

# ALL DAY BREAKFAST

fruit toast	8.5
walnut, apple, date and fig toast, berry chia jam, vegan butter <i>(gf, ve)</i>	
bircher muesli	14.0
berries, apple, coconut yoghurt, nut granola <i>(ve, gf)</i>	
vegan eggs	14.0
vegan poached egg <sup>™</sup> (2) on turmeric & cardamom sourdough <i>(ve, gf)</i>	
french toast	15.5
with seasonal fresh fruit compote, toasted almonds, vanilla fairy floss, tangerine caviar, whipped coconut cream <i>(ve, gfo)</i>	
scrambled tofu	16.0
asparagus, peas, kale and sambal on sourdough, herb salad <i>(ve, gf)</i>	
nuttella waffles	16.5
salted caramel, chocolate sauce, berries, hazelnut dukkah, whipped coconut cream <i>(gf, ve)</i>	
vegan eggs benedict	17.5
vegan poached eggs on english muffin, vegan bacon, hollandaise sauce <i>(ve)</i>	

## Sides & Extras

sourdough - 1 slice <i>(ve)</i>	4
roast heirloom tomato <i>(ve, gf)</i>	4
sauteed spinach <i>(ve, gf)</i>	4
sauteed kale <i>(ve, gf)</i>	4
half an avocado diy <i>(ve, gf)</i>	4
fruit toast <i>(ve)</i>	5
turmeric and cardamom toast <i>(ve, gf)</i>	5
truffled mushrooms <i>(ve, gf)</i>	5
vegan bacon <i>(ve)</i>	5
almond feta <i>(ve, gf)</i>	5
smashed avocado <i>(ve, gf)</i>	7



# BRUNCH/LUNCH

blt	14.5
vegan dijonnaise, tomato, cos lettuce and vegan bacon in toasted gluten free turkish roll and chips <i>(ve, gfo)</i>	
vietnamese pancake	18.5
shiitake mushrooms, tofu, flaked coconut, sesame seeds, chilli, herb and green papaya salad, chilli mayo <i>(ve, gf)</i>	
quinoa and corn fritters	18.5
roasted baby carrot, crispy chickpeas and roquette salad, romesco, vegan ashed chevre, zatar dukkah <i>(ve, gf)</i>	
bbq jackfruit burger	19.0
apple slaw, vegan chipotle mayo, coriander and chips <i>(ve, gf)</i>	
smashed avocado	19.5
grain sourdough, red cabbage kraut, fired zucchini, beetroot hummus, almond feta, zaatar dukkah & lime <i>(ve, gfo)</i>	
sweet potato chips	large 8.5 reg 5.5
sweet potato chips, with house vegan dijonnaise seasoned with murray river pink salt <i>(gf, ve)</i>	
french fries	large 7.5 reg 4.5
seasoned with spiced salt, served with tomato sauce or house vegan dijonnaise <i>(gf, ve)</i>	

## DAILY SPECIALS please ask our friendly staff for today's specials

**gf** Gluten Free  
**gfo** Gluten Free Option  
**ve** Vegan

Scan for your own dietary guide!



**TLRT™**

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 Café 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.



## CHILLED DRINKS

still or sparkling water	4.5
lo bros. kombucha	4.5
cola ginger beer	lemon, lime and bitters
two boys kombucha <b>new</b>	4.5
french kiss	hibiscus, chamomile, lavender and vanilla
	silk road
	ginger, lemon myrtle, cinnamon and clove
impressed cold pressed juices	4.5
summer greens	ginger ninja
apple, strawberry and mint	
orange, passionfruit and coconut water	
hrvst st. cold pressed juices	4.5
original orange	cloudy apple
watermelon and pear	beetroot and apple
iced delights	6.5
iced coffee, iced chocolate, iced mocha, iced chai, iced matcha	
your milk of choice	
choose from 8 different organic, biodynamic and specialty milks:	
cows, lactose free, bonsoy, almond, macadamia, coconut, oat or rice	



## SMOOTHIES

all smoothies 9.0

acai	acai pulp blend, banana, coconut water (ve)
turmeric fix	banana, orange, pineapple, lemon, turmeric and coconut ice cream (ve)
banana	banana, maple, coconut ice cream and chai spices with a milk of your choice
raspberry delight	raspberries, strawberries, lemon, apple juice and coconut ice cream (ve)
green out	banana, spinach, summer greens juice and spirulina (ve)

## Fitness Smoothies

energize me	banana, almond milk and raw workout superfood blend (ve, gf)
super green	banana, almond milk and raw prebiotic greens superfood blend (ve, gf)
raw cacao power	banana, coconut milk, raw cacao, maca, raw protein isolate, coconut ice cream (ve, gf)

## FRESH SQUEEZED JUICE

cleanse 300ml	8.5
celery, pineapple, cucumber, lemon, pinch of cayenne pepper	
repair 300ml	8.5
orange, celery, apple, ginger, spinach, lemon	
flu fighter 300ml	8.5
orange, carrot, ginger, kiwi, strawberries, raspberries, blueberries	
organic celery juice 300ml	12.5
make your own juice 300ml	8.5

## SPECIALITY DRINKS

vegan hot chocolate (bonsoy)	4.5
vegan dark hot chocolate (bonsoy) <b>new</b>	4.5
spiced hot chocolate (almond milk)	5.5
vegan chai latte (bonsoy)	5.5
dandelion chai latte (bonsoy, contains honey)	5.5
golden latte (coconut milk)	5.5
matcha latte/maple matcha latte (coconut milk)	5.5

## COFFEE

melba organic coffee	small 4 medium 4.5
café latte, long black, short black, cappuccino, flat white or macchiato	
cold drip coffee	3.0 with sparkling water 5.0

## TEA

calmer sutra teas	4.0
english breakfast, earl grey, green, peppermint, lemongrass and ginger, chamomile, vegan chai, dandelion chai (contains honey)	

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