

GEELONG WHOLEFOODS - SUMMER MENU

EGGS ON TOAST \$11

Local free range Wes Eggs, poached or scrambled & served on La Madre sourdough.

Add Sides:

Ravens Creek smoked bacon \$5

Meredith Goats Cheese \$3

Smashed avocado \$3.5

Roasted garlic field mushrooms \$2.50

Roasted vine tomatoes \$3

TOAST \$7

2 slices of La Madre white sourdough served with your choice of spread and butter

Gluten Free Precinct Buckwheat and Chia loaf +\$2.0

Spreads – House made strawberry chia jam, Vegemite, honey, and organic peanut butter

AVO GOOD DAY \$17

Smashed lemon and mint avocado, beetroot smear, 2 poached egg, served on toasted 7 grain bread.

V, GF option available

BUCKWHEAT PANCAKE \$19

Buckwheat pancakes with lime infused toasted coconut, grilled stone fruit, maple syrup, whipped coconut cream and a dusting of activated charcoal.

VG, V, GF, NO GO

JAPANESE GREEN BOWL \$20

Tri coloured quinoa, du puy lentils, Tuscan kale, shitake mushrooms, sea vegetables, seasonal greens, sesame crusted avocado, pickled red onions, kimchi with a tahini miso dressing.

VG, GF, V

EL PASO MEXICAN BOWL \$19

Mexican spiced beans, organic black rice, organic non GMO corn chips, hot spiced avocado, red cabbage coriander lime and charred corn slaw, served with vegan chipotle mayo and house made pickled jalapenos.

GF, V, VG, DF

TURMERIC NOODLE RAINBOW SALAD \$15

A delicious cold dish of turmeric soba noodles, a rainbow of seasonal vegetables with chilli, finished with an Asian style dressing.

Add poached chicken + \$3

VG, GF, V, DF

See reverse

THE BIG VEGAN \$19

Garlic and coriander infused tempeh, avocado, roasted vine tomatoes, wilted spinach, lemon mushrooms, house made baked beans, served on toasted sourdough.

Gluten Free Option available + \$2.00 gluten free bread

VG, V

ROASTED SPICE AND ALL THINGS NICE VEGGIE BURGER \$21

Sweet potato, quinoa and black bean patty, house slaw, tomato relish, rocket, tomato, vegan aioli, pickled red onions between a vegan La Madre bun.

VG, NO GO, V, NF

SWEET POTATO FRIES \$8

Served with vegan garlic aioli

V, VG, DF

LITTLE UN'S MENU

Kids snack plate \$7 – rice cakes, hummus, dried fruit, carrot and celery sticks

Pint sized Pancake \$7 – buckwheat pancake served with fresh seasonal fruit and maple syrup

Little Soldiers \$6 – Soft poached egg with toasted sourdough soldiers

Cheese and Vegemite melt \$6

DRINKS

TEA (Tea & Scandal, Apollo Bay) & COFFEE (Hello Coffee, Apollo Bay)

Please note our delicious, locally roasted coffee is served with a double shot in a regular sized coffee and a triple shot in a large coffee. Please let us know if you'd like a different strength brew).

White 8oz \$4, 12 oz - \$5

Black 8 oz \$3.80, 12 oz - \$4.50 (2 shots)

Mofo Mocha 8oz - \$4.50, 12oz - \$5.50 (2 shots)

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 – Organic almond milk or Organic coconut Milk (50c).

ORGANIC SMOOTHIES –\$12

Brass Monkey: Almond milk, spinach, banana, peanut butter, cacao.

Salted Caramel: Almond milk, banana, medjool dates, sea salt, hulled tahini, vanilla protein powder.

Greenie: Coconut water, kale, spinach, cucumber, banana, dates, brazil nuts.

Coco Loco: Raw cacao, berries, cinnamon, banana, raw choc fermented protein, coconut milk.

Dietary Gobbledygook

VG – Vegan No Go – No garlic No onion DF – Dairy free GF – Gluten Free V – Vegetarian