

The WHOLE LEAF

BREAKFAST / BRUNCH

TOAST	\$6.50 (two pieces)		
Sourdough			
Apple & Currant Tin Fruit Toast			
Gluten Free	\$1.00		
<i>All toast comes with Butter (lightly salted) or choose from one or more of our additional toppings:</i>			
Almond Butter	\$1.00	Peanut Butter	
Vegemite		Honey	
Triple Berry Jam			
PLAIN CROISSANT	\$4.50		
EXTRAS			
Almond Butter	\$1.00	Avocado	\$2.00
Tomato	\$1.00	Triple Berry Jam	\$0.50
Cheese	\$1.00		
HAM & CHEESE TOASTIE	\$8.00	HAM & CHEESE CROISSANT	\$8.00
EXTRAS		EXTRAS	
Gluten Free	\$1.00	Tomato	\$1.00
Tomato	\$1.00	Avocado	\$2.00
Avocado	\$2.00	Smokey Tomato Relish	\$0.50
Smokey Tomato Relish	\$0.50	Jalapeno & Tequila Relish	\$0.50
Jalapeno & Tequila Relish	\$0.50		
BLAT TOASTIE	\$12.00	MEDITERRANEAN TOASTIE	\$14.00
<i>Bacon, Baby Spinach, Tomato, Avocado & Garlic Aioli</i>		<i>Baby Spinach, GF Falafel, Tomato, Cheese, House-made Mediterranean Sauce & Spanish Onion on Soy & Linseed Sourdough OR GF BRead + \$1.00</i>	
EXTRAS		EXTRAS	
Gluten Free	\$1.00	Gluten Free	\$1.00
Boiled Egg	\$2.00	Boiled Egg	\$2.00
BLAT CROISSANT	\$13.50	BACON & EGG BREAKY WRAP	\$12.00
<i>Bacon, Baby Spinach, Tomato, Avocado & Garlic Aioli</i>		<i>Bacon, Scrambled Egg, Smokey Tomato Relish, Garlic Aioli & Baby Spinach</i>	
EXTRAS			
Boiled Egg	\$2.00		
BREAKFAST GRANOLA BOWL	\$16.00		
<i>Gluten free paleo granola with your choice of Natural or Coconut Yoghurt (add \$1.00) topped with fresh seasonal fruit, toasted coconut, chia seeds and drizzled with your choice of honey or rice malt syrup (RSF).</i>			
SMASHED AVOCADO ON TOAST	\$9.00 (one piece)		GF + \$0.50
	\$15.00 (two pieces)		GF + \$1.00
<i>Smashed avocado on your choice of toast, lightly buttered, with a side of lemon wedge & garnished with salt & pepper</i>			
SMOKED SALMON, EGG & AVOCADO ON TOAST	\$16.00 (one piece)		GF + \$0.50
	\$22.00 (two pieces)		GF + \$1.00
<i>Smoked salmon, boiled egg & sliced avocado on your choice of toast, lightly buttered, garnished with chives & olive oil</i>			
MEXI-BEAN LOADED TOAST	\$16.00 (one piece)		GF + \$0.50
	\$22.00 (two piece)		GF + \$1.00
<i>House made Mexi-beans (mild) on your choice of toast, lightly buttered, with smashed avocado & feta garnished with coriander, lime wedge, purple corn chips & olive oil</i>			
BRUSCHETTA TOAST	\$16.00 (one piece)		GF + \$0.50
	\$22.00 (two piece)		GF + \$1.00
<i>Smashed avocado, diced tomatoes & feta on your choice of toast, lightly buttered, drizzled with balsamic & olive oil and garnished with basil</i>			
BANANA LOADED TOAST	\$16.00 (one piece)		GF + \$0.50
	\$22.00 (two piece)		GF + \$1.00
<i>Sliced banana, almond butter & blueberries drizzled with Rice Malt Syrup (\$0.50) OR Honey on your choice of toast</i>			
BANANA BREAD	\$6.00		
BANANA BREAD (Gluten Free)	\$7.00		
<i>Fresh OR Toasted with Butter or Almond Butter (add \$1.00)</i>			

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SMOOTHIE BOWLS

BERRY-LICIOUS - \$17.50

Banana, mixed berries, lemon juice, golden syrup & almond milk blended into a thick & creamy smoothie bowl topped with fresh seasonal fruit, toasted coconut, gluten free granola & chia seeds
GF, WF, RSF, DF, V

GREEN GODDESS - \$17.50

Banana, mango cheeks, baby spinach, cucumber & coconut water blended into a thick & creamy smoothie bowl topped with fresh seasonal fruit, toasted coconut, gluten free granola & chia seeds
GF, WF, RSF, DF, V

ACAI – Original - \$17.50

Acai original smoothie bowl topped with fresh seasonal fruit, toasted coconut, paleo gluten free granola & chia seeds
GF, WF, RSF, DF, V

Feeling a little adventurous!

