



KUNARA ORGANIC CAFÉ

Kitchen closes 2pm daily
Please find a table before ordering food

*Certified Organic

WE DON'T USE MICROWAVES
All of your food is cooked and warmed in ovens rather than us using microwaves to blast the nutrients out. We keep your food nutritious and delicious just the way it should be.

BREAKFAST – Available all day

- ACAI BOWL** GF VEG DF VGO
Acaiflow served with a choice of *Paleo Hero granola natural ,vegan or chocolate & topped with seasonal fruits
- ACAI TWIST** GF DF VG
Acaiflow, Koko Twist, *Chia pudding topped with Paleo Hero vegan granola
- AVO GOOD DAY** GF VEG VGO
Sweet potato sourdough topped with * avocado, *fetta, *pepitas *sunflower seeds drizzled with a *balsamic glaze & a *lemon wedge
VGO – With Cashew Cheese
- THE IRONMAN** GF DF VG
*Sautéed mushrooms, *avocado, *spicy beans, *spinach, *tomatoes & *seasonal roasted vegetables drizzled with cashew cheese
- TOFU SCRAMBLED WRAP** DF VG
Scrambled *tofu with caramelised onion, spinach, smoky BBQ sauce & vegan aioli
- FRUIT LOAF** VEG
One slice each of Walters banana & date loaf with *butter
- BIRCHER MUESLI** DF VG VEG
Kunara *muesli mix soaked in coconut water, layered with *coyo and topped with *berries
- BACON & EGG ROLL or WRAP** GFO
Nitrate free bacon, *free range fried egg, *fresh tomato, *spinach, *cheese *BBQ & tomato sauce on a GF hemp & rosemary roll or wrap (WNOT GF)
- BREAKFAST- Available until 11am**
- EGGS ON TOAST** GF DFO VEG
*Fried, scrambled or poached eggs on toasted GF sweet potato sourdough with *fresh spinach & house-made *tomato relish
- HARVEST STACK** GF DF VGO VEG
*Sweet potato, chickpea and lentil patty, * fresh spinach, house-made cashew cheese, *pepitas & *salsa with either *poached eggs or *kimchi (VGO)
- SAUTEED MUSHROOMS** GF VEG
Sautéed *mushrooms, *Two free range poached eggs, *wilted spinach & *fetta on toasted GF Hemp and rosemary toasted roll

LUNCH – Available from 11am

- Sml 12**
Lrg 15
- BEEF BRISKET BURGER** GF **17.9**
*12 Hour slow cooked pulled beef brisket, *tasty cheese, *caramelised onion, *slaw, *fresh tomato, *mesculin lettuce and chipotle sauce in a GF hemp & rosemary toasted bun
- CHICKEN BURGER** GF DF **17.9**
*Chicken breast, nitrate free bacon, *fresh tomato, *slaw, *mesculin lettuce and *house-made mayo on a GF hemp & rosemary toasted bun
Add *Tasty Cheese 2
- TEMPEH BURGER** GF DF VG **17.9**
Satay tempeh, *kimchi, *apple slaw, *mesculin lettuce & vegan aioli on a GF hemp & rosemary toasted bun
- PORK BELLY TACOS** DF **16.5**
2 X Crispy free range 12 hour slow cooked pork belly soft tacos with *slaw, *salsa and siracha mayonnaise
- BEEF NACHOS** GF **18.9**
*Corn chips topped with *pulled beef, *spiced bean mix, *melted tasty cheese, *fresh salsa and *sour cream
ADD *smashed avocado 4
- VEGAN NACHOS** GF DF VG **16.9**
*Corn chips, *spiced bean mix, *cashew cheese, *fresh salsa and *coyo
ADD *smashed avocado 4
- NASI GORENG** GF DF VEG **18.9**
*Brown fried rice with *marinated tofu & *seasonal vegetables topped with a *soft fried egg & *kimchi
- VEGAN LASAGNE** VG DF **15.9**
*Vegan spelt lasagne served with *Napoli
ADD *Gourmet side salad 6
- SAVOURY TART** **9.9**
Choose from a selection of our house-made organic tarts
ADD Gourmet side salad 6
- GOURMET SALAD BOWL** **11.9**
*Gourmet organic salad topped with our mouthwatering dressings
- PROTEIN BOWL** **19.5**
*Gourmet salad bowl topped with shredded *chicken breast OR pulled *beef, *boiled egg, black beans, nuts & seed mix and lathered in our mouthwatering dressing

