

WHOLEBOWL LUNCH MENU

WORLDLY flavours WHOLEFOODified!

CHEF SPECIALS * LUNCHTIME ONLY ** EAT IN OR TAKE AWAY *** CLICK + COLLECT



WE SOURCE SEASONAL, LOCAL AND ORGANIC PRODUCE WHERE POSSIBLE, WITH A FOCUS ON KITCHEN MADE, WHOLESOME NUTRITIONAL COMFORT FOOD EATING, A MINDFULNESS TOWARDS DIETARY DIVERSITY, SPRINKLES OF WORLDLYNESS & WE FOSSICK FOR SOME FREE RANGE FARMYNESS ON OUR DOORSTEP. WE HOPE YOU FIND YOUR FLAVOUR!

* ALLDAY DELI - MON to FRI: 7.30AM-4.30PM // SAT- 7.30AM-3.30PM

* BREAKFAST : MON to FRI- 7.30AM to 11AM // SAT-7.30AM to 11.30AM—NOTE!

* LUNCH : MON to FRI- 11.30AM to 3PM // SAT - 12PM to 3PM

PLEASE ORDER + PAY AT THE COUNTER !!

CHECK OUT OUR SEASONAL SPECIALS & DAILY DELI DISPLAYS + FRIDGES FOR OTHER SWEET, SAVOURY + DRINKS

ALLERGEN ALERT: IF YOU HAVE ANY ALLERGIES, INTOLERANCES OR SPECIFIC DIETRY REQUIREMENTS, PLEASE NOTIFY OUR STAFF AND WE WILL TRY TO CATER FOR YOU AS BEST AS POSSIBLE. WE, OUR STAFF, OUR KITCHEN, AND SHOP **CANNOT** "SAY" OR 100% GUARANTEE AGAINST ANY CROSS CONTAMINATION WITH PEANUTS, TREE NUTS, MILK, LUPIN, EGGS, SESAME, FISH, SHELLFISH, SOY, WHEAT, SULPHITES OR ANY OTHER FOOD ALLERGENS.

LEGEND: (VG) VEGAN, (V) VEGETARIAN, (GFI) GLUTEN FREE INGREDIENTS # PLEASE LET US KNOW IF YOU ARE COELIAC.

- **BULGOGI BEEF**- A slow braise version of "Korean fire meat" using local beef cheek partially pulled in a sticky pear juice + Korean/Thai Tea-leaf salad + pickled ginger + crunchy garlic + fresh chilli and coriander + the zing of fresh squeezed lemon. \$17.50 ...*Go check out the CHILLI station for Korean Shichimi Togarashi sprinkles...*
- **CHIMICHURRI CHICKEN** - Local free range chicken thigh marinated in house made chimmi and smokey red pepper paste BAKE + Crunchy Green salad—(broc, snap peas, beans + roasted seeds and almonds) + jalapeno pesto + lime wedge \$17.50 (GFI)*Go check out the chilli station for Melbourne Hot Sauces...Habanero? Chipotle? Tomatillo-Jalapeno?*
- **LAMB LARB** - Local lettuce leaf + lemongrass lamb, served with a Green Wheat Freekeh & Cauliflower Crumble Tabouli salad + pickled coconut cucumber ribbons + a tangy Thai coriander mint drizzle + a crunchy garlic shallots and a peanut mingle mix \$17.50.....*Go try a Ginger Mingler Spritzer...*
- **CAROLINA PULLED PORK**- Local free range Carolina style pulled pork (Murphys Farm) + Springy Sprouty Summer salad (wild rice, quinoa, sugar snaps, fresh mint parsley, crunchy sprouts...) topped with a lemony tangy inca berry drizzle, tortilla chips + agave sumac spiced pumpkin & sunflower seed sprinkle \$17.50 (GFI)...*Go check out the CHILLI station...*
- **SPRING SUMMER PHO—VEGAN** - fresh, flavoursome, crispy crunchy protein punchy broth bowl w/ ginger shitake pho broth, Ramen noodles, TVP (Textured Vegetable protein), Edame (Fresh soy bean) red + green cabbage, spring onions, fresh aromatic Asian herbs + chilli
- **STICKY TACKY THAI TOFU (MAKRUT)—VEGAN** Lemongrass, ginger, Tamarind and lime marinated Tofu sticky baked, served with Springy Sprouty Summer + Korean/Thai Tea-leaf salads + inca berry drizzle, dehydrated kaffir lime, toasted sesame seeds & cashew coconut crumbs.\$17.50 .*Go try a Bitter Sweet Spritzer...Great Combo!*

SEASONAL SALADS available ALL DAY in the DELI DISPLAY—lightly dressed..

- SMALL - \$6.50 (one salad)
- MEDIUM - \$11.50 (two salad)
- LARGE - \$15.50 (three salad)
- +LARGER & FRIENDLY + FAMILY SIZE

CHECK OUT OUR SEASONAL SPECIALS BOARD, ALL DAY-DELI DISPLAYS + FRIDGES FOR OTHER SWEET, SAVOURY

YOU CAN ORDER SALADS ONLINE VIA OUR APP...
EAT IN, TAKE OUT, THESE ARE GOOD TO GO FOR A BBQ, PARTY OR PICNIC...

