



Breakfast - Served All Day

Toast and homemade preserves	\$4.50
Wholemeal sourdough, rye, soy & linseed or spelt with dairy or non-dairy butter, jam or vegemite Almond or cashew butter available	
Gluten free toast	\$5.00
Fruit and nut loaf or Buckwheat loaf	
Muesli with fresh fruit and yoghurt	\$11.00
- House made granola - Natural muesli	
Porridge	\$12.00
Organic oats, golden flax seed & quinoa served with seasonal fruit, yoghurt (GF available)	
French Toast fresh fruit, maple syrup and your choice of yoghurt (vegan available, just ask)	\$15.00
Omelettes –choice of toast or side salad	\$16.00
1. Mushrooms, roasted tomato, baby spinach & cheese 2. Capsicum, red onion & fetta 3. Roasted vegetable, baby spinach & cheese	
Organic eggs scrambled or poached with toast	\$9.50
Big breakfast eggs, tomato, avocado, mushroom, spinach & toast	\$16.50
Big vegan breakfast beans, tomato, avocado, mushrooms, spinach & toast	\$16.50
Avocado & tomato on toast (V)	\$12.00
House made baked beans on toast (V)	\$12.00
Wholemeal Buckwheat pancakes with fresh fruit, maple syrup (GF, V)	\$15.00
Zucchini & corn fritters with salad & spicy tomato jam (GF, V)	\$15.00
Quesadillas with Mexican beans, cheese, avocado & tomato salsa & salad (vegan available, just ask)	\$17.50

Sides	\$4.00
Avocado	Baked Beans
Fries (\$5)	Guacamole
Haloumi	Herb roasted tomato
Organic egg	Roasted mushrooms
Sautéed baby spinach	Side salad
Toast (\$2)	Tofu

Lunch & Dinner - Served from 11:00am

Shares

Garlic bread (V)	\$ 8.00
Bruschetta	\$ 9.00
Vegetable spring rolls (V) 6 per serve	\$12.00
Dips, olives & Melba toast	\$14.00
Seasonal Raw Tasting Plate	\$16.00
served with dips & toast (V, R - GF available)	

Mains

Soup served with your choice of toast	\$12.00
Veggie wrap with roasted vegetables, tomato, green leaves & chilli jam (V)	\$13.00
Mexican burrito with mexican beans, brown rice, avocado, tomato salsa, tofu & cheddar cheese with side salad	\$17.00
Nachos with spicy beans, cheese, avocado & tomato salsa (GF) (Vegan option available)	\$16.00
Ungaro veggie balls in a tangy tomato sugo with your choice of toast	\$16.00
Basil Risotto with mushroom, baby spinach & parmesan (Vegan option available)	\$16.00

Burgers:	\$16.50
All served on a Wholemeal spelt bun with chickpea & lentil patty & hand cut potato chips or salad	
1. Ungaro burger with hemp seed ranch sauce (V)	
2. Chilli burger with cheddar cheese & chilli jam	
3. Aussie Burger with beetroot and pickles (V)	

Stir fried vegetables & tofu tamari & garlic (V, GF) include brown rice or quinoa	\$15.00 extra \$3
Spelt pasta with tomato, mushrooms, spinach & parmesan or cashew parmesan (Vegan available, just ask)	\$16.00
Jalfrezi curry with brown rice (V, GF)	\$15.00
Rocket salad with pumpkin and walnuts & lemon Dijon dressing (V, GF)	\$14.00
Ungaro salad roasted vegetables, quinoa, green leaves & lemon Dijon dressing (V, GF)	\$15.00
Greek salad with green leaves, capsicum, tomato, cucumber, olives & feta in an olive oil dressing (GF)	\$15.00
Raw Spicy Almond Taco with tomato, corn salsa & cashew cream wrapped in cabbage (R, V, GF)	\$16.00
Raw Zucchini Pasta with basil pesto, sundried tomato & rocket (R, V, GF)	\$16.00
Roasted Vegetable Frittata with salad	\$15.00
Roasted Vegetable Pizza	\$15.00

No Microwave ovens use. Great Taste Takes Time

V = vegan

R = raw

GF = gluten free

Feel free to ask us about any of our dishes and let us know if you have any food allergies or dietary requirements

Drinks

Green Smoothie **\$9.00**

- **Cucumber Darling:** kale, spinach, banana, lemon & spirulina
- **Kiwi Darling:** kale, spinach, banana, lemon & spirulina
- **Berry Darling:** kale, spinach, banana, lemon & spirulina
- **Chocolate Darling:** kale, spinach, banana, & cacao

*See daily
Green Smoothie
specials board*

Yoghurt Smoothie **\$9.00**

- **Banana**
- **Berry**
- **Blissful Balance with berries & banana**

(choice of cow or coconut yoghurt & almond, soy, cow or rice milk)

Freshly Squeezed Juices **\$8.00**

- **Earthy:** apple, beetroot, ginger, pineapple & carrot
- **Green Supreme:** spinach, mint, celery, cucumber & apple
- **Beautiful:** orange, pineapple & mint
- **DIY:** select 4; cucumber, carrot, celery, apple beetroot, ginger, pineapple, spinach, kale, mint or orange.

*See daily Juice
specials board*

Organic Herbal Teas **\$3.50**

Chamomile/ Cinnamon/ Dandelion/ Ginger/ Green / Lemongrass/ Peppermint/ Chai*/Earl Grey/ English Breakfast

Ungaro Raw Tea: fresh mint, ginger, lemon & a hint of organic honey **\$4.00**

(*50c extra with milk)

Organic Coffee

Choice of organic cow milk/ skim/ almond/ soy/ rice mil

- Small **\$4.00**
- Large **\$4.50**

Extra shot **50c**
Baby Chino **\$1.00**

Bottled Organic Drinks

Coconut Water/ Sparkling Water **\$4.00**
Fresh Coconuts **\$5.50**
Still Water **\$3.50**

Organic Bottled Juice **\$5.50**

- Apple & Guava
- Apple, Mango & Passion

Organic Soft Drinks **\$5.50**

- Ginger Beer
- Cola
- Lemonade
- Lemon Lime & Bitters

*Feel like something a little
stronger?*

*Ask our friendly staff about our great
range of organic wines and beer*

Add a Boost **\$1.50**

Maca Powder, Raw Organic Cacao, Chia Seed, Flaxseed Oil, Wheatgrass, Raw Rice Protein, Supergreens, Spirulina

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