

SUBURBAN WHOLEFOODS

TOAST

\$8

Organic stone ground sourdough or fruit loaf with your choice of butter, jam, honey, vegemite, peanut butter or almond butter. (GFO) GF Bread +1 Fruit bread +1

EGGS ON TOAST

\$10

Organic stone ground sourdough with your choice of poached, scrambled or fried eggs. (GFO) G.F Bread +1 Fruit bread +1

AVOCADO SMASH (VEG) \$17

Organic stone ground sourdough, hummus, avocado smash, cherry tomatoes, goats cheese, black sesame, chilli flakes with balsamic glaze. (GFO, DFO, VO) GF bread +1 Add an egg +3

SCRAMBLED CHILLI EGG CROISSANT \$19

Scrambled egg w/chilli, grilled chorizo, fried corn, crushed peanuts, dried onion, goat cheese, sriracha mayo, served on a croissant. (GFO)

MUSHROOM MEDLEY (GF) \$18

Sautéed seasonal mushrooms w/truffle oil, ricotta cheese, pea sauce, on hummus. (VO,DFO) Add organic stone ground /multigrain sourdough +1

POCKET BUNS (DF) \$18

Braised pork belly w/fried onion, seasonal vegetable, served on steamed buns.

PUMPKIN SMASH (VEG) \$18

Organic sourdough topped w/harissa spiced pumpkin hummus, spinach, goats cheese, a firm poached egg & seed mix. (GFO, VO, DFO) G.F bread +1 Add Halloumi +4

PANCAKE REVOLUTION (VEG) \$16

Organic pancakes served w/fresh seasonal fruits, coconut ice cream, fruit coulis, granola and maple syrup.

GRANOLA (GF) \$14

Homemade granola on natural greek yoghurt, fresh seasonal fruit, passionfruit pulp. (VO) VO-coconut yoghurt +1.5

ADD ONS

Extra egg +3
Tempeh +4
Chicken +4
Halloumi +4
Smashed Avo +5
Goats Cheese +4

Spinach +3
Bacon +4
Salmon +5
Mushrooms +4
Roasted tomato +3

SUBURBAN CHICKEN BOWL \$18

Brown rice, w/suburban grilled chicken, sweet corn, cucumber, carrot, red cabbage, avocado. Vegan option-tempeh

VALLEY BOWL (GF,V) \$17

Roasted pumpkin, sweet potato, turmeric cauliflower and hummus on greens w/our tahini dressing and toasted chickpeas. Add halloumi +4, add tempeh+4

MEXICAN BOWL (GF,V) \$17

Brown rice, w/mixed beans, tomato salsa, sweet corns, capsicum, avocado and jalapenos, served with corn chips. Add halloumi +4, add tempeh +4

SOBA SALAD \$18

Green tea Soba, w/grilled chicken, green salad, beans, sushi ginger, suburban sesame dressing, mayonnaise dipping sauce. (DFO, VO) Vegan option -tempeh

POKE BOWL (DF) \$18

Brown rice, quinoa w/salmon, avocado, edamame, dried wasabi nori, carrot, sushi ginger, cucumber and pan fried egg. (VO) Vegan option -tempeh

HEALTH KEY

DAIRY FREE (DF) DAIRY FREE OPTION (DFO) GLUTEN FREE (GF)
GLUTEN FREE OPTION (GFO) VEGAN (V) VEGAN OPTION (VO) VEGETARIAN (VEG)

Please inform us of any dietary requirements.

No substituiton to the menu.

For the little one (under 12)

TOAST \$5

Toast with choice of jam, peanut butter, almond butter, nutella, vegemite or avocado (GFO,DFO)

KIDS BIG BREAKFAST \$10

Organic sourdough, w/bacon, poached egg, seasonal fresh fruits served with greek yoghurt (GFO)

GF Bread +1 Add coconut yoghurt 1.5

KIDS PANCAKE \$10

Organic pancakes served w/fresh seasonal fruits, coconut ice cream, fruit coulis, granola and maple syrup.

CHEESE TOASTIE \$6

FRUIT SALAD \$5

Mix of seasonal fruits

BANANA BERRY BANG \$5

Banana, berries, almond milk and honey smoothie (GF,VO)

MANGO PASSION \$5

Mango, passionfruit, almond milk and honey smoothie (GF,VO)

BABYCINO W/MARSHMELLOW \$1

PHONE ORDER: 0435 407 918

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WELLNESS BREWS

GOLDEN LATTE 5

Anti inflammatory and antioxidant blend of turmeric, cinnamon.

MUSHROOM HOT CHOCOLATE 5

Adaptogenic blend of medicinal mushrooms, cacao, cinnamon, and maple syrup blended with milk.

MATCHA LATTE 5

Organic Japanese pure stone ground matcha blend, frothed with milk.

BULLET PROOF COFFEE 6

Double espresso, brain octane oil, organic grass fed butter, blended with hot water to supercharge brain function and promote fat burning.

COCOA BEETROOT LATTE 5

Handcrafted Simara blend. Beetroot cocoa is a rich and velvety brew.

LOVE TEA 4

Peppermint, English Breakfast, , Lemon Grass and Ginger, Licorice, Rooibos or Green tea.

CHAI LATTE 5

Your choice of a wet or powdered mix frothed with milk.

ICED CHAI 6

Refreshingly sweet chai, topped with ice and milk.

SPECIALTY COFFEE

Regular 4.5

Large 5

Hot Chocolate 4.5

Iced Coffee 5.5

Iced Chocolate 5.5

Cold Brew 5.5

Extras 0.5

Almond/Coconut/Lactose Free/Oat/Soy

Decaf/Extra Shot

SMOOTHIES

POST WORKOUT 10

Recovery blend of cacao, banana, dates, oats, peanut butter, protein and maple syrup, blended with almond milk. (VO,DFO,GFO)

BERRY BLEND 10

Antioxidant blend of berries, acai, chia, lime and coconut water. (V,GF,DF)

THE PEANUT 10

Peanut butter, cinnamon, protein powder, banana & honey blended with almond milk. (VEG,VO,GF)

MANGO SMOOTHIE 10

Mango passion fruit, banana, coconut water. (VEG,GF)

SUNNY DAYS SMOOTHIE 10

An anti-inflammatory blend of turmeric, ginger, pineapple, banana, coconut milk and honey. (GF,VEG,VO)

THE ESPRESSO 10

Espresso, almond butter, dates, maple syrup and banana, blended with coconut milk. (V,GF)

GREEN MACHINE 10

A detoxifying blend of pineapple, banana, ginger, passionfruit, spinach and mint, with coconut water. (V,GF,DF)

SMOOTHIE BOWLS

Peanut butter jelly \$13.5

Blended cacao, banana, peanut butter and vegan protein, topped with jam, banana, cacao nibs, buckini & coconut flakes. (GF,V)

Pink Pataya bowl \$13.5

Pure pink pataya blended with pineapple, bananas and a dash of coconut water, topped with coconut yoghurt, buckini and passionfruit.

Acai \$13.5

Acai w/mixed berries and banana blended with coconut water topped with seasonal fruits. (DF,GF,V)

Matcha bowl \$13.5

Matcha powder blended with mango, pineapple, spinach, and bananas, topped with fruits and coconut flakes.

Add topping \$1

- Buckini
- Chia seeds
- Cacao nibs
- Whey protein
- Vegan protein

- Peanut butter
- Almond butter
- Granola
- Coconut yoghurt
- Coconut flakes

