## 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



GREEN EGGS \$ 10 🔗 🔊 🗵 Scrambled eggs with spinach,

basil pesto & smashed avocado

Great with bacon

+\$2



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!



THE CLASSIC \$ 10 OK

Scrambled eggs, bacon and smashed avocado

Add spinach



SOUTHERN STACK \$ 16 **O** 

Scrambled eggs, spicy tomato salsa, smokey BBQ pulled beef & smashed avocado

Add complimentary jalapenos at the condiments station

#### 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 Add fruit & chia compote +\$2

### PRIMAL TOAST \$5 40

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

Sliced banana & honey +\$2 +\$2 Smashed avocado

**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

CHOOSE PROTE	IN
Scrambled eggs	\$4
Bacon	\$4
Smoked salmon	\$5
Pulled beef	\$4 \$8

step one

step two

**CHOOSE VEGGIES** 

Seasonal greens Smashed avocado \$2

Spicy tomato salsa \$2

CHOOSE SIDES

step three

Basil pesto & Zucchini fritter

Sweet potato & bacon bake 🔊

Primal toast \$3

\$2 \$2.5

\$2

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



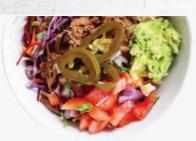
BIKINI BOWL \$11.50

Chargrilled lemon & herb chicken w. basil pesto & roasted peppers, served w. kaleslaw & smashed avocado



THRIVING \$12.50

Seasonal mash & baby spinach topped w. lemon & herb chicken, roasted peppers & basil pesto



SOUTHERN SOUL \$15 @

Slow roasted pulled beef w. smokey BBQ sauce on wild & brown rice and kaleslaw, topped w. spicy tomato salsa & smashed avocado



HUNT & GATHER \$14 80

Pulled pork on a bed of kaleslaw, served with roasted winter veg medley, tahini dressing & dukkah



ZEUS BOWL \$14 🔊 🕲

Kaleslaw topped with pulled beef & smokey BBQ sauce, served with sweet potato & bacon bake & a boiled egg



CLEAN & GREEN \$14

Tasmanian salmon Teriyaki style, served on a bed of baby spinach w. roasted peppers & chili and almond broccoli



EARTH BOWL \$11 840

Wild & brown rice, baby spinach, chili & almond broccoli topped w. tahini dressing & dukkah

try our new SEASONAL SIDE

Brussel sprouts fried with bacon, and served with a drizzle of balsamic glaze (1) K

## 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

\$1 🔥 🕦 Kaleslaw \$1.50 📣 🕦 Wild & brown rice \$2 🔥 🕦 Seasonal mash \$2.50 Seasonal greens

step two CHOOSE YOUR PROTEIN

Vegetarian / Vegan? Skip this step!

· W		half serve	full serve
Y	Chargrilled lemon & herb chicken w. basil pesto & roasted peppers	<b>8</b> \$4	\$8
	Grass fed slow cooked beef (1) w. smokey BBQ sauce	\$4	\$8
*	Crilled Tasmanian salmon (1) w. teriyaki & roasted peppers	\$4	\$8
n	Slow cooked pulled pork (1) w. tahini dressing	\$4	\$8

#### step three CHOOSE YOUR SIDES

Boiled egg	\$1.5 🐿	Smashed avocado	\$2 🚜 🕦
Spicy tomato salsa	\$2 & 1	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 1	Brussel sprouts w. bacon	\$4 1

## 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

SMOKEY JOE \$ 10 @

Grass fed pulled beef with smokey BBQ sauce & kaleslaw

add something extra

Smashed avocado (1) \$2 Basil pesto 🔊 \$2 Bacon (1)



#### **ALLERGIES?**

Please notify our Crew of any allergies upon placing your order

Vegetarian







Keto friendly

**FOOD KEY** 

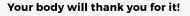
*I've got* 

## grab & GO

Nutrient dense, delicious snacks for the road

#### BONE BROTH **® E 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 accompaniement to any of our lunch or dinner bowls. This is strained and served as a clear, flavoursome broth.







#### 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

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

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.thrlve.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 (1)

START ME UP 🔗

Banana, chia seeds, 180

Protein, coconut yoghurt,

Berries, coconut yoghurt, vanilla, chia seeds, honey

GREEN MANGO (1) Kale, avocado, lime, mango, chia seeds,

WHITE CHOCOLATE

Vanilla whey protein,

house made cashew

butter, coconut cream,

dates, chia seeds.

sea salt

honey

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

SALTED CARAMEL 🔊

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 (1)

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 Avocado Cucumber Orange

Kale Berries Spinach Mango Dates

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

180 Protein Good Green Stuff Matcha

Chia seeds Aloe vera

Raw cacao

Pea protein (chocolate / vanilla) Whey protein (chocolate / vanilla)

step four ADD BUTTER & SPICE

Cinnamon Vanilla

Ginger

Turmeric Espresso beans House made cashew butter Black Pepper

step five ADD SWEETENER Honey

# THR1/E

look.feel.perform



www.thrlve.me hello@thrlve.me @ @thrlve #lookfeelperform