

ALL DAY MENU

PALEO BANANA BREAD..... \$4.50
 + Add butter or coconut oil

TOAST \$6.00
Choose from Sonoma sourdough, soy & linseed or gluten free bread
 + Add vegemite, homemade raspberry jam, house peanut butter or proteini nut-ella

ADD MORE TO ANY DISH

\$3.00 EACH

Poached egg, sauerkraut, sweet potato mash, tomato, spinach or kale

\$4.00 EACH

Pulled pork, lemon and paprika chicken, smoked salmon, vegan falafel, avocado, goats fetta or vegan cashew cheese

SOMETHING LIGHT

SMASHED AVOCADO \$15.00
 Smashed avocado on sourdough toast served with cherry tomatoes, goats feta and rocket. Topped with lemon and pink salt

2 POACHED EGGS \$12.00
 Poached eggs served with house relish and your choice of toast

SLOW COOKED COCONUT PORRIDGE \$12.50
 Creamy coconut porridge blended with mixed nuts, coconut flakes and activated seeds. Cooked with warming ayurvedic spices and topped with coconut yoghurt and fruit

HOMEMADE BONE BROTH (S) \$6.00 (L) \$10.00
 Chicken Bone Broth slow cooked over 24 hours. This gut healing elixir contains collagen, glutamine, glycine and proline and is rich in minerals that support the immune system, reduce intestinal inflammation and help heal the gut

I'M HUNGRY

PROTEINI ACAI BOWL \$16.00
 Frozen Acai blended with C Coconut Water, banana and blueberries. Topped with seasonal fresh fruit and homemade cinnamon crunch granola
 + Add Nut Butter, Vegan Protein Powder, Spinach or Probiotics \$1.00 each

ALL DAY MENU

I'M (STILL) HUNGRY

PROTEIN PANCAKES \$18.00
 Homemade protein pancakes, served with seasonal fruit, coconut yoghurt and vegan ice-cream

MACRO BOWL (new ingredients) \$18.00
 Smoked salmon, mixed greens, sauerkraut and a poached egg served with quinoa.
 Topped with homemade cashew and zucchini hummus

GREEN BREAKIE BOWL \$18.00
 2 poached eggs served with a kale, zucchini and goats fetta pesto salad on your choice of toast. Topped with avocado and lemon

PALEO STACK \$20.00
 Pulled pork with poached eggs, grilled tomatoes and asparagus, served in a skillet on a bed of sweet potato mash and crispy kale chips. Topped with olive oil pesto

VEGAN WITH THE LOT \$20.00
 Homemade raw slaw, kale, cucumber, vegan cashew cheese, sauerkraut, avocado and a wedge of pumpkin. Served in a mixed bowl, sprinkled with dukkha
 + Add Sweet Potato & Zucchini Falafel \$4.00 each

CAVEMAN'S BOWL \$18.00
 Lemon and paprika chicken, kale, spinach, avocado and a pumpkin wedge, served with gluten free toast. Topped with homemade capsicum and eggplant relish and Proteini's Nutty Turmeric Sauce

GOODIE BOWL \$18.00
 2 Poached eggs with homemade vegan falafel and smoked salmon. Served with avocado, cucumber and zucchini hummus. Topped with mint and Dukkah

BUDDHA BOWL \$20.00
 Teriyaki tofu and grilled eggplant, served on a bed of cauliflower rice and vegan greens. Topped with avocado, cherry tomatoes, asparagus and Dukkah

PALEO BIBIMBAP (A paleo take on the famous Korean dish) \$22.00
 Pulled pork with steamed chilli and coconut kale, sauerkraut, carrot and zucchini zoodles. Served on a bed of cauliflower rice and topped with a poached egg

SUPERCHARGED SALAD (see the cabinet for daily salads)
 Small \$7.00
 Large \$13.00

All our sweets are vegan, sugar, dairy and gluten free.

We are most famous for our homemade Snickers Slice

DRINKS MENU

SMOOTHIES

SUNRISE STARTER \$9.90
 Pineapple, orange, lemon, vitamin C powder

WARRIOR \$9.90
 Kale, broccoli, pineapple, spirulina, coconut water, ice

GREEN HYDRO \$9.90
 Cucumber, coconut water, spirulina, banana, vegan protein powder

PUMP N' BURN \$9.90
 Peanut butter, banana, millet, milk, cinnamon, coffee shot

MORTS \$9.90
 Cocoa powder, maple syrup, hazelnuts, blueberries, milk, 2 x scoop of protein powder

VMA \$9.90
 Blueberries, raspberries, maca powder, coconut yoghurt, coconut water, vita greens and protein powder

VANILLA PUDDING \$9.90
 White chia seeds, banana, vanilla essence, coconut yoghurt, maple syrup, cashews, milk and ice

PROTEINI THICKSHAKE \$9.90
 Banana, cocoa, dates, protein powder, vegan ice-cream, milk and roasted hazelnuts

ADD A SUPPLEMENT

EACH \$1.00
 Vegan protein powder, probiotics, acai powder, Vitamin C, Maca powder or psyllium

HEALTH BOOSTER

DIGESTIVE \$3.00
 A mix of raw apple cider, 100% alkaline water and probiotics

FIRE STARTER \$3.00
 A mix of lemon juice and cayenne pepper

CLEANSER \$3.00
 A shot of Chlorophyll (an internal detoxifier)

PICK ME UP \$3.00
 A mix of lemon, Super C and turmeric, served with a slice of apple

DRINKS MENU

WILL & CO COFFEE

REGULAR \$3.50
 LARGE \$4.00

Served your way

BULLET PROOF COFFEE

REGULAR \$5.00
 LARGE \$7.00

A long black coffee blended with organic grass-fed butter and MCT oil

COCOA BULLET PROOF COFFEE

REGULAR \$5.50
 LARGE \$7.50

A long black blended with organic grass-fed butter, MCT oil and cocoa powder. Sweetened with organic stevia leaf

VEGAN AFFOGATO

REGULAR \$5.50
 LARGE \$7.50

An espresso poured over vegan coconut ice-cream

TUMERIC AND GINGER LATTE

REGULAR \$4.00
 LARGE \$5.00

DANDELION LATTE

REGULAR \$4.00
 LARGE \$5.00

CHILLI HOT CHOCOLATE

REGULAR \$5.00
 LARGE \$7.00

A blend of chilli, cocoa and coconut mylk. Sweetened with honey

MATCHA LATTE

REGULAR \$4.00
 LARGE \$5.00

LOOSE LEAF TEA

POT \$4.00

Choose from Green sencha, earl grey, English breakfast, Madagascan vanilla, peppermint or Lemongrass and ginger

EXTRAS

SOY MILK \$0.50

COCONUT MILK \$0.50

ALMOND MILK \$1.00

Homemade

