

FRESH JUICES - 7.0

Mint Baby

mint, apple, pineapple & cucumber

Sunrise

watermelon, orange, pineapple, & apple

Veggie Kick

carrot, celery, apple, beetroot, ginger

Morning Base

lemon, watermelon, orange, pineapple & ginger

Immune Booster

kale, spinach, cucumber, green apple & ginger

Choice

mix your own - up to 4 ingredients - extras 50c ea.

SMOOTHIES - 9.0

Banana

banana, milk, honey, cinnamon & yoghurt

Super Base

banana, honey, milk, cacao, chia seeds, cinnamon

Berry Nice Spice!

raspberries, blueberries, strawberries, vanilla-bean ice-cream & apple

Base Green

kale, acai, blueberries, apple, banana

Anti-Ox

acai, mixed berries, apple, lime, mint.

Protein

banana, yoghurt, milk, honey, plus our superfood protein (all natural protein made with linseed, sunflower, sesame seeds & almonds). (GF)

Mango madness

mango, pineapple, lime, mint, coconut & coconut milk

FRESH FRUIT ICED SLUSHIES - 5.0

Pineapple, Mint, Apple

Pine-Orange

Mango

Strawberry & Watermelon

MILK SHAKES - 5.5

chocolate / vanilla / caramel / strawberry
choc peanut butter

ICED DRINKS - 7.0

Iced Coffee

double shot espresso and milk poured over vanilla bean ice cream

Iced Chocolate

Kali premium dark chocolate and milk poured over vanilla bean ice cream

Iced Mocha

double shot espresso, Kali premium dark chocolate and milk poured over vanilla bean ice cream

COFFEE - BLACK

Ristretto		3.5
Short Black		3.5
Long Black	small - cup	3.5
	regular - mug	4.5
	large (takeaway cup)	5.5

COFFEE - WHITE

Macchiato/Piccolo		3.5
Latte	3/4 / small - glass	3.8
Cappuccino	regular - glass	4.8
Flat White	large (takeaway cup)	5.5
Affogato	double shot espresso with vanilla bean ice cream	5.0
Hot Chocolate	rich kali choc, & marshmallow	
	small - cup	3.8
	regular - mug	4.8
	Large (takeaway cup)	5.5

COFFEE OPTIONS

Flavour	chocolate, vanilla caramel, hazelnut	50c
Milk	Zymil-Lactose Free Soy, Almond, Coconut	50c 1.0
Extra Shot	chai or espresso	50c
Marshmallows x 2		50c

ORGANIC TEA - 4.0

English Breakfast - Earl Grey - Masala Chai -
Gunpowder Green - Peppermint - Chamomile -
Lemongrass & Ginger -



Base Espresso Benowa

Specialty Coffee Cafe'
Breakfast & Lunch
Dine In / Takeaway
Fully Licensed

Open 7 Days

Mon-Fri 6am - 4pm
Saturdays 6am - 3pm
Sundays 6:30am - 12pm

PH: 07 5564 5023

www.basebenowa.com.au

Benowa Gardens Shopping Centre, Shop 38, 203
Ashmore Road, Benowa QLD 4221

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Beat the Q.

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Hey
YOU

BREAKFAST - LIGHT (7-11:30am *all day)

