



WILDE KITCHEN channels our passion for food into fueling the body for an active lifestyle.
All of our food is prepared with natural, unprocessed ingredients and is sourced from local suppliers.
We hand make all of our selection daily including our range of snacks & health based treats.

Our entire menu is GLUTEN FREE.

Find us on social media @wildekitchen #wildekitchen.

ALL DAY MENU

7:00am • 2:30pm

MUESLI BOWL

choose Paleo Hero Muesli or
Granola w Berry Compote & Coyo
9.50 (DF) (P) (V)

COCONUT & ALMOND PORRIDGE

w Chia Seeds & Cinnamon
drizzled w Burnt Honey & Berries
12.50 (DF) (P) (V)

WARM COCONUT & KAFFIR LIME RICE

w Fresh Fruit & Mint Salad
12.50 (DF) (P) (V)

AVOCADO ON TOAST

w Almond Butter, Lime & Fresh Herbs
15.50 (DF) (P) (V)
(add proteins - Salmon \$7.50
Crispy Chicken \$5.50 | Sticky Pork \$6.50)

PROTEIN PANCAKES

w Coyo, Berries & Maple Syrup
17.50 (P) (V)

GREEN PANCAKES

w Bacon Steak, Fried Eggs & Spinach
18.50 (DF) (P)

SAUTÉED GREENS

w Avocado & Almond Butter
15.50 (DF) (P) (V)

STICKY PORK

Spiced Pumpkin, Tahini, Pomegranate
& Fried Duck Egg on Seeded Toast
19.50 (DF) (P)

WILDE PLATE

w Bacon, Eggs, Haloumi & Avocado
18.50 (PO)

BURRITO BOWL

w Spiced Beef, Avocado, Tomato Salsa, Corn,
Brown Rice & Sriracha
18.50 (DF)

GRILLED CHICKEN

w Greens, Fermented Veg & Wild Rice
17.50 (DF)

NOURISHING VEGIE BOWL

w Glazed Salmon, Spiced Pumpkin & Tahini Cream
22.50 (vegetarian option 17.50) (DF) (P)

PALEO FRIED CHICKEN

on Cauliflower, Pomegranate
& Pumpkin Salad (DF) (P)
18.50

ADD ONS

4.50

POACHED EGGS | PALEO TOAST | AVOCADO | SMOKED SALMON | BACON
BAKED MUSHROOMS | SPINACH | HALOUMI | TOMATO

SIDES

SWEET POTATO FRIES WITH AIOLI | 5.50
SAUTÉED GREENS | 4.50

SALADS

Daily Cabinet Selection | Available Take Away
Add Protein 4.50 per serve
11.50 | 13.50



DAIRY FREE



PALEO



PALEO OPTIONAL



VEGETARIAN

ORDER AT COUNTER | OPEN DAILY FROM 6:30AM



ALL DAY MENU

7:00 am • 2:30 pm

NOURISH RANGE

Available Dine In or Take Away 7 days/week

nutritional breakdown available on request

SPICED BEEF MINCE
w Fried Egg, Fermented Veg,
Nuts & Seeds & Avocado

15.50

add wilde rice (100g) \$2.50

GRILLED CHICKEN
Greens, Pickled Nuts
& Fermented Veg

15.50

add wilde rice (100g) \$2.50

PAN-FRIED SALMON
Greens, Avocado
& Fermented Veg

18.50

add wilde rice (100g) \$2.50

GRILLED CHICKEN & RICE
Panfried Chicken w Brown Rice
Fermented Veg & Greens

15.50

SMOOTHIES

8.50 (P) (DF)

GREEN

Spinach, Pear, Lime
Mint, Mango, Coconut water

PINK

Mixed Berries, Pineapple, Banana,
Coconut water, Almond milk

CRUNCHY

Choc Granola, Banana, Pea Protein,
Almond milk

VANILLA

Vanilla, Tahini, Dates, Banana,
Almond milk

COFFEE

Espresso, Date, Coconut milk, Vanilla

ADD INS

Gelatin, Pea Protein, Whey Protein,
Almond Butter, Peanut Butter

50c

SMOOTHIE BOWLS

15.50

ACAI PURE BOWL

w Paleo Hero Muesli Banana Coconut & Raw Honey

(V) (P) (DF)

WEEKLY SPECIAL BOWL

(V) (P) (DF)

HEALING BROTHS

5.50

Chicken, Lemongrass & Ginger Broth

Beef Broth, Enriched w Star Anise & Cinnamon

HEALTH TONIC SHOTS

4.50

ANTI-INFLAMMATORY

orange, apple cider, ginger, turmeric, cayenne

FIRE TONIC SHOT

with honey and lemon

COFFEE

coffee | cold press | mocha | hot chocolate
chai latte (on leaf tea)

S (8oz) - \$4.00 | L (12oz) - \$4.50 | XL (16oz) - \$5.50

Bulletproof® Coffee

long black, Upgraded™ MCT oil, grass fed butter
\$5.50 | Brain Octane \$7.50

Coconut/Almond Milk/Extra Shot - 50c

Tea (pot of leaf tea) - \$4.00 (for one) | \$7.50 (for two)
English breakfast, pure green, green & jasmine,
peppermint, lemon & ginger, chai



DAIRY FREE



PALEO



PALEO OPTIONAL



VEGETARIAN

ORDER AT COUNTER | OPEN DAILY FROM 6:30AM