

ALL DAY BITES

Our fresh produce is 100% organic; we do our best to ensure everything else is too, and we get pretty damn close! We only cook with coconut oil and olive oil and all our food is free of refined sugar, always. All take-away is served in compostable containers made from plants, not plastic.

ORGANIC SALADS

10 / Small
16 / Large

+4 / Kraut
+4 / Half avocado
+5 / Wild rice falafels
+5 / Free-range poached chicken

See fridge for today's creations.

TOASTIES

14/ PALEO CHICKEN TOASTIE (P/GF/DF)

Free-range poached chicken, horseradish 'aioli', mustard kraut onions, seasonal slaw and optional fermented hot sauce on paleo bread

14/ HOT HAM TOASTIE (P/GF/DF)

Boxgum Grazing pastured ham, mustard kraut onions, cashew cheese, seasonal slaw and fermented hot sauce on paleo bread

14/ VEGAN FIRE TOASTIE (V/P/DF/GF option)

BBQ zucchini, burnt tomatoes, kimchi cured onions, cashew cheese, raw Hillbilly hot sauce on 3 Mills Sourdough

+ 1 / Vegan/paleo gluten-free turmeric bread



STACKS

8 / CHOICE OF TOAST AND BUTTER (SEE BELOW) WITH:

+ 1 / Cinnamon coconut sugar
+ 1 / Everymite (V/P/GF/DF)
+ 4 / Half avocado
+ 4 / Kraut
+ 4 / Soft Hilltop egg
+ 5 / Boxgum Grazing pastured ham

18 / AVOCADO MACADAMIA FETA STACK (V/P/GF/DF)

Avocado, macadamia feta and hemp dukkah on choice of toast/butter (see below)
+ 4 / Soft Hilltop egg

18 / SUPER-MUSHROOM RAGU STACK (V/P/GF/DF)

Supermushroom ragu, greens and chili flakes on choice of toast/butter (see below)
+ 4 / Soft Hilltop egg

18 / SARDINES AND GREENS STACK (P/GF/DF)

Goodfish sardines, lemon and greens with choice of toast/butter (see below)

Choice of toast

3 Mills sourdough (V/DF)
Paleo bread (P/GF/DF)
Low carb grain-free bread (P/V/G/GF/DF)
Vegan gluten-free turmeric bread (V/P/GF/DF)

+ Choice of butter:

Grass-fed organic butter (P/GF)
Vegan cultured butter (V/P/GF/DF)

DESSERTS

12 / COLD-PRESSED COFFEE ICE-CREAM BISCUIT

(V/P/GF/DF)
Cold pressed arabica ice-cream, coconut caramel, golden cookie crumbs

14 / LEMONWORLD (V/P/GF/DF)

Lemon coconut cookie dough, vanilla coconut ice-cream, mixed berries, macadamias, golden cookie crumbs

14 / HEMP FOREST (V/GF/DF)

Hemp brownie, vanilla coconut ice-cream, sour cherries, maca crumble, chocolate sauce

18 / SALTED CARAMEL COOKIE SANDWICH (V/P/GF/DF)

Recommended for 2

Golden cookies, salted caramel coconut ice-cream, coconut caramel, black salt

BOWLS

18/ BITTEN BOWL (V/GF/DF - K/P OPTION)

Seasonal organic veg, avocado, macadamia feta, kraut, hemp dukkah, quinoa and choice of

- One soft Hilltop egg
- Free-range poached chicken
- Coffee-cured jackfruit
- Wild rice falafels

+ 2 / swap quinoa for cauliflower rice for keto/paleo option

20/ JUNGLE JACKFRUIT BOWL (V/GF/DF)

Coffee cured jackfruit, pico de gallo, avocado, hemp seeds, red quinoa, toasted blue corn tortillas

20/ SRI LANKAN CURRY BOWL (V/GF/DF - K/P OPTION)

Sri Lankan curry sauce, greens malum, coconut yoghurt raita, herbs and brown rice

+ 2 / swap brown rice for cauliflower rice for keto/paleo option
+ 5 / Free-range poached chicken

20/ SUPER-MUSHROOM RAGU BOWL (V/GF/DF)

After 12pm only / min 20 minute wait time

Super mushroom ragu (cordyceps and chaga), black rice noodles, black garlic oil, cashew parmesan, chili flakes

+ 4 / Soft Hilltop egg

AFFOGATOS

7 / BIG SHOT (V/P/GF/DF)

Double espresso, salted caramel coconut ice-cream

9 / BLACK MAGIC WOMAN (V/P/GF/DF)

Blood orange ginger hot chocolate, vanilla coconut ice-cream

9 / SHE'S MY CHERRY PIE (V/P/GF/DF)

Cherry and beetroot hot chocolate, vanilla coconut ice-cream

Menu items are available all-day (until 30 minutes before close) and can be enjoyed in the comfort of our humble café or on the run. We have a bite-sized kitchen so food will be served as it is prepared.

Please note we charge a 10% surcharge at the Bites Bar on public holidays.

KEY	DF / Dairy Free GF / Gluten Free	V / Vegan VG / Vegetarian	P / Paleo K / Keto
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