LUNCH—CHEF SPECIALS - WHOLEBOWLS

DRINKS MENU

SMOOTHIES: SML: \$7.50 (EAT IN OR T/A) LGE: \$9.50 (T/A ONLY) - all smoothies are VEGAN

- **THE BLIND DATE:** Dates, banana, almond milk + pinch of salt
- **MANGO TURMERIC TANGO:** Mango, oranges, lime, coconut yoghurt + Turmeric Powder
- **MINT CHOC MINGLER:** Banana, fresh mint, raw cacao, spinach, Raw Paleo Fermented Protein + almond milk
- **VERY BERRY:** Berries, banana, coconut yoghurt, coconut water, hemp seeds
- **GO GREEN:** Celery, cucumber, banana, pineapple, lime, spinach, coconut water

BELLY BLITZERS: SML: \$7 (EAT IN OR T/A) LGE: \$9 (T/A ONLY)

- **FARMY FRAPPE:** Fresh apple juice, Harcourt apple cider vinegar, blitzed with ice.
- **MANGO ICEY KEFIR KRUSH:** Organic Gaga's Vegan Kefir yoghurt, Coconut milk, agave syrup, mango

SMOOTHIE ADD ONS....

- **LIQUID CHLORPHYLL:** 50c
- **MACA POWDER:** a plant based energizing superfood. 50c
- **INCA INCHI POWDER:** a plant based protein powder. 50c
- **RAW PALEO FERMENTED PROTEIN:** 50c

JUICES: SML: \$7 (EAT IN OR T/A) LGE: \$9 (T/A ONLY)

All made fresh in house. ICE BLITZED for an EXTRA \$1.00

FRESH JUICES:

Apple // Orange // Carrot

JUICE BLENDS

- **KICK START:** Apple, celery, ginger, carrot
- **TROPICAL SUNRISE:** Apple, Pineapple, watermelon + fresh mint & lime
- **CLEANSE IN THE BENDS:** apple, ginger, turmeric, lemon + kombucha shot.
- **GUTSY GAZPACHO:** Carrot, tomato, capsicum, cucumber, lime, fresh mint + nip of Fire Tonic probiotic

MAKE YOUR OWN JUICE 4 INGREDIENT LIMIT

apple/orange/carrot/lemon/lime/celery/ginger/
cucumber/spinach/turmeric/pineapple/watermelon

MILKSHAKES SML \$7.50 LGE \$9.50

- Chocolate // Strawberry // Vanilla // Caramel (Not Vegan)

Milk of choice...

Made with coconut milk ice cream (VG)

FRUIT INFUSED ICE TEA \$7.....Refreshing!

- **BERRYS OF THE FOREST** + Frozen blue berries...
- **PASSIONFRUIT ORANGE TEA** + Inca berry chews—bit of tang on the tongue!

*** natural sugars from the fruit.....

CHECK OUT OUR DRINKS FRIDGE FOR MORE OPTIONS...

DRINKS MENU CONT...

SUMMER SPRITZERS: Fresh flavorsome fizzy fun!

Melbourne made NEKTA fruit syrups with Hepburn Mineral H2O + ICE, fresh fruit + bits \$8

BITTER SWEET: Grapefruit bitters syrup, Spicy sweet Tamarind plop + fresh cucumber slices

GINGER MINGLER: Lime + ginger syrup, lychee, fresh lime + salted plum (has a pip).

THE LAST STRAWB: Strawberry + mint syrup, whole strawberries + fresh mint

HOT DRINKS

Latte//Flat White//Cappuccino//Mocha//Raw Hot Chocolate//Wet Chai Latte//
Long Black//Long Macchiato \$4.20 // Piccolo \$4
Espresso// Short Macchiato \$3.50
Babycino \$1 // Decaf FREE
Upsize or Extra Shot .50c

- **BULLET PROOF COFFEE** – double shot coffee, organic grass fed butter, coconut oil: \$5.00
- **PEP N FRESH** - Coconut H2O, ice, double shot of espresso \$5.00
- **CHAI LATTE** - \$4.20
- **ALTERNATE LATTE**—NATURAL ANTI OXIDANT—BEETROOT // TURMERIC // MATCHA GREEN TEA// BLUEBERRY \$4.60

TEA POT: \$4.20 - English Breakfast//Earl Grey//Chai Tea//Russian Caravan//Jasmine//Peppermint//Lemongrass & Ginger//Chinese Green//Sencha Morning Dew//Rooibos

** **SWEETENERS:** Honey//Coconut Sugar//Raw Sugar//Xylitol//Stevia Drops//Agave Nectar

* **ALTERNATE MYLKS:** + 50c Soy // Almond // Coconut // Lactose Free // Oat

A local favourite roaster, Custom Coffees, roast our organic, fair trade blend especially for us. 'Soul Blend' is a rich, dark, & smooth coffee blend with subtle flavour hints of chocolate and deep cherry. We use local dairy milk & our MOFO raw chocolate powder and Calmer Sutra Chai wet chai leaves are VEGAN...

