

FEEEL

GOOD

FOOD

the goods
wholefoods

MORNING GOODS

- available until 11am

TOAST & TOPPINGS

\$12.9

thick slice wholemeal sourdough topped with:

- avocado, pea, fetta & chilli flakes
- hummus, tomato, sunflower pesto & fetta
- avocado, sweet potato, zaatar & herbs
- peanut butter, banana, toasted coconut & honey

GF seeded toast / boiled egg +\$2.5

SOURDOUGH OR FRUIT TOAST w. your choice of spread:

jam, vegemite, honey or peanut butter.

1 slice **\$4.5** / 2 slices **\$8.5**

BREAKFAST BOWL

\$11.5 / \$14.5

Choose 4 of the following:

chia pudding, bircher muesli, honey whipped yoghurt, toasted muesli, toasted granola, fruit compote, coconut yoghurt or peanut butter (additions +\$0.50c)

DAILY GRAB & GO

- available all day

TOASTIES

\$11.9

seeded sourdough toasties w.

- ham, cheddar, tomato & seeded mustard
- roasted chicken, pesto, paprika onion, cheddar & ranch tahini
- sweet potato, broccoli, sundried tomato, hummus, sunflower pesto & spinach (df/vg)

SIGNATURE SALADS

- all salads are gluten free

SESAME TOFU

\$16.0 / \$19.0

mixed leaves, roasted tofu, pickled mushrooms, carrot, roasted pumpkin, spring onion, coriander, sesame seeds, chilli-lime dressing (df/vg)

KALE CHICKEN

\$16.3 / \$19.3

shredded kale, baby spinach, roasted potato, paprika roasted onion, roasted almonds, roasted chicken, parmesan, tahini ranch

FALAFEL BOWL

\$15.5 / \$18.5

mixed leaves, roasted sweet potato, red cabbage, shredded carrot, pickled onion, hummus, falafel, green tahini (df/vg)

MISO SALMON

\$17.5 / \$20.5

baby spinach, brown rice, carrot, broccoli, chickpeas, red cabbage, flaked house baked salmon, miso tahini (df)

MEX CHICKEN

\$16.3 / \$19.3

mixed leaves, brown rice, roasted sweet potato, corn, kidney beans, shredded cabbage, roasted chicken, coriander yoghurt dressing

SPICY NOODLES

\$15.5 / \$18.5

mixed leaves, rice noodles, carrot, cabbage, roasted pumpkin, herbs, chilli oil, cashews, sesame seeds & chilli-lime dressing (df/vg)

MAKE YOUR OWN - SALAD OR WRAP

from \$13.0 / \$16.0

Pick a base (or 2), add 4 toppings + dressing

Premium additions:

sourdough croutons +**\$1** hummus, egg, parmesan +**\$2.5**

fetta, house-baked falafel, roasted tofu, avocado +**\$3**

roasted free-range chicken +**\$4**

baked salmon +**\$5**

SMOOTHIES

all \$10.7

DAILY GREENS

kale, spinach, mango, ginger, super greens powder, lemon, coconut water (gf,df,vg)

GOLDIE

mango, passionfruit, chia, psyllium, honey, turmeric, cinnamon, ginger, almond milk (gf,df)

BERRYGOOD

blueberry, strawberry, banana, LSA, chia, honey, whey protein, almond milk (gf)

SALTED CARAMELO

cashews, banana, dates, tahini, maca, salt, almond milk (gf,df,vg)

ESPRESSO HEAD

espresso, almond butter, coconut oil, dates, maca, banana, almond milk (gf,df,vg)

PEANUT NUTTER

peanut butter, roasted coconut, cacao, walnuts, banana, honey, almond milk (gf,df)

JUICES

all \$5.9

Selection of bottled juices available. Please ask for today's selection.

*IF YOU HAVE AN ALLERGY OR DIETARY REQUIREMENT
PLEASE ADVISE WHEN ORDERING SO WE CAN ENSURE
YOUR SELECTION IS RIGHT FOR YOU.*

COFFEE & DRINKS

REG \$4.5 / LRG \$5.5 / JUMBO \$6

We proudly use Red Brick coffee.

full cream / skim

oat milk / almond milk / bonsoy +0.5

lactose free +0.7

extra shot / decaf / syrup +0.5

HOT CHOCOLATE \$4.5 / \$5.5 / \$6

SOY CHAI LATTE +0.5

- brewed using real spices, tea, honey, soy milk

GOLDEN LATTE +0.7

- turmeric, cinnamon, ginger, pepper, honey, almond milk

MATCHA LATTE +1.0

- matcha green tea powder, maple, almond milk

BATCH BREW \$4.5 / \$5.5 / \$6.5

ICED LATTE \$6

- dbl espresso, ice, maple & milk

ICED LB \$5.5

- dbl espresso poured over ice

ICED CHAI \$6.5

- chai spices, ice, maple & almond milk

ICED MATCHA \$6.5

- matcha, ice, maple & almond milk

TEA \$5

- selection of organic teas

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