

all day BREAKFAST

Try one of our favourites, or build your own - just ask us how!



BEAST BOWL \$13 🌱🥚
A **big** breakfast for **big** days.
Scrambled eggs, sweet potato
bake, bacon & smashed avocado



THE CLASSIC \$10 🥚🥑
Scrambled eggs, bacon
and smashed avocado
Add spinach +\$2



GREEN EGGS \$10 🌱🥚🥑
Scrambled eggs with spinach,
basil pesto & smashed avocado
Great with bacon! +\$2



SOUTHERN STACK \$16 🥚🌶️🥑
Scrambled eggs, spicy tomato
salsa, smokey BBQ pulled beef
& smashed avocado
**Add complimentary jalapenos
at the condiments station**



FRITTER STACK \$14
Zucchini fritters with bacon,
spinach, spicy tomato salsa
and smashed avocado

BREAKFAST BUN \$10
Scrambled eggs, bacon &
smokey BBQ sauce on a hand
made, gluten free bun toasted
to absolute perfection!

something sweet WITHOUT THE NAUGHTY

PALEO PANCAKES \$6 🌱🥚
Gluten free house made Dutch
minis served w. sliced banana,
honey & a dusting of cinnamon
Add coconut yoghurt +\$2
Add fruit & chia compote +\$2

PRIMAL TOAST \$5 🌱🥚
Two slices of our gluten free,
superfood infused loaf topped
with your favourite spread:

Sliced banana & honey +\$2
Smashed avocado +\$2
Cashew butter +\$2
Fruit & chia compote +\$2

build YOUR OWN

Build the breakfast bowl of your dreams from \$9, or ask us for a recommendation

step one CHOOSE PROTEIN	step two CHOOSE VEGGIES	step three CHOOSE SIDES	
Scrambled eggs	Seasonal greens	Basil pesto 🌱	\$2
Bacon	Smashed avocado	Zucchini fritter	\$2
Smoked salmon	Spicy tomato salsa	Primal toast	\$2.5
Pulled beef		Sweet potato & bacon bake 🌱	\$3

LUNCH & DINNER bowls

Our most loved lunch and dinner bowls, served from 11am



BIKINI BOWL \$11.50 🌱🥚
Chargrilled lemon & herb
chicken w. basil pesto & roasted
peppers, served w. kaleslaw &
smashed avocado



ZEUS BOWL \$14 🌱🥚
Kaleslaw topped with pulled
beef & smokey BBQ sauce,
served with sweet potato &
bacon bake & a boiled egg



THRIVING \$12.50 🌱
Seasonal mash & baby spinach
topped w. lemon & herb chicken,
roasted peppers & basil pesto



CLEAN & GREEN \$14 🌱🥚
Tasmanian salmon Teriyaki
style, served on a bed of baby
spinach w. roasted peppers &
chili and almond broccoli



SOUTHERN SOUL \$15 🥚
Slow roasted pulled beef w.
smokey BBQ sauce on wild &
brown rice and kaleslaw, topped
w. spicy tomato salsa & smashed
avocado



EARTH BOWL \$11 🌱🥚🥑
Wild & brown rice, baby
spinach, chili & almond
broccoli topped w. tahini
dressing & dukkah



HUNT & GATHER \$14 🌱🥚
Pulled pork on a bed of kaleslaw,
served with roasted winter veg
medley, tahini dressing & dukkah

try our new
SEASONAL SIDE \$4

Brussel sprouts fried
with bacon, and
served with a
drizzle of
balsamic
glaze

🥚🌱



build YOUR OWN

Our mission is to help you look, feel and perform your best - **your way**.
Create your perfect bowl using the steps below

step one CHOOSE ONE OR MORE

Wild & brown rice	\$1 🌱🥚	Kaleslaw	\$1.50 🌱🥚
Seasonal greens	\$2 🌱🥚	Seasonal mash	\$2.50

step two CHOOSE YOUR PROTEIN

Vegetarian / Vegan? Skip this step!

