

Just Eat Real Food!

Paleo Café™

All Day

Bone broth – *see specials*

Acai Bowl **v** – superfood blend of frozen acai, banana, a choice of apple juice or house made almond milk with raspberry and maple nut granola, sliced banana, flaked coconut and blueberries

Fruit Salad **v** – seasonal fruit salad with coconut yoghurt. *Add granola*

Huevos Rancheros – fried free-range egg, chorizo, Mexican salsa, avocado, paleo sour cream, and pickled jalapeños on a toasted tortilla

Bacon & Eggs – bacon and free-range eggs with sautéed spinach, roasted tomatoes and paleo toast

Fritters **v** – zucchini and sweet potato fritters with a rocket salad and an avocado and herb sauce
Add extras below

BLT – bacon, vine ripened tomato, cos lettuce, tomato relish and aioli on paleo toast
Add chicken or avocado

Cob Salad – Bacon, free-range egg, roasted sweet potato and pumpkin, pepitas, sunflower seeds, baby spinach with avocado ranch dressing
Add prawns, chicken or combo

Cauliflower Falafels **v** – with roasted carrot hummus, tabouli salad and tahini dressing

Breakfast – served until 11.30am

Chia Bircher Muesli **v** – with cinnamon spiced poached pear, mango, toasted coconut, almonds, raw honey and mixed seeds of flaxseeds and pepitas

Pancakes **v** – almond pancakes with grilled banana, mixed berries, whipped coconut cream and maple syrup

Sweet Potato and Leek Rosti **v** – with poached egg, roasted beetroot puree and watercress and radish salad. *Add smoked salmon*

Omelette – *see specials or design your own*

Eggs Benny **v** – poached free-range eggs, sliced avocado, creamy hollandaise on Paleo English muffin (*contains ghee). *Add extras below*

Smashed Avo **v** – free-range eggs, smashed avocado, cashew fetta, lemon wedge, cherry tomatoes with paleo toast

Caveman's Breakfast – free-range eggs, pork sausages, bacon, roasted tomatoes, sweet potato and leek rosti, wilted spinach and sautéed mushrooms with paleo toast

Breakfast extras

Free-range egg/s	Paleo toast
Smoked salmon	Avocado
Pork sausages	Pesto
Chorizo sausage	Hollandaise
kim chi	Sweet potato & leek rosti
Sauerkraut	Roasted tomatoes
Double-smoked/nitrate free bacon	Sautéed mushrooms
Sautéed kale/spinach	Coconut ice cream

Lunch – served from 11.30am

Salad – *see specials*

Curry – *see specials*

Slow Cooked Middle Eastern Spiced Lamb Shoulder – with roasted pumpkin, zucchini, red onion, mint and coconut labneh

Pesto Zucchini Spaghetti **v** – with cherry tomatoes, chilli, rocket and lemon. *With seaweed spaghetti, add Add prawns, chicken or combo*

Crispy Pork Belly – with seasonal roasted vegetables, apple sauce and jus

Chicken Schnitzel – served with raw slaw, sweet potato chips and chipotle aioli

Pan-Fried Wild-Caught Fish – with sweet potato chips, salad and tartare sauce

Grass Fed Beef Burger – with bacon, vine ripened tomato, beetroot, caramelised onions, house-made tomato sauce and lettuce, served with sweet potato chips and lemon aioli (naked, optional)

Chicken Schnitzel Burger – with bacon, avocado, lettuce, carrot and chipotle aioli, served with sweet potato chips and aioli (naked, optional)

Sides

Sweet potato chips with aioli

Seasonal roasted vegetables with pesto **v**

Baby cos salad with a honey mustard dressing **v**

Fermented vegetables **v**

Sautéed greens with garlic **v**

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Kids' Breakfast – under 10

Fruit Salad 🍓 – served with coconut ice cream

Pancakes 🍓 – almond pancakes with grilled banana, mixed berries, maple syrup and coconut ice cream

Bacon & Eggs – bacon and free-range eggs on paleo toast

Kid's lunch – under 10

Kid's Beef Burger – with tomato, lettuce, sweet potato chips and tomato sauce

Chicken Schnitzel – with salad, sweet potato chips and tomato sauce

Pan-Fried Wild-Caught Fish – with salad, sweet potato chips and aioli



🍓 Vegetarian.

Chips are cooked in tallow.

Discuss any allergies with our staff prior to ordering.

Nourishing Beverages

Paleo Café™

In House	Short	Cup	Mug
Takeaway	Small	Medium	Large

Milk options: almond / coconut / dairy
(full fat, skim, lactose free) Housemade almond milk +1

Short black	Long black	Cappuccino	Café latte
Flat white	Mocha	Piccolo latte	Macchiato

Babyccino

Chai latte with natural spices, tea leaves, honey and coconut milk

Matcha latte with honey and house made almond milk

Turmeric latte with, cinnamon, ginger, honey, coconut milk

Classic cacao hot chocolate - Raw cacao, honey, coconut milk

Salted caramel hot chocolate - Dates, maple syrup, salt, raw cacao, honey, coconut milk

Affogato - Double shot of espresso over coconut ice cream

Fat black coffee

Long black, Bulletproof® XCT Oil and grass-fed butter
Upgrade to Bulletproof® Brain Octane +2

Signature iced coffee with almond and coconut milk, topped with coconut ice cream, honey and nibs

Signature iced chocolate with almond and coconut milk, topped with coconut ice cream, honey and nibs

Cold drip coffee (at selected Paleo Cafes)

Pyramid Tea

English Breakfast

Earl Grey

Forrest Berry

Sencha Green

Chai

Lemongrass & Ginger

Peppermint

Chamomile

100% gluten and refined sugar free

Please order at the counter

Super Smoothies

Paleo Café™

Juices & Smoothies

In House/Takeaway	Small	Regular
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Glow – carrot, celery, beetroot, lemon, ginger, kale

Tropical Tango – orange, mango, pineapple

Immune Boost – orange, apple, carrot, ginger

Refreshinator – watermelon, apple, lime, mint

Green Smoothie – mango, pear, kale, cucumber, lemon, coconut water

Berry Bliss – strawberries, bananas, blueberries, coconut milk, honey

Salted Caramel Smoothie – dates, cashews, banana, maple syrup, coconut milk, a touch of salt

Choc Dream – cacao, banana, honey, coconut, almond milk

Salted Caramel Espresso Frappe – coconut water, espresso, dates, maple syrup, touch of salt, ice

Make your own Juices & Smoothies

Milk options: almond / coconut / dairy
(full fat, skim, lactose free)

Housemade almond milk +2

Boosters

Superfoods

Acai

Honey

Chia seeds

MCT Oil/Brain Octane

Maca

Collagen

Cacao

Spirulina

Proteins

180 Nutrition Protein
(whey protein)

Nuzest Good Green Stuff

Nuzest Clean Lean Protein
(pea protein)

Coconut ice cream