EXTRAS

- *Tasty cheese – *Fried egg – *Fresh spinach – Cashew cheese – *Sour Cream **2**
- *Avocado – *Halloumi - *Scrambled Tofu - *Kimchi **4**
- *Spicy beans – *Sautéed mushrooms – Bacon (Nitrate free) – *Chicken Breast *Pulled Beef **6**

GF Gluten Free **DF** Dairy Free **VG** Vegan **VEG** Vegetarian **VGO** Vegan Option Available **DFO** Dairy Free Option Available



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FOR THE KIDS

Add kokotwist cup to any kid's meal for 2

SAY CHEESE GF	6	KIDS AVO ON TOAST GF DF VG	8
*Cheese toastie with tomato sauce on GF sweet potato sourdough		*Avocado on GF sweet potato sourdough	
BEEF BRISKET/CHICKEN BURGER GF	10	BEEF OR VEGAN NACHOS GF VGO	10
With *tasty cheese & *tomato sauce in GF sweet potato sourdough		*Corn chips with our *bean mix and either cashew cheese or *beef & *tasty cheese	
HUMPTY DUMPTY GF DFO	8	BANANA BREAD GF DFO VEG	5
*Free range fried egg on GF sweet potato sourdough		1 slice of Walters banana bread with *butter	

SOMETHING TO DRINK

COLD – All served with Mt Beerwah Ice		HOT			
			Small (1 shot)	Medium (1.5 shots)	Large (2 shots)
Freshly squeezed organic orange juice (Seasonal)	6.95	Espresso	3.5		
		Long black	3.5		
SMOOTHIES (With milk of choice)	8.95	Macchiato	3.5		
Holy Cacao		Piccolo	3.5		
*Dates *banana *cinnamon *cacao		Latte	4	4.5	5.5
Hulk		Flat White	4	4.5	5.5
*Dates *banana *spirulina *spinach		Cappuccino	4	4.5	5.5
Working Bee		Mocha	4.5	5	6
*Banana *honey *cinnamon		Dirty Chai	4.5	5	6
Berry Beautiful		Bulletproof (Long black *butter *MCT oil)			6
*Mixed berries *banana *collagen		Koko Affogato		6.5	
	8.95	Babyccino	1		
BLENDED JUICES		Hot chocolate	4	4.5	5.5
Sunrise		Chai latte	4	4.5	5.5
Mango *strawberry *orange juice *ginger		Dandelion latte		5.5	7
Green Goddess		Turmeric latte		5.5	7
*Kale *spinach *apple juice *lemon *cayenne		Mermaid or Velvet Latte		5.5	7
Antiox		Trio (Turmeric, Mermaid & Velvet)			7
*Mixed berries coconut water *apple juice		Beetroot Collagen latte		6	7.5
OTHER					
Iced long black (double shot)	4.5				
Iced coffee/chocolate/chai	6				
Iced mocha/dirty chai	6.5				
KOKO TWIST		*LOVE TEAS (Loose Leaf)			
Koko Cup	5	Pot for One			5
Koko Cone	6	English Breakfast			
Add Flavoured syrup	50c	Earl Grey			
Koko Loaded Cup	8	Rooibos			
Choc Ginger–Apple Crumble–Mixed Berry–Banana Passionfruit		Green			
Koko Milkshake	8	Lemongrass and ginger			
Chocolate-Banana-Berry-Passionfruit		Chamomile and vanilla			
Acai Twist	12	Peppermint			
Blend of Acaiflow and kokotwist with *Primal Hero Granola and *coco quench soaked chia seeds		Digestive			
		*Sticky Chai Masala & honey VGO			6
*Dairy Milks	Barambah full cream - Barambah lite - Barambah lactose free				
Non Dairy Milks	Bonsoy – Bon Almond – Oatly – *Coco Quench				
*Syrups	Caramel – Vanilla – Hazelnut				
			1		
Other Extras	*Barambah Pure Cream *Maple syrup				
			1		
	Honey - - *Extra Shot Coffee				
			50c		
	*Jing- *Masons Mushrooms – *Collagen – *Hemp – *Spirulina - *Raw Cacao				
			1.5		

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