

DRINKS

Hot

Milk based coffee	\$4.50
Hot chocolate (Vegan + Gluten Free)	\$5.00
Long black/Affogato +\$1/Batch Brew	\$5.00
Prana Sticky Chai (brewed on BonSoy)	\$5.00
Matcha latte/Turmeric latte w/ honey (brewed on Milklab Almond)	\$5.00
Chamellia Organic Tea English Breakfast/Chamomile/Peppermint/China Sencha (Green)/Earl Grey/Lemongrass & Ginger/Masala Chai/Tulsi & Rose.	\$4.90

ADD ON

Decaf/Large/Syrup/Extra Shot/Bonsoy/Milklab options/Oatly +70c

Cold

Thickshakes Mango/Banana/Strawberry/Chocolate/Coffee/Mixed Berries)	\$8.50
Iced Latte/Iced Long Black/Cold Brew	\$6.00
Iced Coffee/Iced Chocolate/Iced Mocha (Vegan + Gluten Free Ice Cream + Whipped Cream)	\$8.00
Fresh Juice Orange/Watermelon/Orange + Watermelon	\$8.00
Cold Pressed Juice Green+/Carrot+/Lemon Pineapple+/Coconut Water	\$8.00
Probiotic Kombucha Ginger Lemon/ Lemon Lime Mint/Peach	\$6.00
Organic Cola Cola/Cola Sugar Free/Lemonade/Ginger Beer	\$6.00
Coca Cola Range 330ml	\$4.50
San Pellegrino Sparkling Water 500ml	\$5.50

Here at 80/20, we believe in food as fuel and that absolutely everybody benefits from clean, natural and unprocessed whole foods.

We endeavour to serve you real, healthy, honest and delicious meals as well as nutrient packed smoothies, homemade raw desserts and damn good coffee. We wholeheartedly believe that life is all about balance, and while food is functional it should also be fun!

So whether you're being 80% mindful or indulging in the cheeky 20%, at 80/20 food, we are 100% behind you!

SIGNATURE SMOOTHIES (VG*, GF*, DF, V) \$9.90

Break (the) Fast

Banana, Oat, Cinnamon, Honey, Coconut Yoghurt, Oat Milk, Almonds.

Nutty Professor

Banana, Maca, Coconut Nectar, Almond Milk, Cacao, Peanut Butter.

Golden

Turmeric, Cinnamon, Ginger, Honey, Banana, Dates, Almond Milk.

Coffee and Cacao

Double Espresso, Dates, Cacao, Banana, Chia Seeds, Coconut Nectar, Almond Milk.

Berry (the) Fast

Strawberry, Raspberry, Blueberry, Coconut Yoghurt, Oat Milk, Oats, Honey.

Matcha Immunity

Coconut Water, Mango, Spinach, Mint Leaves, Pineapple, Matcha.

Popeye

Kale, Spinach, Spirulina, Kiwi, Coconut Water, Apple Juice.

Glow Pro

Acai, Blueberry, Raspberry, Coconut Flesh, Honey, Coconut Water, Apple Juice.

Mango Maniac

Mango, Passionfruit, Pineapple, Coconut Nectar, Coconut Water.

Refresher

Cucumber, Mint, Kiwi, Spinach, Coconut Water.

ACAI BOWLS

The Original 'O' Bowl (GF, VG, V, DF)

Pure Acai, Banana, Apple Juice – Topped with Strawberries, Banana, Granola and Coconut Flakes.

\$18

Crunch Bowl

(GF, VG*, V, DF)

Pure Acai, Banana, Cacao, Peanut Butter, Almond Milk – Topped with Banana, Cacao Nibs, Granola and Honey.

\$19

Summer Bowl

(GF, VG, V, DF)

Pure Mango, Banana, Passionfruit – Topped with Mango, Banana, Waffle Crumble, Passionfruit, Kiwi and Strawberries.

\$18

80/20

ALL DAY MEALS

Mighty Breakfast (GF*, DF*) \$35

Sourdough Toast, Smoked Bacon, Free Range Eggs, Avocado, Haloumi, Hash Brown, Wilted Greens, Garlic Thyme Mushroom, Warmed Tomato.

Breakfast Burger (GF*, V*, VG*) \$20

Smoked Bacon, Fried Eggs, Grilled Halloumi, Avocado, Mixed Leaf Lettuce, Sliced Cheese, Beetroot Relish.

Granola Bowl (V, VG, GF, DF) \$21

Berry Yoghurt, Housemade Granola, Loaded with Seasonal Fruits, Poached Nectarine + Almond/Soy Milk.

Apple, Almond & Coconut Bircher (V, VG, DF) \$19

Loaded w/ Seasonal Fruits and Berry Yoghurt.

Vegan Buckwheat Waffle (V, VG, GF, DF) \$19

Date Sauce, Waffle Crumble, Loaded w/ Seasonal Fruits + Your Choice of Vegan GF Ice Cream - Salted Caramel, Boysenberry Cheesecake.

Avo w/ Tomato or Mushroom (V, DF*, VG, GF*) \$17

Warmed Tomatoes or Garlic Thyme Mushroom, Sliced Avocado, Danish Feta, Zucchini Ribbons + Snow Pea Tendrils w/ Basil Oil, Dukkah on Sourdough Toast.

Vegan - Scrambled Mixed Herb Tofu +\$2, Add Poached Egg +\$3.

