



Please order & pay at the counter

Our Philosophy

*“To keep the body in good health is a duty...
otherwise we shall not be able to keep
our mind strong and clear”* - Buddha

Dear Guest,

Thank you for visiting Whole Meal Café. Our Mission is to support healthy, active lifestyles, providing tasty, clean and wholesome food, fast.

So how exactly do we do this?

We have sourced the healthiest, most innovative ingredients and products, challenged traditional cooking methods and styles to create an enticing and extensive menu.

We take pride in our beautifully presented food that is as indulgent as it is nutritionally balanced, as wholesome as it is conveniently fast.

Stay for 2 minutes or 2 hours – you will leave recharged, refuelled and refocused :)

Yours in Health & Happiness

Anna

A handwritten signature in black ink, appearing to read 'Anna', written in a cursive style.

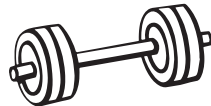
What's in our Food?

Your health is important to us. We are proud of the ingredients we use, and would like to share this with you.



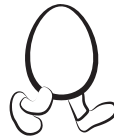
Skinny Milk Preferred!

Many Cafes use cream in their egg mix to make scrambled eggs. This adds loads of fat and calories. Here at Whole Meal Cafe we use only Eggs and Skim Milk! We also use skim milk in all our smoothies & baking.



Protein Power

Protein keeps you full for longer, maintains energy levels, and keeps your muscles in top condition. Try our famous Protein Bread, pancakes, shakes or tasty snacks.



Free Range Eggs

We only use Free Range Eggs in all our products. It's nicer to the lovely chickens, the eggs taste divine and they're better for you too!



Gluten / Dairy Free Treats

We offer many Gluten/ Dairy Free treats, and you would never guess they are GF as they are so tasty! Date & Honey Loaf, Orange Almond Bites, Banana Bites and Bondi Bikkies Health Nutta's are just a few!



Fresh Lean Meat

We only use free range chicken breast (poached or flame grilled) and lean beef mince in all our burgers, salads & meals. Combined with our short rindless bacon for brekkie, this is a whole lotta low fat high protein goodness!

Relax & Enjoy Breakfast till 2pm

Ve Vegetarian

GF Gluten Free

Pr High Protein - Low Carb

The Whole Meal with Large Fresh OJ / 18.9

2 eggs cooked to your liking, bacon, beef sausage, grilled tomato, home-style baked beans, sautéed mushrooms and baby spinach

Garden Brekkie with Large Fresh OJ / 18.9 **Ve**

2 eggs cooked to your liking, grilled tomato, home-style baked beans, sautéed mushrooms, crumbled feta, sliced fresh avocado & baby spinach

The Protein Plate / 17.9 **GF** **Pr**

3 scrambled eggs (made w skim) 3 short rindless bacon, 120g of slow cooked Angus beef, grilled tomato, crumbled feta, baby spinach, served on 2 slices of WMC Protein Bread with homemade tomato relish

Almond Meal Pancake Stack / 14.9 **Ve** **GF** **Pr**

High protein / low-carb pancakes, served with your choice of:

Blueberry Ricotta: Blueberries, ricotta and maple

Coconut Banana: Fresh banana, coconut, ricotta & maple

Danish Breakfast / 14.9 **Ve**

Smoked salmon & 1 poached egg on avocado, feta cheese, juicy tomato and fresh cucumber drizzled with lemon juice and served with crusty sourdough

Your Favourite Eggs / 9.9 **Ve**

2 eggs poached, scrambled, or fried, served with grilled tomato on multigrain sourdough toast

Protein Cloud / 13.9 **GF** **Pr**

Egg white omelette made with ham, mushrooms, thyme, feta, spinach and bean sprouts, served on two slices of WMC Protein Bread

Omelette / 13.9 **Ve**

3 eggs whisked with skim milk, ham, tomato, mushrooms, spinach, and tasty cheese. Served on multigrain sourdough toast

EXTRAS

- 2.5 Bacon (3), sausages (1), egg (1), avocado (½), grilled tomato, crumbled feta, home-style baked beans
- 4.5 Salmon

OPTIONS

Swap your regular bread for:

- WMC Protein Bread – Only 1g Carb per slice + 0.5
- Multigrain Gluten-Free Bread + 1.0

Light & Tasty Breakfast All Day

Ve Vegetarian **GF** Gluten Free **Pr** High Protein - Low Carb

Classic Bacon & Egg Roll / 7.5

Short rindless bacon, two eggs, seasoned baby spinach, served with homemade tomato relish on a wholemeal roll

Deluxe Brekkie Roll / 8.9

Bacon, two eggs, tasty cheese, beef sausage & seasoned baby spinach, served with bbq sauce

Veggie Delight Roll / 7.9 **Ve**

Two eggs, sautéed mushrooms, bean sprouts, tasty cheese, seasoned baby spinach, served with sweet chilli jam

BLT Chicken or Avocado / 8.9 **Ve**

Short rindeless bacon, lettuce & juicy tomato. Served with Aioli and your choice of: **Poached Chicken Breast or Fresh Avocado**

Beans on Toast / 9.9 **Ve**

Homemade baked beans, served with crusty sourdough, zesty rocket & feta cheese

Apple & Cinnamon Muesli / 9.9 **Ve** **GF**

Gluten-free muesli topped with fresh green apple, greek yoghurt and sprinkled with cinnamon

