

Just Eat Real Food!

Paleo Café™

All Day

Banana Bread ♡	8.5
Banana, date and walnut bread w creamed honey	
Basil Pesto & Crackers ♡	8.5
Mixed seed and nut crackers w basil pesto	
Bone Broth	6
Acai Bowl	12.5
Superfood blend of acai, banana, a choice of apple juice or housemade almond milk w raspberry and maple nut granola, sliced banana, flaked coconut and raspberries. <i>Add: cacao 1</i>	
High Tea for Two – see specials	14.5pp
Pot of your favourite tea each w a platter of sweet and savoury treats to share	
Bacon & Eggs	15.5
Free-range eggs, bacon, sautéed spinach, herb-roasted tomato w Paleo toast. <i>Add: fritter 3</i>	
Fritter Stack	13.5
Zucchini and pumpkin fritter stack w micro herbs and chilli jam. <i>Add: sautéed mushrooms w balsamic glaze ♡ 4</i> • <i>bacon 5 • smoked salmon and lemon aioli 6</i>	
Pulled Pork Tortillas	15.5
BBQ pulled pork, red cabbage, coriander and lime	
Cob Salad	14.5
Bacon, free range egg, roasted sweet potato and pumpkin, pepitas, sunflower seeds, baby spinach w avocado ranch dressing. <i>Add: chicken / prawns / combo 6</i>	

Breakfast

– served until 11.30am

Granola, Fruit Salad & Yoghurt ♡	12.5
Award-winning raspberry and maple nut granola, fresh seasonal fruit w coconut yoghurt	
Hot Cakes	16.5
w berry compote and coconut ice cream ♡; or w banana, bacon and maple syrup	+2
Smashed Avocado & Eggs	14.5
Free-range eggs, smashed avocado, lemon wedge, cherry tomatoes w Paleo toast. <i>Add: chilli jam 2</i> <i>Build your own big breakfast by adding extras below</i>	
Eggs Benny	14.5
Poached free-range eggs, sliced avocado, cherry tomatoes, creamy hollandaise on Paleo English muffin <i>Add: bacon 5 • smoked salmon 5 • pulled pork 5</i>	
Omelette	15.5
w tomato, mushroom and spinach ♡ w chorizo, basil and olives w salmon, spinach and capers w prawn, mint, coriander, chilli and lime	
Breakfast extras	
Avocado	3.5
Double-smoked / nitrate-free bacon	5
Roast tomato	3
Free-range egg/s	2/3.5
Hollandaise sauce	2
Sautéed mushrooms	4
Coconut ice cream	3.5
Paleo toast	4
Smoked salmon	6
Sautéed spinach/kale	3
Pulled pork	5
Chilli jam	2
Fritter	3
Lemon aioli	2

Lunch

– served from 11.30am

Soup of the Day – see specials	9.5
Chilli-lime mango, Avo & Macadamia Nut Salad ♡	14.5
Mango, avocado, macadamia nuts, chilli, rocket w chilli-lime dressing ♡ (<i>subject to fresh mango availability</i>) <i>Add: chicken / prawns / combo 6</i>	
Roast Veggie Stack	13.5
Roasted sweet potato, eggplant, zucchini and capsicum w basil pesto. <i>Add: chicken tenderloins 6</i>	
Petite Tuna Tataki Salad	16
Sesame-crusted seared tuna tataki w avocado, radish and wakami salad and sesame dipping sauce	
Curry Special – see specials	
Tender Beef Cheek	19.5
Grass-fed beef cheek, sweet potato and pumpkin mash, braised red cabbage w natural jus	
Lamb Shish Kebabs & Cauli Cous Cous	17.5
Lamb and veggie shish kebabs, Moroccan cauliflower cous cous w chorizo, fresh herbs and mint aioli	
Open Beef & Bacon Burger	20.5
Grass-fed beef pattie, crispy bacon, tomato, lettuce, grilled pineapple and beetroot relish on linseed bun w sweet potato chips and aioli	
Macadamia-Crusted Local Fish	22.5
Macadamia-crusted fish, sweet potato chips, garden salad, lemon wedge w creamy tartare sauce	
Sides	
Fermented vegetables	6
Sweet potato chips and aioli	7
Garden salad w lemon, herb and olive oil dressing	5
Kids' Breakfast – under 10	10
The Lot Free-range poached egg, bacon, Paleo English muffin, creamy hollandaise sauce, fresh fruit	
Hot Cakes Hot cakes w banana, bacon and maple syrup / berry compote and coconut ice cream	
Fruit Salad Mixed seasonal fruit w mango sauce	
Kids' Lunch – under 10	10
Macadamia-Crusted Fish sweet potato chips and garden salad w tartare	
Grilled Chicken sweet potato chips w garden salad and aioli	
Beef Pattie tomato and lettuce on linseed bun w sweet potato chips and aioli	
♡ Vegetarian. Choose from nitrate free or double smoked bacon. Some dishes contain ghee, which is derived from dairy but is dairy protein free. Discuss any allergies with our staff prior to ordering.	