French Toast \$19

French Tin, Caramelised Banana, Maple Syrup, Berry Jelly, Icing Sugar, Mascarpone, Your Choice of Vegan GF Ice Cream, Topped with Strawberries + Mixed Berries.

Ice Cream - Salted Caramel, Boysenberry Cheesecake.

Green Eggs w/ Beans (V*, GF*, DF*, VG*) \$19

Scrambled Herb Eggs, Smokey Meaty Beans w/ Sourdough.

Vegan - Mixed Herb Scrambled Tofu w/ Vegan Beans +\$2.

We serve premium grade free range eggs & chicken. 10% Surcharge on weekends & Public Holidays

Eggs Benedict (V*, GF*, VG*) \$19

Toast, Spinach, Poached Eggs, Hollandaise Sauce, Sliced Avocado. Serve with Smoked Bacon/Leg Ham/Smoked Salmon (+\$2).

Vegan - Mushroom, Pumpkin Mixed Seasoned Tofu, Tahini.

Sourdough Toast (V*, GF*, DF*, VG*) \$8

Choice of Toast - Plain, Soy Linseed, Gluten Free, Walnut + Raisin w/ Butter, Peanut Butter, Housemade Jam, Honey. Add Organic Free Range Eggs/Smoked Bacon +\$5.

Grilled Lime Fish (Snapper or Salmon) (GF, DF) \$29

Garden Salad, Baby Carrots, Kale Pesto, Broccolini, Potato Wedges.

Burrito Bowl (GF, DF, VG*, V*) \$23

Chipotle Chicken - Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado.

Vegan - Chipotle Spiced Beans, Mushroom, Cauliflower, Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado.

Burgers w/ Seasoned Potato Wedges \$20

Beef - Housemade Brisket Patty, Beetroot Relish, Tomato, Cheese, Tomato Relish, Mixed Leaf Lettuce.

Chicken - Spicy Marinated Chicken, Avocado, Peri-Peri Sauce, Tomato, Mixed Leaf Lettuce.

Vegan - Housemade Vegan patty, Tomato, Avocado, Mixed Leaf Lettuce, Chipotle Sauce.

Add Smoked Bacon/Haloumi +\$5, Hashbrown +\$3.

Linguine Pasta \$21

Mushroom Asparagus/Spicy Prawn/Chilli Chicken + Mushroom.

Risotto \$19

Pumpkin + Peas/Spicy Prawn/Chilli Chicken + Mushroom.

Avo w/ Twist \$15

Chilli, Avocado, and Lime Salsa, Diced Bacon, Coriander, Danish Feta on Sourdough.

Add Free Range Eggs +\$5/Add any extras.

Jacked-up Banana Bread \$14

Banana Bread, Vegan GF Ice Cream, Waffle Crumble, Choc Sauce, Banana, Strawberry.

Nachos (VG*, GF, V, DF*) \$14

Smashed Avocado, Salsa + Beans w/ House Sauce, Jalapenos, Sour Cream. Add Beef/Chicken +\$7

Croissant (V*) \$9

Sweet - Banana, Strawberry, Chocolate Sauce. Savoury - Ham, Cheese & Tomato

ADD ON

Chicken/Grilled Salmon/Smoked Salmon +\$7

Smoked Bacon/Ham/Avocado/Garlic Thyme Mushroom/Haloumi/Vegan or Meaty Beans/Seasoned Scramble Tofu/Eggs (Poached/Scrambled/Fried) +\$5

Spinach + Kale/Seasoned Warmed Tomatoes/Danish Feta \$5 Hashbrown \$3

80/20 FAMOUS SALADS

Super Salad (V, VG, DF, GF)

Quinoa, Brown Rice, Alfalfa, Avocado, Kale, Spinach, Carrot, Beetroot, Apple, Turmeric Cauliflower, Ruby Kraut, Goji Berries, SN.

Add Grilled Chicken, Grilled Salmon or Smoked Salmon +\$7.

\$18

Green Nourish Bowl (V*, GF*, DF*, VG*)

Grilled Zucchini, Cauliflower, Broad Beans, Kale, Asparagus, Semi Dried + Capsicum Pesto, Pepitas, Poached Egg, Chili Salt.

Vegan - Mixed Herb Scrambled Tofu +\$2.

\$19

Japanese Salad (V, VG, DF, GF)

Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccolini, Miso Tahini, Pickled Ginger, Nori + Nigella Seeds.

Add Grilled Chicken, Grilled Salmon or Smoked Salmon +\$7.

\$18

Greens + Grains (V, VG, DF, GF)

Mixed Leaf Lettuce, Medley Tomatoes, Lebanese Cucumber, Corn, Red Cabbage, Orange, Quinoa, Bukinis, Radicchio Lettuce, Fresh Turmeric, Mung Beans, Slivered Almonds, Grapefruit Dressing.

\$19

Chermoula Lamb (GF, DF)

Pulled Lamb in Chermoula Spices, Pumpkin, Quinoa, Medley Tomato, Hummus, Pinenuts + Currants.

\$24

Nutritional Bowl (V, VG, DF, GF)

Turmeric Cauliflower, Bukinis, Red Chilli, Spanish Onion, Quinoa, Asparagus, Kale, Spinach, Tahini, Currants, Seed + Nut Mix.

\$19