

# LUNCH

## **GF** ANTIOXIDANT SALAD

**V** Fresh pomegranate, goji berries, black rice, house fermented reds, baby purple kale, target beets, beetroot cashew cheese, purple sweet potato crisps & sumac salt - \$16  
**P**  
**DF** EXTRAS - Crusted Chicken schnitzel **GF** / Gwen's Mulimbimby Tempeh - \$6  
Eggs / Avocado / Mushroom / Dukkah roasted pumpkin / Haloumi / Meredith goats cheese - \$5

## **GF** LAMB SALAD

**P** 12 hour slow cooked lamb shoulder, fresh pomegranate, smoked eggplant hummus, sweet grape tomatoes, raw cauliflower rice with local baby kale leaves - \$20  
**DF**  
**MF** EXTRAS - Avocado / Haloumi / Meredith goats cheese - \$5

## **GF** CAVEMAN BOWL

**V** Roasted dukkah pumpkin, house ferments, eggplant hummus, avocado, mung beans, red quinoa, sumac CoYo yogurt, sprouted bread & poached egg - \$19  
**VGN**  
**P** EXTRAS - Crusted chicken schnitzel **GF** / Gwen's Mulimbimby Tempeh - \$6  
**DF** Mushroom / Haloumi / Meredith goats cheese - \$5  
**MF**

## **MF** BEEF BURGER

Kingswood Park's gress feed patty, red jack cheddar, american pickles, house made mustard, chutney & 'kaioli' slaw, toasted milk bun - \$16  
EXTRAS - Upgrade **GF** Roll - \$2

## **MF** CHICKEN BURGER

Our **GF** Crusted schnitzel, house slaw, red jack cheddar, sweet & spicy pickles, sriracha, toasted milk bun - \$15  
EXTRAS - Upgrade **GF** Roll - \$2  
Bacon / Avocado / Mushroom / Haloumi - \$5

## **GF** VEGETARIAN BURGER

**V** Gwen's Mulimbimby Tempeh, raw peanut dressing, avocado, baby purple kale & slaw, toasted milk bun - \$16  
**VGN**  
**DF** EXTRAS - Mushroom / Dukkah roasted pumpkin / Haloumi - \$5  
- Crusted chicken schnitzel **GF** - \$6  
- Upgrade **GF** Roll - \$2

**GF** gluten free

**V** vegetarian

**VGN** vegan

**P** paleo

**DF** dairy free

**MF** man food

Please inform us if you or your guests have any food allergies. To afford you the efficient quality service you deserve, alterations to the menu are respectfully declined during busy times.

# BAREFOOT (BARISTA)

## **GF** LOADED VEGAN FRIES

**V** Sweet Potato fries with raw kale, broccoli & cauliflower rice & char  
**VGN** grilled corn salsa, avocado & sriracha cashew cheese - \$16  
**P** EXTRAS - Dukkah roasted pumpkin / Haloumi / Meredith goats cheese /  
**DF** - Bacon / Eggs / Mushroom / - \$5  
**MF** - Crusted Chicken schnitzel **GF** / Gwen's Mulimbimby Tempeh - \$6

## **DF** BACON & EGG ROLL

**MF** Crispy bacon, two fried eggs, spinach with 'kaioli' wife made chutney in our toasted milk bun - \$14  
EXTRAS - Kimchi - \$2 Avocado / Mushroom / Haloumi / Butchers Sausage - \$5  
- Crusted chicken schnitzel **GF** - \$6  
- Upgrade **GF** Roll - \$2

## **MF** CRISPY POTATO HASH & HAM HOCK

Crispy potato hash, smokey slow brazed ham hock, poached eggs, water cress & mustard hollandise - \$20  
EXTRAS - Bacon / Butchers Sausage / Mushroom / Organic Sourdough - \$5

## **GF** ZUCCHINI HALOUMI FRITTERS

**V** & poached egg nested in raw nourishing bowl of cauliflower rice,  
**MF** kale, chilli & fresh herbs - \$18  
EXTRAS - Avocado / Bacon / Dukkah roasted pumpkin \$5  
- Crusted chicken schnitzel **GF** - \$6

## **V** CORN BOARD

**MF** Char grilled corn salsa, fresh herbs, poached eggs, avocado, Meredith goats cheese on taosted organic sourdough - \$18  
EXTRAS - Bacon / Butchers Sausage / Mushroom / Dukkah roasted pumpkin - \$5  
- Crusted chicken schnitzel **GF** - \$6  
- Upgrade sourdough to Organic acativated & sprouted paleo bread - \$2

## SIDES

Sweet Potato fries with 'kaioli' murry river salt - \$7 **GF** **V** **VGN** **P** **DF** **MF**

## EXTRAS

House Chilli Oil - \$1 Kimchi / House Leaves - \$2 all **GF**  
Bacon / Eggs / Avocado / Mushroom / Butchers Sausage /  
Dukkah roasted pumpkin / Haloumi / Meredith goats cheese - \$5 all **GF**  
Chicken schnitzel **GF** / Gwen's Mulimbimby Tempeh **VGN** - \$6  
Organic sprouted seed paleo bread two slices - \$6 **GF** **V** **VGN** **P** **DF** **MF**