



# KUNARA ORGANIC CAFÉ

Kitchen open 8.00am – 2.00pm

\*Certified Organic

**WE DON'T USE MICROWAVES**  
All 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

### TOAST & SPREADS VEG VGO

1 slice Walter's toasted sourdough, \*butter and choice of \*honey, \*peanut butter or \*fruit jam

### BRUSCHETTA VGO

Walter's toasted sourdough, \*heirloom cherry tomatoes, \*fetta, \*onion, \*pepitas, \*herbs, \*EVO, \*balsamic glaze

### BERRY NICE CREPES GF VEG

French crepes, \*cinnamon spiced apple, \*mixed berries \*coyo, vegan \*Paleo Hero granola

### BANANA & DATE LOAF VEG DFO

One slice each of Walter's banana & date loaf with \*butter

### AVO GOOD DAY GFO VEG VGO

Walter's toasted sourdough, \*avocado, \*fetta, \*pepitas \*sunflower seeds, \*balsamic glaze, \*lemon wedge  
VGO – With Cashew Cheeze

### THE IRONMAN GF DF VG

Pesto \*mushrooms, \*avocado, \*spicy beans, \*spinach, \*tomatoes, \*seasonal roasted vegetables, cashew cheeze

## BREAKFAST- Available until 11am

### KUNARA BREAKFAST DF GFO

Eumundi meats pork sausage, nitrate free bacon, \*free range eggs, \*beans, \*spinach, Walter's toasted sourdough

### CORN & ZUCCHINI WAFFLES GF VEG

\*Corn & zucchini waffles, \*fresh spinach, \*avocado, \*poached egg, \*beetroot relish

### EGGS ON TOAST DF VEG

\*Fried, scrambled, or poached eggs, \*fresh spinach, \*tomato relish, Walter's toasted sourdough

### HARVEST STACK GF DF VG

\*Sweet potato, chickpea & lentil patty, \*fresh spinach, house-made cashew cheeze, \*pepitas, \*salsa, \*kimchi

### PESTO MUSHROOMS GF VEG

Pesto \*mushrooms, \*two free range poached eggs, \*wilted spinach, \*fetta, GF hemp & rosemary toast

### SALMON OMELETTE GF DF

\*Free range egg omelette, smoked salmon, \*red onion, capers, \*spinach

## LUNCH – Available from 11am

### BEEF BRISKET BURGER GF 19.5

\*18-hour slow cooked pulled beef brisket, \*tasty cheese, \*caramelised onion, \*slaw, \*fresh tomato, \*mesculin lettuce, chipotle sauce, GF hemp & rosemary toasted bun

### MOROCCAN CHICKEN BURGER GF DF 19.5

\*Moroccan spiced chicken breast, \*avocado, \*slaw, \*mesculin lettuce, \*house-made aioli, GF hemp & rosemary toasted bun

### TEMPEH BURGER GF VG DF 19.5

\*Tempeh, \*slaw, \*mesculin lettuce, \*kimchi, cashew cheeze, \*house-made aioli, GF hemp & rosemary toasted bun

### SESAME SALMON POKE BOWL GF DF 26

\*Honey sesame salmon, \*basmati rice, \*broccoli, \*avocado, \*carrot, \*corn, \*slaw salad, \*pickled ginger, aioli, \*lemon & garlic dressing

### VIETNAMESE PORK BELLY SALAD DF GF 24

Free range 18-hour slow cooked pork belly, \*rice noodle salad, \*crushed peanuts, \*mint, \*coriander, \*hot & sour dressing

### SESAME TOFU RICE BOWL GF DF VG 22

\*Sesame tofu, \*basmati rice, \*slaw, kimchi, \*mixed salad, \*avocado, vegan aioli, \*lemon & garlic dressing

### BEEF BURRITO 19.9

\*18-hour slow cooked pulled beef brisket, \*tasty cheese, \*basmati rice, chipotle mayo, \*spinach

### BEEF NACHOS GF 19.9

\*Corn chips, \*pulled beef, \*spiced bean mix, \*tasty cheese, \*fresh salsa, \*sour cream

