

PLANT-BASED HEALTH BAR

"When diet is wrong medicine is of no use. When diet is correct medicine is of no need." Avurvedic Proverb

FAT

Served until 1.45pm

SOURDOUGH TOAST

with your choice of nut butter, vego chocolate spread, vegemite or housemade jam (gf bread +\$3)

BREAKFAST WRAP

filled with a baked hash brown, tomato relish, spinach, smokey strip, scramble, caramelised onion (contains soy) no modifications sorry x

MUSHROOM TOASTIE

filled with sauted mushrooms, mozzarella, basil pesto & spinach in sourdough (gf bread +3, contains walnuts, mozzarella contains soy)

PUMPKIN TOASTIE

filled with roasted pumpkin, almond feta, kale & pickled onion in sourdough (gf bread +3, contains almonds)

AÇAİ BERRY SMOOTHIE BOWL

banana & blueberry based with caramelised buckwheat, coconut flakes, fresh berries, dehydrated raspberries (gf)

SNICKERS SMOOTHIE BOWL

banana based with chocolate buckinis, peanut butter brittle, honeycomb, more peanut butter, caramel & berries (qf, contains peanuts, almonds)

OAT PORRIDGE

we change this up regularly - check the specials board!

CORN FRITTERS

grilled fritters with a greek style salad & fennel tzatziki

POACHED EGGS ON TOAST

two local free range soft poached eggs on seeded sourdough, served with housemade tomato relish (gf bread +\$3, contains egg)

BANANA & BUCKWHEAT PANCAKES

with white chocolate crumb, berries, passionfruit curd, housemade ice-cream, maple syrup (gf, contains almonds, ice-cream contains soy)

GRAIN-FREE GRANOLA

17 nut & seed granola served with almond milk, coconut yoghurt, dried banana, berries (gf, contains nuts)

CREAMY AVOCADO

16

14.5

14.5

16.5

with spelt sourdough, basil pesto, dukkah, almond feta (gf bread +\$3, contains nuts)

VANILLA FRENCH TOAST

with sourdough, raspberry chia jam, chocolate cream, peanut brittle & caramel (contains almonds, cashews, peanuts, soy)

TOFU SCRAMBLE

served with crispy sourdough, smokey strips, kimchi, kale crisps (gf bread +\$3, contains soy)

MEADOW GREENS

16.5

18

16

19

22

sauted spring greens on garlic sourdough with avocado, almond feta, lemon, basil pesto (gf bread +\$3, contains almonds, walnuts)

24

24

19

22

23

THE MEADOW BIG BREAKFAST

with a baked hash brown, smokey strips, cherry tomatoes, mushrooms, caramelised onion, smashed avo, relish, sourdough (qf bread +\$3, strips contain soy)

MEDITERRANEAN FOCACCIA

with spinach, eggplant, zucchini, capsicum, tomato hummus, mozzarella, green salad

HOUSEMADE GNOCCHI

pan fried with red onion, garlic butter, sundried tomatoes, spinach, basil pesto & almond feta (gf, contains almonds, walnuts)

CHICKPEA & JACKFRUIT BURGER

crumbed pattie with smashed avocado, caramelised onion, spinach, tomato mayo & almond feta on a gf burger bun, served with salad (gf, contains almonds)

PAD THAI NOODLE SALAD

served with rice noodles, crumbed tofu, rocket, fried onions & a peanut satay dressing (gf, contains soy, peanuts, sesame)

SIDE HUSTLE (ALL GF)

Housemade Baked Beans 5 | Poached Egg 3.50 Thyme Mushrooms 5 | Wilted Greens 5 Scramble* 5 | Smashed Avocado 4 Hash Brown 4 | Smokey Strips* (3) 4 Relish | Dukkah | Almond Feta | Jam | Nut Butter - all 2.50 ea *contains soy

Food prepared in our kitchen may contain traces of gluten, soy, and nuts. Please let us know if you have any dietary requirements and we will do our best to accommodate.

We acknowledge the traditional owners of the land on which this cafe was built, the Yorta Yorta people. We pay respect to their Elders, past and present. Always was, always will be Aboriginal land. 10% surcharge on Sundays | 15% on public holidays. Penalty rates are real and we pay them.

DRINK

Served all day

COLD-PRESSED JUICES ALL HAIL KALE Kala gugumber pipaanpla green appla Jama	8.50	COCO MANGO Coconut milk, frozen banana, vanilla, toasted coconut, passionfruit	TEA Chai, Chamomile, English Breakfast, Earl Grey, Jasmine Green, Lemongrass & Ginger, Peppermint
Kale, cucumber, pineapple, green apple, lemo BEET, DRINK & BE MERRY Beetroot, green apple, carrot, ginger, lemon DOCTOR C	OT1	ENERGY BOOST Almond milk, frozen banana, peanut butter, protein powder, coconut sugar Add coffee shot +0.5 Add mushroom powder +1 (good caffeine-free option)	COFFEE Beans roasted by Allpress Espresso in Collingwood. Choose from full cream, skinny, Bonsoy, almond, oat, or coconut milk
Orange, carrot, ginger, lemon GREEN GINJA Pineapple, celery, apple, ginger		MINT CHOC CHIP Coconut milk, frozen banana, spinach, cacao nibs, cashew butter, mint essential oil	Short 4 Long Black 4.8 White (served with Bonsoy soy milk) 5.20 Large +0.5
OJ SIMPSON Orange, pineapple, passionfruit, lemon WE'RE MINT TO BE		MOTHER OF DRAGONS Pineapple juice, mango, pink dragonfruit, grapefruit, passionfruit, maple syrup	Extra Coffee Shot +0.5 Decaf / Mocha +1 Take our beans home \$15 (250g) / \$60 (1kg)
Pineapple, apple, mint, lime Freshly squeezed orange or apple	6.50	STRAWBERRY KISSES Almond milk, frozen strawberries, banana, coconut yoghurt, almond butter, vanilla, raspberry chia jam	HOT Hot Chocolate 70% cacao or 85% cacao Mint Hot Chocolate
Boost your juice \$1 per each additional fruit SUPERFOOD SMOOTHIES	or veg	VANILLA ICE Soy milk, housemade vanilla ice-cream, frozen banana, coconut sugar, vanilla	Orange Hot Chocolate Chai Latte - powdered (sweeter) or wet mix (spicier) Matcha Latte
BISCOFF BANG Almond milk, frozen banana, Biscoff biscuits & spread, oats, caramel		VITAMIN GREEN Fresh apple juice, baby spinach, cucumber, frozen banana, frozen pineapple, lemon	Mushroom Latte Peanut Butter Latte Turmeric Latte (served on coconut milk)
CHOCOLATE MYLKSHAKE Coconut milk, frozen banana, cacao powder, dates, coconut sugar Add peanut butter +2		Boost your smoothie \$1 each Açaí berry powder, cacao nibs, cacao powder, chia seeds, dates, maca powder, mushroom powder, protein powder	Add Coffee Shot +0.5 COLD Antipodes Still / Sparkling Water 5 Iced Chocolate / Iced Latte / Iced Matcha 6
Add protein powder +1		Peanut butter, matcha powder, spirulina \$2 each	More cold bottled drinks in the display fridge!

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