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**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.**

**KUNARA ORGANIC CAFÉ**

**Kitchen open 8.00am – 2.00pm**

Please find a table before ordering food

\*Certified Organic

|  |  |  |  |
| --- | --- | --- | --- |
| BREAKFAST – Available all day  ACAI BOWL GF VEG DF VGO  Acaiflow, \*Paleo Hero granola & topped with seasonal fruits  BERRY NICE CREPES GF VEG  Crepes filled with cinnamon spiced apple and mixed berries topped with coyo and Paleo Hero Muesli  BANANA & DATE LOAF VEG  One slice each of Walters banana & date loaf with \*butter  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  \*Sauteed mushrooms, \*avocado, \*spicy beans, \*spinach, \*tomatoes &\*seasonal roasted vegetables drizzled with cashew cheese  SCRAMBLED TOFU BAGEL DF VG  Scrambled \*tofu with \*caramelised onion, \*spinach &\*smoky BBQ sauce  BACON & EGG ROLL GF  Nitrate free bacon, \*free range fried egg, \*fresh tomato, \*spinach, \*cheese \*BBQ & tomato sauce on a GF hemp & rosemary roll  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  ADD – 2 slices of nitrate free bacon  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  Sauteed \*mushrooms, \*Two free range poached eggs, \*wilted spinach & \*fetta on toasted GF Hemp and rosemary toasted roll  MUSHROOM OMELETTE GF VEG  \*Free range egg omelette with \*spinach, \*red onion, \*tomato & \*tasty cheese | Sml 12  Lrg 15  16.9  8.5  17.5  22  17.9  15.5  13.9  6    17  19.5  17.9 | LUNCH – Available from 11am  BEEF BRISKET BURGER GF  \*18 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  CAJUN CHICKEN BURGER GF DF  \*Chicken breast, \*avocado \*slaw, \*mesculin lettuce and \*house-made aioli in a GF hemp & rosemary toasted bun  Add \*Tasty Cheese  MUSHROOM BURGER GF DF VG  Sauteed \*mushrooms with\*slaw, \*mesculin lettuce & pesto aioli in a GF hemp & rosemary toasted bun  TEMPEH BURGER GF VG DF  \*Tempeh, \*slaw, \*mesculin lettuce, \*kimchi, cashew cheeze and \*house-made aioli in a GF hemp & rosemary toasted bun  VIETNAMESE PORK BELLY SALAD DF GF  Free range 18 hour slow cooked pork belly served with a \*rice noodle salad, \*crushed peanuts, \*mint, \*coriander & \*hot and sour sauce  TOFU RICE BOWL GF DF VG  \*Sesame tofu, \*brown rice, \*slaw, \*mixed salad, \*avocado topped with housemade vegan aioli  CALAMARI SALAD  Pan fried calamari with \*mixed leaves, \*red onion, \*capsicum, \*coriander, \*black sesame seeds, \*mint & \*Asian dressing  BEEF NACHOS GF  \*Corn chips topped with \*pulled beef, \*spiced bean mix, \*melted tasty cheese, \*fresh salsa and \*sour cream  ADD \*smashed avocado  VEGAN NACHOS GF DF VG  \*Corn chips, \*spiced bean mix, \*cashew cheese, \*fresh salsa and \*coyo  ADD \*smashed avocado  GOURMET SALAD BOWL  \*Gourmet organic salad topped with our mouthwatering dressings  ADD – Pulled Beef, Chicken Breast or Smoked Salmon  ADD - Avocado | 18.9  18.9  2  18.9  18.9  22  18.9  22  18.9  4  18.9  4  11.9  6  4 |

**EXTRAS**

\*Tasty cheese – \*Fried egg – \*Fresh spinach – Cashew cheese – \*Sour Cream **2**

\*Avocado – \*Halloumi - \*Scrambled Tofu - \*Kimchi **4**

\*Spicy beans – \*Sauteed 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**

**KUNARA ORGANIC CAFÉ**

\*Certified Organic

**SAY CHEESE** GF **8**

Open \*cheese toastie with \*tomato sauce on

GF sweet potato sourdough

**HUMPTY DUMPTY** GF DFO **8**

\*Free range scrambled egg on GF sweet potato sourdough

**PENNE NAPOLI** GF  **10**

\*GF Penne pasta served with \*napoli sauce & \* cheese

**KIDS AVO ON TOAST** GF DF VG **9**

\*Avocado on GF sweet potato sourdough

**BANANA CREPES** GF VEG  **10**

GF Crepes, \*maple syrup \*banana & koko twist

**BEEF BURGER**   **12**

\*Beef burger, \*tasty cheese, \*tomato sauce

**SOMETHING TO DRINK**

**\*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 **1.5**

Honey - - \*Extra Shot Coffee **50c**

**\***Jing- \*Masons Mushrooms – \*Collagen – \*Hemp – \*Spirulina - \*Raw Cacao **1.5**

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

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| --- | --- | --- | --- | --- | --- | --- |
| COLD – All served with Mt Beerwah Ice  Freshly squeezed organic orange juice (Seasonal)  SMOOTHIES (With milk of choice)  Holy Cacao  \*Dates \*banana \*cinnamon \*cacao  Hulk  \*Dates \*banana \*spirulina \*spinach  Working Bee  \*Banana \*honey \*cinnamon  Berry Beautiful  \*Mixed berries \*banana \*collagen  BLENDED JUICES  Sunrise  \*Mango \*strawberry \*orange juice \*ginger  Green Goddess  \*Kale \*spinach \*apple juice \*lemon \*cayenne  Antiox  \*Mixed berries coconut water \*apple juice  OTHER  Iced long black (double shot)  Iced coffee/chocolate/chai/mocha  **KOKO TWIST**  Koko Cup  Koko Cone  **Add** Flavoured syrup  Koko Loaded Cup  Choc Ginger–Apple Crumble–Mixed Berry–Banana Passionfruit  Koko Milkshake  Chocolate-Banana-Berry-Passionfruit |  | 7.95  9.95  9.95  5  6  **5**  **6**  **50c**  **8**    **8** | HOT  Espresso  Long black  Macchiato  Piccolo  Latte  Flat White  Cappuccino  Mocha  Dirty Chai  Bulletproof  (Long black \*butter \*MCT oil)  Koko Affogato  Babyccino  Hot chocolate  Raw Cacao  Chai latte  Dandelion latte  Turmeric latte  Mermaid or Velvet Latte  Trio (Turmeric, Mermaid & Velvet)  Beetroot Collagen latte  \*LOVE TEAS (Loose Leaf)  Pot for One  English Breakfast  Earl Grey  Rooibos  Green  Lemongrass and ginger  Chamomile and vanilla  Peppermint  Digestive  \*Sticky Chai Masala & honey VGO | Small  (1 shot)  3.5  3.5  3.5  3.5  4  4  4  4.5  4.5  1  4  4  4 | Medium  (1.5 shots)  4  4.5  4.5  4.5  5  5  6.5  4.5  4.5  4.5  5.5  5.5  5.5  6 | Large  (2 shots)    5      5.5  5.5  5.5  6  6  6        5.5  5.5  5.5  7  7  7  7  7.5      5  6 |
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