FIRE TONIC SHOT- \$2

Raw apple cider vinegar tincture live with

KOMBUCHA SHOTS - \$2

Grateful Harvest -Turmeric &

WELLNESS SHOT: \$2.50

Served on its own as a natural wellness booster with the antioxidant turmeric, ginger for digestion, lemon for Vitamin C

BREAKFAST MENU PAGE ONE OF TWO...

7.30AM TO 11AM (MON-FRI) - 11.30AM (SAT)

TOAST (x2 slices) from one of our LOCAL bakeries.
COMES WITH butter and your choice of condiment.

- **WHITE SOURDOUGH \$9**
- **MULTIGRAIN SOURDOUGH \$9**
- **PUMPKIN BREAD \$9**
- **FRUIT TOAST \$11**
- **GLUTEN FREE BREAD \$11**
- **PALEO BREAD \$11**

CONDIMENTS -- VEGEMITE / SEASONAL JAM / LOCAL HONEY / PEANUT BUTTER (FRESH GROUND FROM OUR SHOP)

BUILD A BREAKY + add BREAKY BITS

- **The YOKAL** 2x Local free range eggs (poached, scrambled or fried) on sourdough toast. **\$11.90** (GF +\$2)
- **OMELETTE** - 3 x local free range eggs w/ grated Manchego Cheese, fresh herbs + local Smokey salt + add **BREAKY BITS \$11.90**
have as open omelette with breaky bits!!

BREAKY BRUSCHETTA \$13...

- SEE SEASONAL SPECIALS & DAILY DELI...

- Thick cut toast topped with delicious dabbles drizzles + dollops

KIDS STUFF:

1 x slice of toast + butter, poached egg (hard or soft) and a slice of bacon \$8.50 (UNDER 12)
There are also ham and cheese /or veg toasties in the daily deli display.



+ Add BREAKY BITShave fun!

smashed AVO \$4 / wilted baby SPINACH \$4 / lemon thymed MUSHROOMS \$4 / Istra BACON (2 slices) \$5.00 / local free range EGG \$4 / Meredith GOATS CHEESE \$4 / smokey roasted TOMATO \$4 / Screaming Seeds DUKKHA \$2 / wilted KALE \$3 / housemade HOLLANDAISE \$3 / housemade spud ROSTI \$5 / HOUSE-MADE HERB OIL \$2 / Tomato RELISH \$2

Also CHECK OUT
SEASONAL SPECIALS
& DAILY DELI

 /wfkitchenbendigo

 /wholefoods Kitchen

BREAKFAST MENU PAGE TWO OF TWO...

7.30AM TO 11AM (MON-FRI) - 11.30AM (SAT)

SAVOURY...

- **BROCC BOWL** (V, GF) steamed BROCCOLINI, SPINACH, raw ALMONDS, AVOCADO, DUKKHA, fresh HERBS, tamari & ginger DRESSING, with two FREE RANGE POACHED EGGS. **\$17.90**
- **POTATO ROSTI EGGS BENNY** (GF) housemade POTATO ROSTI filled with MANCHEGO CHEESE, with wilted SPINACH, Istra BACON, two local free range poached EGGS & housemade HOLLANDAISE **\$19.90**
- **THE RED CHILLI SCRAM** (V) Free range SCRAMBLED EGGS with CHILLI, topped with fresh SPRING ONION, grated PARMESAN & fried SHALLOTS on local SOURDOUGH toast, paired with a fresh CUCUMBER, CHERRY TOMATO & CORIANDER salsa. **\$19.90**
- **THE OLD FAITHFUL** - LOCAL SOURDOUGH TOAST with SMASHED AVOCADO, Istra Bacon, Meredith's GOATS FETA & two local free range POACHED EGGS. **\$19.90**
- **APPLE & CINNAMON SCROLL WAFFLES** (VG) House made CINNAMON WAFFLES with poached APPLES, vegan CREAM CHEESE frosting, + PEANUT PRALINE, PISTACHIO crumble & MAPLE SYRUP **\$17.50**
- **TOASTED MAPLE MUSELI** (VG) Housemade toasted MAPLE OATS with SEEDS, PUFFS, GOJI & INCA BERRIES with LIME infused COCONUT LABNE & seasonal FRUIT w/ your choice of MILK **\$14.90**.
- **ACAI BOWL** (VG, GF) ACAI, AVOCADO, BLUEBERRIES, KALE, LEMON juice & CHIA SEEDS, blended with COCONUT H2O, served with GOJI BERRIES, TOASTED COCONUT & seasonal FRUIT. **\$17.50**
- **VANILLA & DATE PORRIDGE** (VG)
Creamy rolled oats cooked with DATES and VANILLA. Served with SEASONAL fruit, chia seeds, HEMP seeds and a maple drizzle. **\$17.50**



Also CHECK OUT...
SEASONAL SPECIALS & DAILY DELI