



## YEPPONIE SMOOTHIE CAFE MENU

Welcome to our eatery and  
smoothie bar!

All our food is 100% plant-based and we make most items in-house.

There is no dairy, refined sugar, or nasties in our menu. Where possible we choose local and organic and we use our own garden herbs.

Please advise our friendly staff if you have any food allergies. Gluten-free options are available.

Thanks for visiting and we hope you enjoy a relaxing time in our garden.



# SMOOTHIES MENU

ALL DAY

## THE ORIGINAL

\$8.50

Our Original Blends include a scoop of our own Smoothie Powder made right here!



### GOOD MORNING BLEND

Almond milk, blueberries, strawberries, raspberries, banana, coconut water.



### QLD SUNSHINE BLEND

Macadamia milk, coconut water, pineapple, mango, banana.



### GOOD AFTERNOON BLEND

Oat milk, banana, coconut yoghurt, avocado, rice syrup.



### POST WORK OUT BLEND

Oat milk, peanut butter, banana, blueberries.



### GOOD EVENING BLEND

Almond milk, banana, dates, cinnamon, nutmeg, cloves.



### EAST TRINITY COCOA BLEND

Macadamia milk, mixed berries, acai, beetroot.



### STUDY & FOCUS BLEND

Macadamia milk, coconut water, maple syrup, mango, banana.

Add a shot of cold brew coffee to your smoothie for an extra \$2



## MYO SMOOTHIE!

**1** .....  
**Choose your milk!**

Oat, almond, soy, coconut, macadamia

**2** .....  
**Choose 3**  
Ask for the daily options

**3** .....  
**Choose your blend!**





# BREAKFAST MENU

ALL DAY

## ACAI BOWLS

\$9.50

All our creations include our house granola



### BROWNIE ACAI

Black bean brownie, passionfruit, peaches, coconut yoghurt.



### GOULDIAN FINCH

Banana, berries, seasonal colourful fruits, chia seeds, coconut flakes.



### KOOKA

Coconut flakes, pistachio, hemp hearts, blueberries, cocoa buttons.



### DUSKY

Banana, peanut butter, strawberry.



### APPLE CRUMBLE

Crunchy Granny Smith apple, coconut yoghurt, coconut chips, homemade crumble, cinnamon.



### MYO ACAI!

1 .....

2 .....

#### Pick any 3 toppings:

Coconut flakes, coconut chips, coconut yoghurt, almond flakes, pistachio, chia seeds, hems hearts, vegan cocoa buttons, cinnamon, homemade hazelnut butter and peanut butter

#### Choose 3

Pick any three seasonal fruits from the blackboard

## SALAD OF THE DAY

\$9.50

Homemade salad made with fresh seasonal ingredients that will be sure to put a spring in your step!





# BREKKY & BRUNCH

UNTIL 11AM

## RISE & SHINE

### RAISIN TOAST | \$6.50

Two slices of thick, buttered raisin toast served with homemade sugar-free raspberry jam on the side.

### TOAST YOUR WAY | \$8 (GF Bread +\$2)

Two slices of buttered sourdough toast with your choice of up to two toppings.

(\$2.50 for extra toppings): fried garlic mushrooms, grilled tomatoes, bush tomato relish, avocado, hummus, vegemite, no added sugar raspberry jam, hazelnut butter, peanut butter

### HOUSE GRANOLA | \$14 (GF)

Toasted organic rolled oats with coconut chips, crushed almonds and walnuts, hemp, sunflower and pumpkin seeds, dried fruit from Gin Gin, served on coconut yoghurt with fresh seasonal fruits. Milk of choice on the side.

### SCOTTISH PORRIDGE | \$15 (GF)

A hearty serve of organic oat porridge served piping hot with banana, blueberries, coconut sugar and oat milk on the side.

### PROTEIN PANCAKE STACK | \$14 (GF)

Stack of 4 pancakes with fresh seasonal fruit, a scoop of acai, drizzled with organic rice syrup, a dollop of peanut butter, and topped with hemp hearts.

### BREAKFAST COOKIE | \$5

A filling baked snack with seeds, oats, faba protein and a yoghurt drizzle.





# SAVOURY MENU

AFTER 11AM

## LUNCH & SNACKS

### TRIO OF TOAST | \$18 (GF Bread +\$2)

Three-toast platter featuring:

1. Avocado with house dukkah and house mayonnaise.
2. Grilled mushrooms, sesame seeds with pesto and fresh rocket.
3. Roasted mediterranean vegetables on a tapenade base, finished with an aged balsamic drizzle.