Fruit Salad with Yogurt & Muesli / 9.0 **Ve** **GF**

Seasonal fresh fruits, topped with greek yogurt and a sprinkle of Gluten-free muesli

ROLL EXTRAS + 1.5

Bacon, egg, avocado, tomato, mushrooms, cheese, poached chicken, sausage

OPTIONS


Swap your regular bread for:

WMC Protein Bread – Only 1g Carb per slice + 0.5
Multigrain Gluten-Free Bread + 1.0

Lunch

 Vegetarian

 Gluten Free

 High Protein - Low Carb

Slow Cooked Rolls

Hawaiian Chicken / 13.9

Slow cooked chicken, fresh greens, grilled pineapple, crispy bacon and a drizzle of mayo

Sweet Chilli Chicken / Tofu / 12.9

Slow cooked chicken breast (or Grilled Tofu), fresh greens, tomato, cucumber, mint, sweet chilli and crushed peanuts

Deluxe Angus Beef / 12.9

Slow cooked Angus beef, wholegrain mustard, onion relish, tasty cheese, baby spinach and juicy fresh tomato

Aussie Beef / 14.9

Slow cooked Angus beef, crispy bacon, egg, tasty cheese, mixed greens, fresh tomato, bbq onions and bbq sauce

All rolls served with a garden salad on the side :)

Toasted Wraps

Please see display for selection of wraps and toasted sandwiches

Super Salads

Chicken Teriyaki / 12.9

Seasonal veggies and poached chicken on a bed of brown rice, a sprinkle of cashews, and drizzled with teriyaki

Great Greek / 12.9

Mixed greens, kalamata olives, feta cheese, fresh tomato, cucumber, spanish onion, fresh basil, drizzled with balsamic

Thai Beef / 12.9

Slow-cooked Thai chili beef, mixed salad greens, tomato, cucumber, coriander, bean sprouts & crushed peanuts

Pumpkin Quinoa / 12.9

Oven roasted pumpkin, mixed greens, quinoa, feta cheese, walnuts & pepitas, dressed with orange mustard vinaigrette



Eat Clean

We only use chicken breast and slow-cooked Angus beef. All rolls are made without butter unless otherwise requested and are available gluten-free.

Delicious Drinks

DF Dairy Free **GF** Gluten Free

Super Smoothies / 6.7

Banana Drama **DF** **GF**

Icy cold skim milk, fresh banana, gluten-free muesli, vanilla & a dash of nutmeg
+ Also available with soy or rice milk 0.5

Espresso Buzz **DF** **GF**

Double espresso shot,
blended smooth & creamy

Orange Tang **DF** **GF**

Fresh pineapple, orange, tangy lemon,
passionfruit, blended with Alkaline Water

Green Power **DF** **GF**

Pear, spinach, cucumber, avocado,
almond meal, blended with Alkaline Water
and sprinkled with cinnamon

Berrilicious **GF**

Icy cold skim milk, vanilla, raspberries,
strawberries, blackberries & blueberries

Mango Mania **DF** **GF**

A tropical sensation. Light coconut milk,
mango & juicy pineapple

Fresh Juices / 6.0

Multi V **DF** **GF**

Apple, pear, carrot,
ginger, beetroot & celery

Relax **DF** **GF**

Apple, pear, carrot & ginger

Refresh **DF** **GF**

Watermelon, pear, apple & mint

Energize **DF** **GF**

Orange, pineapple & passionfruit

Detox **DF** **GF**

Celery, spinach, lemon,
cucumber & fresh mint

Iced Coffees

Iced Latté / 5.0 **GF**

Double shot espresso. Milk. Ice.
That's it, no sugar, no cream, no ice cream

Espresso on the Rocks / 3.5 **GF**

Double shot espresso over ice.

Make it a MEAL!



Protein Power + 2.0
23g Protein Shot

Choose Chia + 2.0
4g Protein
6g Fibre Boost

MEGA + 3.3
27g Protein
6g Fibre Boost

Lets be friends



Coffee & Tea

Our coffee beans are a special blend – unique to Whole Meal Cafe

Coffee

Cappuccino, Flat White, Latte / 3.2 / 3.7 / 4.7

Long Black / 3.0 / 3.5 / 4.5

Espresso, Macchiato, Piccolo / 3.0

Americana / 3.2 / 3.7 / 4.7

Long black coffee with a dash of milk - 1/4 the KJ's of a Latte!

Vanilla, Hazelnut, Caramel Latte / 3.7 / 4.2 / 5.2

Mocha / 3.7 / 4.2 / 5.2

Hot Chocolate with Marshmallows / 3.5 / 4.0 / 5.0

Tea

Chai Latte / 3.5 / 4.0 / 5.0

T2 Teas / 4.0

Peppermint, French Earl Grey, English Breakfast,
Gorgeous Geisha, Chai, Lemongrass & Ginger

Did you know you can order our Protein Bread online!

Why not visit **shop.wholemealcafe.com.au**
while we're preparing your delicious food or drink.

We also have an all-natural Protein Powder,
and a high-protein, low-carb Pancake Mix.

The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet
These six will gladly you attend
If only you are willing
Your mind they'll ease
Your will they'll mend
And charge you not a shilling.

Wayne Fields - What the River Knows