- * eggs your way (free-range) 9.9**
two eggs (poached, scrambled or fried) on rye, sourdough or turkish
- * avocado smash 13.9**
with mint, fetta, cherry tomatoes and lemon on turkish or rye (V, GF, DF, P available)
- * breaky brushcetta 11.9**
4 toasted pieces of our Base. baked primal bread under seasoned avo, tomato and onion bruschetta.(GF) (DF) (V) (P)
- * acai bowl (ah-sigh-ee) 12.0**
organic amazonia super fruit blended with banana & apple topped with toasted muesli berries & Granola (DF)
- * Base brekky roll 11.0**
Caramelised onions, 2 free range eggs, bacon, Base tomato chutney and rocket
- primal blueberry pancakes 15.9**
base. made paleo-inspired blueberry pancakes served with CoYo coconut icecream, raspberry coulis and fresh seasonal fruit (GF) (DF) (V) (P)
- eggs benny 17.9**
two poached free-range eggs, bacon, baby spinach leaves on sourdough served with our base. made hollandaise sauce. add salmon or ham off the bone (+ 1.0) (GF, P available)
- * caveman plate 19.9**
two free-range eggs your way, with bacon, tomato, chipolatas, mushrooms and hash browns on turkish or sourdough (GF, DF, P available)
- * savoury mince 14.9**
traditional Italian style savoury mince served with your choice of toast, add a poached free-range egg (+ 2.0) (GF, DF, P available)
- vegetarian stack 15.9**
base. roasted eggplant, capsicum, mushrooms, Roma tomatoes haloumi cheese, wilted spinach & basil pesto (GF, DF, P, V)
- * super start 16.9**
two poached free-range eggs on a bed of fresh kale, baby spinach leaves, snow peas and red cabbage, finished with basil, avocado and pine nuts (GF, DF, P, V)

breakfast | options

- egg/tomato/fetta/spinach/rocket 2.0
- bacon/avocado/mushrooms/hash browns 3.0
- salmon/leg ham/pulled pork 4.0
- gluten free bread 1.0

make any breakfast free from gluten grain/preservatives/refined sugars or processed oils with our base. baked Primal (Paleo) bread 2.0

LUNCH - BURGERS (12 - 2:30pm)

- Angus beef burger 12.5**
Base. made Angus beef patty, chutney, cheddar cheese, caramelised onions, mustard, fresh tomato and lettuce.
- pulled pork burger 12.9**
slow cooked for 8 hours in our own wicked spice rub & stacked with a fresh apple slaw
- pesto chicken burger 11.9**
grilled pesto chicken breast with Base. made chutney & aioli, spinach, onion, fresh tomato & cos lettuce.
- vegetarian fritter burger 10.9**
spiced zucchini fritter, crispy lettuce, fresh tomato and tzatziki sauce (V)
- lamb burger 12.9**
succulent base. made lamb patty with lettuce, tomato and feta cheese (P) (GF) available

Sides

- Sweet potato fries 7.0
seasoned with oregano & sage
- Zucchini chips with herb aioli 7.0
- Crispy chips (side) 3.0
- Crispy chips & aioli (bowl) 6.0
- Wedges with sour cream & sweet chilli sauce 9.9

PALEO INSPIRED MEALS (12 - 2:30pm)

All are Gluten / Grain / Dairy Free

- lemon pepper calamari 12.0 entree 19.0 main**
fresh calamari crumbed in our gluten.grain free crumb, seasoned with lemon pepper lime aoli & fresh garden salad
- chicken schnitty & slaw 14.0**
free range chicken breast coated in coconut flour & almond meal crumb, served with fresh apple slaw
- garlic prawns & cauliflower fried rice 16.5**
marinated garlic prawns served on a bed of cauliflower fried rice made with bacon, egg, onion, fresh herbs and spices.(GF) (P) (DF)
- spanish meatballs 14.5**
freshly prepared pork & beef Spanish meatballs covered in a chorizo infused Napoli sauce, served on a bed of zucchini noodles

LUNCH - SALADS (12 - 2:30pm)

- warm pesto chicken salad 15.9**
fresh garden salad with wood-fire grilled chicken breast, bacon, basil pesto and fetta
- roast vegi & quinoa 10.9**
with roasted pumpkin, baby spinach & balsamic dressing
- caesar salad 15.9**
cos lettuce, croutons, bacon, anchovies, parmesan cheese, poached egg, Base. made caesar dressing (add grilled chicken \$3)
- maple & walnut 14.9**
roasted pumpkin, cos lettuce, baby spinach leaves, Persian fetta & roasted walnuts with a maple vinaigrette (GF) (P) (V)