

FOOD

APPLE & COCONUT BIRCHER // \$15

w. grated apple, almonds, coconut + almond milk.
served w. passionfruit, yoghurt +seasonal fruit (v,
df*, vg*)
w. coconut yoghurt // +\$2

VEGAN MUSELI // \$18

w. house made muesli, coconut yoghurt +
seasonal fruits
w. choice of milk (soy, almond,oat) / (gf, vg)

VEGAN BUCKWHEAT WAFFLE // \$19

w. peanut butter coconut whip, date caramel
sauce, banana & macadamia, quinoa, black
sesame crunch (gf, vg)

AVO & TOMATO // \$17

w. warm tomatoes + avo served on grain toast w.
danish feta, zucchini ribbons, snow pea tendrils
w. basil oil & lemon + dukkah (v, df, *gf* v*)
gluten free // +\$2

GREEN EGGS + BEANS // \$18

w. scrambled herbed eggs served w. house made
beans w. smokey meats in a light tomato sauce w.
grain bread (gf*, df*, vg*)
gluten free // +\$2
vegan option available

GREEN NOURISH BOWL // \$18

w. kale, broad beans, cauliflower, grilled zucchini,
asparagus roasted pepitas served w. semi dried
tomato + roast capsicum pesto + poached egg,
sprinkled w. chilli paprika salt (gf, df, v, vg*)

BREAKFAST BUN // \$15

w. two fried eggs, bacon, house bbq sauce on a
potato bun w. caramelised onion +beetroot relish
(gf*)

ON TOAST // \$12

two eggs / scrambled tofu /. smashed avo
gluten free // +\$2

THREE MILLS TOAST / FRUIT TOAST // \$8

w. butter / homemade jam / 100 % peanut butter
/ honey / vegemite
gluten free // +\$2

BRAISED BEEF CHEEKS // \$25

w. cauliflower puree, house made pickled
cucumber salad, fresh radish + broccolini (gf, df)

FREE RANGE CHICKEN // \$23

w. marinated turmeric, chilli, rosemary, garlic,
lemon chicken served w. cauliflower streak +
beetroot puree topped w. zucchini ribbon + snow
pea tendril salad (gf, df)

GRILLED BARRAMUNDI // \$29

w. blistered cherry tomato, charred asparagus,
pickled fennel, turnip dill salad served w. kale
pesto (gf, df)

CHERMOULA LAMB // \$23

w. pulled lamb, pumpkin, quinoa, kale, parsley,
cherry tomato, spinach, cauliflower hummus,
topped w. pine nuts + currants (gf, df)
*vegan option available

BURRIOT BOWL // \$23

w. coated tomato +chipotle chicken, baba
ghanoush, spinach, brown rice, salsa, taco pickle,
avocado (df, gf)
vegan option w. chipotle spiced beans +
mushrooms

TANDOORI CHICKEN // \$23

w. house made tandoori paste chicken, chickpea
+ rocket salad w. raita yoghurt (gf)

JAPANESE SALAD BOWL // \$18

w. miso coated eggplant + sweet potato, spinach,
brown rice, grilled broccolini drizzled w. house
made miso tahini, topped w. pickled ginger, nori
+ nigella seeds (vg, v, df)
w. grilled salmon // +\$7

SUPER SALAD // \$17

w. quinoa, brown rice, alfalfa, avocado, kale,
spinach, carrot, beetroot, apple, turmeric
cauliflower, ruby kraut, goji berries topped w.
mixed seed + nuts (vg, v, gf, df)
+ grilled chicken or salmon // + \$7

BURGER // \$16

options // house made beef patty / house made
vegan patty / grilled chicken / grilled steak
w. house made sauce, caramelised onion, mixed
lettuce + tomato on a potato bun (vg*,v*gf*)

EXTRAS

salmon / chicken \$7
smoked bacon / avocado / garlic thyme
mushrooms /haloumi /wilted greens / warmed
tomatoes / feta / beans / tofu // \$4 each

eighty/twenty
food & drink

SMOOTHIES

BREAK (THE) FAST // \$9

w. banana, oats, almonds, honey, cinnamon, coconut yoghurt + oat milk

POPEYE // \$9

w. kale, spinach, spirulina, kiwi fruit, coconut water + apple juice

NUTTY PROFESSOR // \$9

w. banana, peanut butter, cacao, maca powder, coconut nectar + almond milk

MATHCA IMMUNITY // \$9

w. matcha, mango, coconut flesh, coconut nectar + almond milk

GLOW PRO // \$9

w. açai, blueberries, raspberries, coconut flesh, honey, coconut water + apple juice

COFFEE AND CACAO // \$9

w. double espresso, cacao, chia seeds, coconut flesh, coconut nectar + almond milk

GOLDEN // \$9

w. turmeric, cinnamon, ginger, honey, banana, dates + almond milk

REFRESHER // \$9

w. cucumber, mint, spinach, mango + coconut water

ACAI // \$9

w. real amazon açai, banana, guarana + water

ADD INS // \$2

whey protein, plant based protein, super greens, matcha powder, spirulina, lsa, chia, psyllium husk, maca powder

BOWLS

'O' BOWL // \$16

w. real amazon açai, guarana + apple juice, topped w. GF granola, banana, strawberries + coconut flakes (gf, df, vg)

CRUNCH BOWL // \$16

w. real amazon açai, guarana, peanut butter, cacao + almond milk, topped w. GF granola, banana, cacao nibs, crushed almonds + honey (gf,df,vg*)

ADD INS // \$2

extra GF granola, peanut butter, plant based protein, whey protein. extra fruit (banana, strawberry, kiwi fruit) *granola contains nuts*

COLD DRINKS

iced coffee, iced chocolate, iced mocha, iced long black, cold brew // \$7

freshly squeezed juices // \$8
orange / watermelon / greens / carrot

probiotic kombucha // \$7

sparkling water // \$6

slow brewed organic soda // \$7

shakes // \$8
belgium chocolate / nutella

TEA + COFFEE

milk based coffee // \$ 3.90
gabriel's blend

singlo origin espresso // \$3.90
long black // \$4.50
gabriel's blend

prana sticky chai // \$4.50
brewed on bonsoy

hot chocolate // \$4

matcha latte // \$5
matcha powder steamed on almond milk +honey \$0.50

golden latte // \$5
turmeric, cinnamon, ginger, cracked pepper, steamed on almond milk w. a touch of honey

chamellalia organic tea // \$4.50
english breakfast

earl grey
china sencha
masala chai
peppermint herbal tisane
chamomile herbal tisane
lemongrass +ginger herbal tisane

***decaf, large, syrups, extra shot // \$0.50**
bonsoy, almond, coconut lactose free, oat milk // \$0.70*

order online:
www.eightytwentyfood.com.au