	half serve	full serve
🐔 Chargrilled lemon & herb chicken w. basil pesto & roasted peppers	\$4	\$8
🐮 Grass fed slow cooked beef w. smokey BBQ sauce	\$4	\$8
🐟 Grilled Tasmanian salmon w. teriyaki & roasted peppers	\$4	\$8
🐷 Slow cooked pulled pork w. tahini dressing	\$4	\$8

step three CHOOSE YOUR SIDES

Boiled egg	\$1.5 🥚	Smashed avocado	\$2 🌱🥑
Spicy tomato salsa	\$2 🌶️🥑	Sweet potato & bacon bake	\$3 🌱🥚
Dahl & coconut mint yoghurt	\$3 🌱	Winter veg medley w. dukkah	\$4 🌱🥑
Zucchini fritter	\$2	Chilli & almond broccoli	\$4 🌱🥑
Bacon rashers	\$4 🥚	Brussel sprouts w. bacon	\$4 🥚

gluten free BUNS

Get toasty with our hand made, artisanal buns

PECKISH \$9

Chargrilled lemon & herb chicken w. basil pesto & roasted peppers

NOTORIOUS P.I.G \$10

Slow roasted pulled pork with tahini dressing & kaleslaw

*I've got
a new
dress on!*

SMOKEY JOE \$10

Grass fed pulled beef with smokey BBQ sauce & kaleslaw

add SOMETHING EXTRA

Smashed avocado 🥑	\$2
Basil pesto 🌱	\$2
Bacon 🥚	\$2



ALLERGIES?

Please notify our
Crew of any
allergies upon
placing your order.

FOOD KEY

🌱 Contains nuts
🥚 Dairy free
🌱 Vegetarian
🌱 Keto friendly

grab & GO

Nutrient dense, delicious snacks for the road

BONE BROTH REG \$7 | LRG \$9

Cooked for eighteen hours with locally sourced, grass fed bones, seasonal herbs and spices. Old school and insanely nutrient dense - this is the perfect Winter warmer & flu fighter, and also a great accompaniment to any of our lunch or dinner bowls. This is strained and served as a clear, flavoursome broth.

Your body will thank you for it!



PRIMAL TOAST \$5

Two slices of our gluten free, superfood infused loaf, toasted, topped with your favourite spread:

- Sliced banana & honey** + \$2
- Smashed avocado** + \$2
- Cashew butter** + \$2
- Fruit & chia compote** + \$2

signature COFFEES

Our signature blends will get you going

MOUNTAIN COFFEE \$5

AKA "Bulletproof Coffee", a long black blended with grass fed butter & MCTs

ISLAND COFFEE \$5

A dairy free blend of a long black, house made coconut milk & a dash of cinnamon

ICEMAN \$6

Ice cold blend of vanilla whey, a long black, MCTs and ice

we're on A MISSION...

Our mission is to make extraordinary health deliciously simple.

Our modern Australian menu is based on the best of locally sourced produce, prepared fresh to your order, and served within minutes.

At THRIVE, we want to be your first choice, not just the right choice, inspiring and empowering you to feel happier, healthier, and more confident - **every day.**

Read the full story on our website www.thrive.me

SMOOTHIES

Blended with our house made almond milk unless you prefer otherwise. Choose between house made almond milk, house made coconut milk, full cream, skim or soy.

REG \$7 | LRG \$9

VERY BERRY

Berries, coconut yoghurt, vanilla, chia seeds, honey

GREEN MANGO

Kale, avocado, lime, mango, chia seeds, honey

SALTED CARAMEL

Dates, sea salt, house made cashew butter, banana, chia seeds

START ME UP

Banana, chia seeds, 180 Protein, coconut yoghurt, honey

WHITE CHOCOLATE

Vanilla whey protein, house made cashew butter, coconut cream, dates, chia seeds, sea salt

WAKE UP CALL

Espresso beans, house made cashew butter, choc whey protein, sea salt, dates, cinnamon

GOLDEN HOUR

Cacao, banana, choc whey protein, turmeric, black pepper, orange, chia seeds, honey

THE HULK

Spinach, cucumber, aloe vera, matcha, mint, banana, chia seeds, coconut cream, honey

customise & ALCHEMISE

No one's perfect, but your smoothie can be. Talk to us to help you customise your own blend.

REG \$7 | LRG \$9

step one CHOOSE YOUR BASE

House made almond milk
Full cream milk
Soy milk

House made coconut milk
Skim milk
Coconut water +2

step two CHOOSE TWO FRUITS

Banana Coconut
Lime Avocado
Orange Cucumber

Kale Mango
Berries Dates
Spinach

step three CHOOSE ONE SUPERFOOD (add another +3 each)

180 Protein Raw cacao Pea protein (chocolate / vanilla)
Good Green Stuff Chia seeds Whey protein (chocolate / vanilla)
Matcha Aloe vera

step four ADD BUTTER & SPICE

Cinnamon Turmeric House made cashew butter
Vanilla Espresso beans Black Pepper
Ginger

step five ADD SWEETENER

Honey

THRIVE

Look . feel . perform

winter menu

