

# ALL DAY MENU

## SOMETHING LIGHT

- PALEO BANANA BREAD..... \$4.50  
+ Add butter or coconut oil
  
- VEGAN WHOLEFOOD CROISSANT ..... \$6.00  
+ Add butter, coconut oil or raspberry jam
  
- TOAST ..... \$6.00  
*Choose from Sonoma sourdough or protein bread*  
+ Add vegemite, homemade raspberry jam, house peanut butter or proteini nut-ella
  
- SMASHED AVOCADO ..... \$15.00  
Smashed avocado 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
  
- FRUIT PLATE ..... \$16.00  
Seasonal fruit served with coconut yogurt and homemade cinnamon granola

## 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 Spinach \$2  
+ Add Vegan Protein Powder \$1
  
- PROTEIN PANCAKES ..... \$18.00  
Homemade protein pancakes, served with seasonal fruit, coconut yoghurt and vegan ice-cream
  
- MACRO BOWL (new ingredients) ..... \$18.00  
Quinoa, baby spinach and mixed greens topped with smoked salmon, sauerkraut and a poached egg. Served with homemade cashew and zucchini hummus

TURN OVER FOR MORE MEALS...

# ALL DAY MENU

## I'M (STILL) HUNGRY

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 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

BIG VEGAN BOWL ..... \$18.00  
 Homemade falafel with spiced pineapple, tomato and vegan salad. Served on a bed of quinoa and topped with cashew and zucchini hummus and basil pesto

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

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

## 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

## SWEETS (SEE THE CABINET)

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 OR 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

## 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

long walks  
 and  
 coffee runs

\*MCTs (*Medium Chain Triglycerides*) are made up of medium chain fatty acids and are very gentle on the body making them easy to digest and use as energy. When MCT oil is blended with black coffee and organic grass-fed butter it helps to suppress hunger as well as promote weight loss, improve energy and overall performance.