ADD \*smashed avocado 5

### VEGAN NACHOS GF VG DF 19.9

\*Corn chips, \*spiced bean mix, \*cashew cheeze, \*fresh salsa, \*coyo

ADD \*smashed avocado 5

### ORGANIC ROASTED VEGGIE BOWL VG GF DF 15.9

\*Organic roasted seasonal vegetables, vegan pesto

ADD - \*Pulled beef \*Chicken breast or Salmon 7

ADD - Avocado 5

## EXTRAS

\*Tasty cheese \*Free range egg \*Fresh spinach Cashew cheeze \*Sour cream \*Fetta 3

\*Avocado \*Halloumi \*Scrambled tofu \*Kimchi 5

\*Spicy beans \*Pesto mushrooms Nitrate free bacon \*Pork belly \*Chicken breast \*Pulled beef Smoked salmon 7

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



# KUNARA ORGANIC CAFÉ

\*Certified Organic

## FOR THE KIDS

<b>SAY CHEESE</b> VEG	8	<b>KIDS AVO ON TOAST</b> GFO DF VG	9
Open *cheese toastie, *tomato sauce, Walter's sourdough		*Smashed* avocado, Walter's toasted sourdough	
<b>HUMPTY DUMPTY</b> DF (Only available until 11am)	8	<b>BANANA CREPES</b> GF VEG	10
*Free range scrambled egg, Walter's toasted sourdough		French crepes, *maple syrup, *banana, koko twist	
<b>VEGAN NACHOS</b> GF VGO	10	<b>BEEF BURGER</b>	12
*Corn chips, *spiced bean mix, *cashew cheeze		*Beef burger, *tasty cheese, *tomato sauce	
<b>BEEF NACHOS</b> GF	12	<b>CHICKEN BURGER</b>	12
*Corn chips, *spiced bean mix, *cheese, *pulled beef		*Chicken breast, *tasty cheese, *aioli	

## SOMETHING TO DRINK

**COLD** – All served with Mt Beerwah ice

### SMOOTHIES

#### Holy Cacao

\*Dates \*banana \*cinnamon \*cacao & milk of choice

#### Sunrise

\*Mango \*strawberries \*orange juice \*ginger

#### Green Goddess

\*Kale \*spinach \*apple juice \*lemon \*cayenne pepper

### JUICES

#### Orange Juice

Freshly squeezed organic orange juice (seasonal)

#### Beetroot Chia - cold pressed

Apple, beetroot, lemon, ginger, mint, chia seeds

#### Dawn Patrol – cold pressed

Orange, carrot, ginger, turmeric

#### Ginger Snap – cold pressed

Apple, lemon, ginger, coconut water

### OTHER

Iced long black (double shot)

Iced coffee/chocolate/chai/mocha

### KOKO TWIST GF DF

Koko Cup

Add flavoured syrup

#### Koko Loaded Cup

Choc Ginger

Mixed Berry

Banana Passionfruit

#### Koko Milkshake

Chocolate – Banana – Berry – Passionfruit

### ACAI BOWL GF DF VEG VGO

Acaiflow, \*Paleo Hero granola, \*chia seeds, \*seasonal fruits

### 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 (Sunshine Chai)

Dandelion latte (100% root)

Turmeric latte (Lucy Locketts)

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 & ginger

Chamomile & vanilla

Peppermint

Digestive

Sticky Chai Masala

Small (1 shot)	Medium (1.5 shots)	Large (2 shots)
-------------------	-----------------------	--------------------

4

4 4 5

4

4

4.5 5 5.5

4.5 5 5.5

4.5 5 5.5

5 5.5 6

5 5.5 6

6.5

6.5

1.5

4.5 5 5.5

4.5 5 5.5

4.5 5 5.5

6 6.5 7

6 6.5 7

6 6.5 7

7.5

6 6.5 7

5

6.5

### Dairy milks

\*Barambah full cream - \*Barambah lite - \*Barambah lactose free

### Non-dairy milks

Bonsoy – Bon Almond – Oatly – \*Coco Quench

No extra charge 😊

### Syrups

\*Caramel – \*Vanilla – \*Hazelnut

1.5

### Other extras

\*Barambah Pure Cream

1.5

\*Honey \*Extra Shot Coffee \*Decaf \*Maple syrup

50c

Uplifting or Grounding Mushroom \*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