100% gluten and refined sugar free

Please order at the counter

Nourishing Beverages

Paleo Café™

Hot

In House	Short 2.9	Cup 3.9	Mug 4.9
Takeaway	Small 3.9	Medium 4.9	Large 5.9

Milk options: almond / coconut / dairy
(full fat, skim, lactose free)
Housemade almond milk +1

Coffee

Short black	Long black	Cappuccino
Café latte	Flat white	Mocha
Piccolo latte	Macchiato	

Babyccino

FREE
with any drink purchase
+1

Chai Latte

Natural spices, tea leaves, honey, coconut milk

Matcha Latte

Matcha, honey, housemade almond milk

Turmeric Latte

Turmeric, cinnamon, ginger, honey, coconut milk

Classic Cacao Hot Chocolate

Raw cacao, honey, coconut milk

Salted Caramel Hot Chocolate

Dates, maple syrup, salt, raw cacao, honey, coconut milk

Bulletproof® Coffee

(Bulletproof® and Upgraded™ are the service and trademark of Bulletproof Executive)

Long Black, Upgraded™ MCT Oil and grass-fed butter

Upgrade to Brain Octane MCT +2

Affogato

Double shot of espresso over coconut coffee ice cream

Fairtrade Origin Pyramid Tea

English Breakfast	Earl Grey	Forrest Berry
Sencha Green	Chai	Lemongrass & Ginger
Peppermint	Chamomile	

Cold

In House/Takeaway	Small 6.4	Regular 8
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Green Smoothie

Mango, pear, kale, cucumber, lemon, coconut water

Glow

Carrot, celery, beetroot, lemon, ginger, kale

Acai Smoothie

Acai, mango, apple, coconut water

+1

Immune Boost

Orange, apple, carrot, ginger

Refreshinator

Watermelon, apple, lime, mint

Salted Caramel

Dates, cashews, banana, maple syrup, coconut milk, a touch of salt

Berry Bliss

Strawberries, bananas, blueberries, almond milk, honey

Choc Dream

Cacao, banana, honey, coconut, almond milk

Salted Caramel Espresso Frappe

Coconut water, espresso, dates, maple syrup, touch of salt, ice

Make your own Juice / Smoothie / Frappe

Milk options: almond / coconut / dairy
(full fat, skim, lactose free)
Housemade almond milk +2

Signature Iced Coffee

Espresso mixed with almond and coconut milk, topped w coconut coffee ice cream, honey and cacao nibs

8

Signature Iced Chocolate

Cacao and honey syrup mixed with almond and coconut milk, topped w coconut chocolate ice cream, honey and cacao nibs

8

Cold Drip Coffee

Filtered cold drip coffee @ selected Paleo Cafés

4.5

Boosters

Superfoods

Acai	2	Maca	2.5
Honey	1	Great Lakes Gelatin	3
Chia seeds	1	Cacao	1
MCT Oil/Brain Octane	3/4	Spirulina	2

Proteins

180 Nutrition Protein (whey protein)	2.5
Nuzest Good Green Stuff	2
Nuzest Clean Lean Protein (pea protein)	2
Coconut ice cream	3.5

elixir
coffee

ORIGIN
TEA

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