### MEXICAN BOWL | \$23 (GF)

Mexican chili bean stew served on a bed of steamed rice, and topped with pico de gallo, avocado, dairy-free sour cream, tortilla chips and garden herbs.

### BEACHSIDE HUMMUS WRAP | \$15 (GF Tortilla +\$2)

House hummus, roasted mushrooms, dairy-free cheese, rocket, spinach, caramelised onion, bush tomato relish. Served warm.

### MEDITERRANEAN BAGEL | \$15

Vegetable medley roasted with olive oil & italian herbs, topped with pesto, rocket and vegan cheese, on our olive and sundried tomato bagel.

### RUSTIC LOADED BAKED POTATOES | \$14 (GF)

Served with dairy-free sour cream, 'bacon' radish, spring onion and dressing.

### THAI INSPIRED HERB & MUSHROOM SOUP | \$24 (GF)

Warming blend of mushrooms, tofu, bok choy, mung bean sprouts, cherry tomatoes, rice noodles, Thai herbs, in our own nourishing coconut curry broth.

### DIPS & CHIPS | \$7 (GF)

Five-herbs dip with a side of gluten-free tortilla chips. Indulge yourself with a side of olives for an extra \$2.50.





# DRINKS MENU

ALL DAY

## FRUIT & NUT DRINKS

### FRESH COLD-PRESSED JUICE 200ML | \$8

**Celery Detox:** Celery top, apple, lime, spinach, pear and spirulina.

**Liver Lover:** Carrot, orange, beetroot, ginger, apple and celery.

**Skin Cleanse:** Celery, cucumber, apple, kale, lemon, pineapple and mint.

**Vitamin A:** Orange, carrot and tumeric..

**MYO Juice:** (select up to 4) check blackboard for seasonal fruit options.

### LATTE TEXTURES | \$5

Iced or hot with your choice of oat, soy, almond, macadamia or coconut milk.

**Matcha:** Whisked to perfection! Topped with cocoa, rose hibiscus syrup and rose petals.

**Golden Latte:** Turmeric base with ginger, cinnamon and organic maple syrup.

**Blue Butterfly Pea:** With ginger and rice syrup and rose petals.

**Cold Drip Coffee:** Our unique pour-over caffeine hit.

**Chai Latte:** Classic Indian spice blend with agave sweetner, soy milk and served in its own pot.





# DRINKS MENU

ALL DAY

## HERBAL TEA

600ml Pot \$6.50

### BLOOMING TEA BLENDS

*'A floral work of art in your teapot'*

- Green tea, marigold, globe amaranth and jasmine blooming ball.
- Black tea, rose and camelia lemon blooming ball.
- White tea, peony, hibiscus flowers, raspberry and strawberry blooming ball.

### ORGANIC HERBAL TEA INFUSIONS

#### **Complexion Tea**

Spearmint, cinnamon, red clover, nettle leaf, echinacea, calendula, butterfly pea plus fresh citrus on the side.

Feel fresh and cleansed with this skin-loving herbal blend which hydrates and brightens from the inside out.

#### **Organic Body Cleanse Tea**

Flaxseed, honeybush, roasted dandelion root, licorice root, true cinnamon, pu-erh tea, rose petals & calendula petals.

Packed full of beneficial vitamins, this tea helps clean the toxins in your body and reduces bloating.

#### **Organic Genmaicha - Japanese Green Tea with Roasted Rice**

Japanese Genmaicha is blended with toasted rice kernels, so you get all the grassy sweetness of green Sencha, plus the nutty essence of brown rice. Genmaicha tea is stacked with healing antioxidants.

#### **Black Tea**

Assam loose-leaf tea.



# (CHILDREN

ALL DAY

## SNACKS

### PANCAKES | \$8

Small stack of 2 pancakes with fresh fruit, dollop of acai and hazelnut butter.

### PIZZETTES | \$8

Mini margherita pizza.

### BUBBA ACAI | \$6

Our mini version for little ones is topped with berries and banana.

## DRINKS

\$5

- Berries and banana milkshake.
- Butterfly Pea flower magic milkshake.
- Freshly made 100% apple juice.
- Freshly made 100% pear juice.

Check our outdoor display fridge on the bar for daily snacks and treats.

