

ALL DAY BREAKFAST

Wild HEMPNOGA

with seasonal berries (ve, gf) 7.5

+ coconut whip 2

NUTTELLA Waffles

salted caramel, chocolate sauces, berries, hazelnut dukkah, (gf, ve) 15.5

MIXED BERRY

£ orange blossom toasted sourdough, vegan butter £ jam (gf, ve) 8

FREE RANGE EGGS

on turmeric £ cardamon sourdough any way you like: Poached (2), fried (2), scrambled (ve) 14

VEGAN EGGS

on turmeric £ cardamon sourdough. Vegan Poached Egg™ (2) or scrambled tofu (ve) 14

FRENCH TOAST

With seasonal fresh fruit compote, whipped coconut £ toasted almonds, vanilla fairy floss, tangerine caviar. (ve, gfo) 14.5

SIDES & EXTRAS

TURMERIC £ CARDAMON SOURDOUGH (ve) 2

ROAST HEIRLOOM TOMATO (ve) 4

SAUTEED SPINACH (ve) 4

SAUTEED KALE (ve) 4

HAIF AN AVOCADO DIY (ve) 4

EXTRA FREE RANGE OR VEGAN POACHED EGG 4

GRILLED HAILOUMI OR VEGAN HAILOUMI 5

TRUFFLED MUSHROOMS (ve) 5

VEGAN BACON (ve) 7

SMASHED AVOCADO (ve) 7

IN A BOWL

HEIRLOOM NUTRITION BOWL

Red Quinoa, cauliflower fritter, fermented organic cabbage, smashed avo, baby spinach, pomegranate, candied pumpkin parfait, watercress, smoked Japanese dressing, lime (ve, gf) 19

CRISPY SPICED TOFU

Crispy fried salt £ pepper spiced tofu, kaleslaw, sprouting broccolini, asparagus, coriander, beetroot hummus, smashed peas, fermented sambal mayo (ve, gf) 18

BRUNCH

SMASHED AVOCADO

beetroot pomegranate £ fennel sourdough, adzuki croquette, baked beetroot, edamame, almond feta, balsamic, lime (ve, gf) 19.5

VEGAN CHEESE TARTLET

Tomato £ vegan cheese tartlet, watercress, candied pumpkin, baked onion, ashed vegan chevre, pomegranate seeds (ve, gf) 18.5

SEARED HAILOUMI

or vegan halloumi, burnt eggplant puree, parsley, shallot cucumber £ coriander salad, pumpkin toasted sourdough, seed dukkah (veo, gfo) 19

ADZUKI CROQUETTES

Adzuki bean croquettes, kaleslaw, fermented sambal mayo, beetroot hummus, watercress pesto (ve, gf) 16

SOMETHING HEAVIER

WALNUT & BEET BOLOGNESE

pumpkin gnocchi, toasted kale, almond feta, (ve, gf) 22

KENTUCKY FRIED BURGER

Buttermilk battered Kentucky fried cauliflower, greens, Dijonnaise, pickled raddish, activated charcoal bun, chips (ve, gf) 18.5

SWEET POTATO CHIPS

Sweet potato chips, with house vegan dijonaise seasoned with Australian salt (gf, ve) 8.5

THICK CUT CHIPS

Seasoned with spiced salt, served with tomato sauce or house vegan dijonaise (gf, ve) 7.5

Grazing Board (SHARE)

Cauliflower fritter, Adzuki croquettes, salt £ pepper tofu, fermented cabbage, avocado, sourdough, truffled mushrooms, candied pumpkin parfait, watercress pesto, beetroot hummus, Jackfruit confit (ve, gfo) 38.5

YOU ARE **What** YOU eat!

veo Vegan Option gf Gluten Free gfo Gluten Free Option df Dairy Free ve Vegan vg Vegetarian

While the Wholefood Merchant Café will endeavour to accommodate requests for meals for customers who have food allergies or intolerances; there is always a risk of cross-contamination due to the potential of trace allergens in the working environment and supplied ingredients in our kitchen. We use products such as milk, eggs, gluten, peanuts, other nuts, sesame seeds and capsicum and cannot guarantee a total absence of these products in any of our meals or products. Customers with food allergies must be aware of this risk. The Wholefood Merchant Cafe will not assume any liability for adverse reactions from the food consumed, or items one may come in contact with whilst eating any of our products.



IT'S SWEET

Nice CREAM

Coco whip soft serve, made with coconut water and probiotics
acai whip, acai berry soft serve (ve)

Coco Whip straight up

Small 6 Large 8 Side scoop 3

coco whip Sundaes only available with plain
coco whip served as Large 15

BOUNTY BOUND

chocolate sauce and coco flakes + Bounty Bar (ve)

Caramel SALTDUCTION

Vegan salted caramel bar and sauce, with buckini (ve)

BANANA SPLIT

Dried banana, fresh banana and chocolate sauce + bukinis (ve)

DRINKS

MELBA ORGANIC COFFEE

Small 4 Medium 4.5 Large 5.5

Cafè Latte, Long Black, Short Black, Cappuccino, Flat White or Macchiato

COLD DRIP COFFEE 3 with soda water 5

YOUR milk OF CHOICE

choose from 8 different organic, biodynamic &
specialty milks:

Cows, Lactose Free, Bonsoy, Almond,
Macadamia, Coconut, Oat or Rice

Specialty DRINKS (All medium)

Mocha 4.5
Hot chocolate

Spiced Hot chocolate
chai Latte

Golden Latte (coconut milk) 5.5

Maple Matcha Latte/Matcha (coconut milk)

Dandelion chai Latte or tea

ICED DELIGHTS 9

iced coffee, iced chocolate, iced Mocha,
iced chai, iced Matcha or iced salted caramel
sparkling water and more

CALMER SUTRA TEAS 4

English Breakie, Earl Grey, Green, Mint,
Lemon & Ginger, Chai, Dandelion

CHILLED DRINKS

See our display fridge for a selection of
cold kombucha, fruit juices, sodas,
antipodes still or

Smoothies 9

ACAI acai pulp blend, banana, coconut water (ve)

TUMERIC FIX mango, passionfruit, turmeric
cocowhip & spices (ve)

BANANA banana, maple, cocowhip & a
blend of spices with a milk of your choice

RASPBERRY DELIGHT raspberries,
strawberries, lemon, cocowhip & apple (ve)

SOUR APPLE apple, lemon & lime juice,
spinach, cocowhip (ve)

GREEN OUT mixed greens, spirulina,
banana & apple (ve)

Protein Smoothies 9

ENERGIZE ME banana, almond milk &
energise protein blend (vg, gf)

SUPER GREEN banana, almond milk & super
greens protein blend (vg, gf)

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