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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

|  |  |  |  |
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| BREAKFAST – Available all dayACAI BOWL GF VEG DF VGO Acaiflow, \*Paleo Hero granola & topped with seasonal fruitsBERRY NICE CREPES GF VEG Crepes filled with cinnamon spiced apple and mixed berries topped with coyo and Paleo Hero MuesliBANANA & DATE LOAF VEGOne slice each of Walters banana & date loaf with \*butterAVO GOOD DAY GF VEG VGOSweet potato sourdough topped with \* avocado, \*fetta, \*pepitas \*sunflower seeds drizzled with a \*balsamic glaze & a \*lemon wedgeVGO – With Cashew CheeseTHE IRONMAN GF DF VG \*Sauteed mushrooms, \*avocado, \*spicy beans, \*spinach, \*tomatoes &\*seasonal roasted vegetables drizzled with cashew cheeseSCRAMBLED TOFU BAGEL DF VG Scrambled \*tofu with \*caramelised onion, \*spinach &\*smoky BBQ sauceBACON & EGG ROLL GFNitrate free bacon, \*free range fried egg, \*fresh tomato, \*spinach, \*cheese \*BBQ & tomato sauce on a GF hemp & rosemary rollBREAKFAST- Available until 11amEGGS ON TOAST GF DFO VEG\*Fried, scrambled or poached eggs on toasted GF sweet potato sourdough with \*fresh spinach & house-made \*tomato relishADD – 2 slices of nitrate free baconHARVEST 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 VEGSauteed \*mushrooms, \*Two free range poached eggs, \*wilted spinach & \*fetta on toasted GF Hemp and rosemary toasted rollMUSHROOM OMELETTE GF VEG\*Free range egg omelette with \*spinach, \*red onion, \*tomato & \*tasty cheese | Sml 12Lrg 15 16.98.517.52217.915.513.96 1719.517.9 | LUNCH – Available from 11amBEEF 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 bunCAJUN CHICKEN BURGER GF DF\*Chicken breast, \*avocado \*slaw, \*mesculin lettuce and \*house-made aioli in a GF hemp & rosemary toasted bunAdd \*Tasty CheeseMUSHROOM BURGER GF DF VGSauteed \*mushrooms with\*slaw, \*mesculin lettuce & pesto aioli in a GF hemp & rosemary toasted bunTEMPEH 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 GFFree range 18 hour slow cooked pork belly served with a \*rice noodle salad, \*crushed peanuts, \*mint, \*coriander & \*hot and sour sauceTOFU RICE BOWL GF DF VG\*Sesame tofu, \*brown rice, \*slaw, \*mixed salad, \*avocado topped with housemade vegan aioli CALAMARI SALADPan fried calamari with \*mixed leaves, \*red onion, \*capsicum, \*coriander, \*black sesame seeds, \*mint & \*Asian dressingBEEF 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 avocadoGOURMET SALAD BOWL\*Gourmet organic salad topped with our mouthwatering dressingsADD – Pulled Beef, Chicken Breast or Smoked SalmonADD - Avocado | 18.918.9218.918.92218.92218.9418.9411.964 |

**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 IceFreshly squeezed organic orange juice (Seasonal)SMOOTHIES (With milk of choice)Holy Cacao\*Dates \*banana \*cinnamon \*cacao Hulk\*Dates \*banana \*spirulina \*spinachWorking Bee\*Banana \*honey \*cinnamonBerry Beautiful \*Mixed berries \*banana \*collagenBLENDED JUICES Sunrise\*Mango \*strawberry \*orange juice \*gingerGreen Goddess\*Kale \*spinach \*apple juice \*lemon \*cayenne Antiox\*Mixed berries coconut water \*apple juiceOTHERIced long black (double shot)Iced coffee/chocolate/chai/mocha**KOKO TWIST**Koko Cup Koko Cone**Add** Flavoured syrupKoko Loaded Cup Choc Ginger–Apple Crumble–Mixed Berry–Banana PassionfruitKoko MilkshakeChocolate-Banana-Berry-Passionfruit |  | 7.959.959.9556**5****6****50c****8****8** | HOTEspressoLong black Macchiato Piccolo Latte Flat WhiteCappuccinoMochaDirty ChaiBulletproof (Long black \*butter \*MCT oil)Koko AffogatoBabyccinoHot chocolateRaw CacaoChai latteDandelion latte Turmeric latte Mermaid or Velvet LatteTrio (Turmeric, Mermaid & Velvet)Beetroot Collagen latte \*LOVE TEAS (Loose Leaf)Pot for OneEnglish Breakfast Earl GreyRooibosGreen Lemongrass and ginger Chamomile and vanillaPeppermintDigestive\*Sticky Chai Masala & honey VGO | Small(1 shot)3.53.53.53.54444.54.51444 | Medium(1.5 shots)44.54.54.5556.54.54.54.55.55.55.56 |  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  56 |
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