Upgrade your bowl with our “naughty but nice” healthy options:

Pea Protein Powder	\$3.00	Peanut Butter	\$2.00
Almond Butter	\$3.00	Cacao Nibs	\$1.50

GF: Gluten Free WF: Wheat Free RSF: Refined Sugar Free DF: Dairy Free V: Vegan

SMOOTHIE DRINKS (made fresh in-house)

WAKE ME UP SMOOTHIE \$9.50
(banana, double shot of coffee, maple syrup, cocoa, coconut water peanut butter)

BERRY-LICIOUS \$9.50
(banana, mixed berries, lemon juice, maple syrup, almond milk)

GREEN GODDESS \$9.50
(banana, mango, cucumber, baby spinach, coconut water)

ACAI – Original \$9.50
(original Acai blended with coconut water)

MANGO FRAPPE \$9.50
(mango, coconut yoghurt, coconut water)

BANANA SMOOTHIE \$6.50
(banana, honey & your choice of milk: full, skim, soy (+\$0.50c), almond (+\$0.50c), oat (+\$0.50c) or coconut milk (+\$0.50c)

MILKSHAKE \$6.50
Chocolate, Vanilla, Caramel or Strawberry
Your choice: full, skim, almond (+\$0.50c), soy (+\$0.50c), oat (+\$0.50c) or coconut milk (+\$0.50c)

SMOOTHIE UPGRADES:

Avocado	\$2.00
Pea Protein Powder	\$3.00
Peanut Butter	\$1.50
Honey	\$0.50
Coffee Shot	\$0.50c
Cacao Nibs	\$1.50

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WHOLEFOOD SALAD BOWLS

The Mediterranean Bowl - \$17.00

Hummus, brown rice, baby spinach, tomatoes, cucumber, Spanish onion, kalamata olives, feta and raw cabbage served with our house made Romesco sauce (mild), garnished with fresh parsley & toasted slivered almonds.

GF, WF, RSF, DF, V (omit feta)

The Green Goddess Bowl - \$17.00

Blanched green beans, broccolini & asparagus dressed in olive, salt & pepper served with brown rice, raw zucchini spirals, baby spinach, cucumber, fresh herb mix and our house made Green Goddess Avocado Dressing

GF, WF, RSF, DF, V

The Mexi Bean Bowl - \$17.00

House made Mexican five beans (mild) served with brown rice, baby spinach, raw cabbage, tomatoes, Spanish onion, smashed avocado, blue corn chips and your choice of Greek or coconut yoghurt (DF), garnished with a wedge of lime & smoked paprika.

GF, WF, RSF, DF (select coconut yoghurt), V (select coconut yoghurt)

The Deconstructed Sushi Bowl - \$17.00

Blanched edamame beans served with brown rice, baby spinach, shredded raw carrots, cucumber, avocado, black sesame seeds and roasted Nori sheets. Dressed in our house made Japanese sushi sauce

GF, WF, RSF, DF, V

The Vietnamese Bowl - \$17.00

Brown rice, shredded raw carrots, raw cabbage, baby spinach, red capsicum, avocado, black sesame seeds, fresh herb mix and roasted cashews, garnished with fresh chilli & Gow Gee Pastry pan fried in olive oil.

GF (omit Gow Gee pastry), WF (omit Gow Gee pastry), RSF, DF, V

Feeling like a protein hit!

Upgrade your bowl with our healthy protein options:

Boiled Egg	\$2.00	GF, WF, RSF
Smoked Salmon	\$4.00	GF, WF, RSF, DF
House made baked Falafel (Mon-Fri)	\$4.00	GF, WF, RSF, DF, V

GF: Gluten Free WF: Wheat Free RSF: Refined Sugar Free DF: Dairy Free V: Vegan

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DRINKS

COFFEE

Cappuccino	Small \$4.50 Large \$5.00
Flat White	Small \$4.50 Large \$5.00
Latte	Small \$4.50 Large \$5.00
Iced Latte	Small \$4.50 Large \$5.00
Long Black	Small \$4.50 Large \$5.00
Short Black / Espresso	One Size \$3.50
Macchiato	One Size \$4.00
Piccolo	One Size \$4.00
Mocha	Small \$4.50 Large \$5.00
Chai Latte	Small \$4.50 Large \$5.00
Dirty Chai	Small \$5.00 Large \$5.50
Iced Coffee	One Size \$7.00
Hot Chocolate	Small \$4.50 Large \$5.00
Babycino	One size \$1.50

*extra Marshmallow \$0.20c

TEA

Earl Grey	\$4.00
English Breakfast	\$4.00
Green Tea	\$4.00
Chamomile	\$4.00
Peppermint	\$4.00

WATER & COCONUT WATER

Beloka Still 330ml	\$3.50
Beloka Still 750ml	\$6.00
Beloka Sparkling 330ml	\$4.50
Beloka Sparkling 750ml	\$7.50
Cocobella Coconut Water 375ml	\$4.50
Cocobella Coconut Water 1L	\$7.50

HEALTHY CHEF

Hot Chocolate	Small \$5.00 Large \$5.50
Chai Latte	Small \$5.00 Large \$5.50
Tumeric Latte	Small \$5.00 Large \$5.50
Dirty Chai	Small \$5.50 Large \$6.00
Matcha Latte	Small \$5.00 Large \$5.50

COFFEE UPGRADES:

Decaf	add \$0.50c
Double Shot	add \$0.50c
Milklab Almond Milk	add \$0.50c
Coconut Milk	add \$0.50c
Bonsoy Milk	add \$0.50c
Oat Milk	add \$0.50c

THE WHOLE LEAF COLD PRESSED JUICES

(Bottled 325ml)

EAT YOUR GREENS \$7.00
(spinach, pineapple, kale, apple, cucumber, mint)

IMMUNITY BOOST \$7.00
(carrot, apple, ginger, turmeric)

STRAWBERRY FIELDS \$7.00
(apple, lemon, strawberry, mint)

TROPICAL RUSH \$7.00
(orange, coconut water, pineapple, passionfruit, beetroot)

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