per glass

ORGANIC SMOOTHIES - \$12

Brass Monkey

Almond milk, spinach, banana, peanut butter, cacao.

Salted Caramel

Almond milk, banana, medjool dates, sea salt, hulled tahini, vanilla powder.

Greenie

Coconut water, kale, spinach, cucumber, spirulina, banana, dates, brazil nuts.

Coco Loco

Raw cacao, cacao nibs, berries, cinnamon, banana, raw choc fermented protein, coconut milk.

Smoothie Boosters - 50c each

Maca, raw fermented protein powder, spirulina, lucuma, acai, Kakadu plum powder.

ORGANIC JUICES - \$12 (*subject to seasonal availability)

- Apple, pear, spinach.
- Orange, carrot, celery, ginger.
- Pineapple, watermelon, lemon, mint.
- Beetroot, cucumber, carrot, apple, lemon, ginger.

Please advise our staff if you have any specific dietary requirements and allergies.

GF = Gluten Free, DF = Dairy Free, VG = Vegan, V = Vegetarian, PF = Paleo Friendly, RSF = Refined Sugar Free

OUR LOCAL SUPPLIERS

Raven's Creek Farm
Zeally Bay Sourdough
La Madre Bakery
Schultz Dairy
Organic Berry Farm
Sprout House Farms
Wes Eggs
Meredith Goats Cheese
Schultz Organic Farm
Hello Coffee
Lonsdale Tomato Farm

HOSPITALITY TRAINEES & VOLUNTEERS

Some of our staff will be wearing a trainee or volunteer badge. Whilst you are encouraged to ask them for assistance or any questions you may have, please keep in mind these guys are still learning. Remember what your first day on the job was like....

CATERING SERVICE

Our Catering menu offers a variety of healthful, easy to eat meals and finger food options that will appeal to those looking for an alternative to sandwiches! We can cater to groups as small as 10 and as large as 200. Our seasonal, set menu options are available for straight forward affairs, and we are happy to discuss how we can cater for events and functions that require something a little outside the box. Talk to our staff or call (03) 5221 5421

WELLNESS ROOM

Did you know we have a tranquil, wellness room available for hire upstairs? Available as a consultation space, for workshops and functions, just let a staff member know if you'd like to take a look.