



## Welcome

Argo on the Parade is a family run business built on trust, passion and love. Our business is our home and we want everyone to feel welcome when they enter. We have a sister store located on Victoria Square called Argo on the Square which offers a similar menu to our Parade store.

Visit Wholefoods by Argo just up the road! Wholefoods is a store predicated on serving local, fresh and healthy takeaway meals for those on the go.

Contact us through our social media @argoespresso

Use the QR code to order online!



A	Argo's Favourites	VO	Vegetarian Option	VGO	Vegan Option	GFO	Gluten Friendly Option	KO	Keto Option
DF	Dairy Free	V	Vegetarian	VG	Vegan	GF	Gluten Friendly	K	Keto

Mon to Fri, 6:00 am - 5:00pm | Sat, 6:30 am - 5:00pm | Sun, 7:00 am - 5:00pm

# Drinks on Tap

Argo now offers drinks on tap! We have a range of drinks with a range of flavours.  
Explore what's available and ask our freindly baristas for recommendations

## Nitro Coffee

Brewed hot in small batches for a controlled & precise extraction, highlighting the acidity, brightness and top note flavours. We then 'snap chill' the coffee using heat transfer technology. This locks in the flavour and keeps the coffee tasting fresher for longer.

**NEW** Nitro Cold Brew (Carmelita) 6.0

**NEW** Nitro Cold Brew (Fazenda Progresso) 6.0

## Tonic

A real old fashioned tonic water. Herbal, citrusy and not too sweet. Our tonic contains all natural quinine derived from cinchona bark as well as our special blend of herbs and botanicals.

**NEW** Bloody Good Tonic 6.0

## Iced Tea

A deliciously refreshing sparkling Tea blend. A beautifully balanced blend of Rooibos & Hibiscus herbals with a orange citrus sweetness. RHO is steeped at temp & snap chilled to lock in the natural robust flavours. Served chilled in a glass straight off tap.

**NEW** Rooibos & Hibiscus Iced Tea 6.0

## Kombucha

Our process is as simple as possible to create a true living and authentic kombucha. We brew our unique blend of tea, add sugar, then our SCOBY (symbiotic culture of bacteria and yeast) and let time do its fermenting, converting the ingredients into a low-sugar, tangy beverage.

**NEW** Hops & Dreams 6.0

Fruity & floral; it's perfect for a refreshing pick me up

**NEW** Brew No.1 6.0

A beautifully light kombucha brewed with three different teas to create a depth of flavour.

## Ginger Beer

Smoother and filled with flavour, this ginger beer is like no other!

**NEW** Ginger Beer 6.0

## Natural Cola

After countless hours researching original commercial cola recipes, we came to the conclusion that REAL TRADITIONAL spiced cola was the only way to go.

**NEW** Natural Cola 6.0

# Farmacy Elixirs

We've created these shots to be taken just after you order, while you wait for your meal, so your stomach has time to produce the extra acid needed for digestion.

Flu and Cold Fighter Shot 5.0

Cold-pressed ginger, orange, grapefruit, carrot and lemon

Ginger Shot 4.5

Cold-pressed ginger served with a spoonful of honey

Golden Vitality Shot 5.0

Cold-pressed turmeric, ginger, lemon, cayenne pepper and carrot

The Hangover with Charcoal 5.5

**Not appropriate for pregnant women**

Filtered water, lemons, maple, charcoal served in a large glass

Elderberry Shot 5.0

Elderberry syrup with cinnamon, ginger, cloves, raw honey, echinacea, elderflower

ALSO AVAILABLE IN 350ML TAKE HOME CONTAINERS \$19

Fire Cider Tonic 5.0

Orange, lemon, carrot, ginger, turmeric, onion, garlic, cloves, fresh rosemary, peppercorn

ALSO AVAILABLE IN 1L TAKE HOME CONTAINERS FOR \$22

Chilli Fire Cider Tonic 5.0

Orange, lemon, carrot, ginger, turmeric, onion, garlic, cloves, chilli

ALSO AVAILABLE IN 1L TAKE HOME CONTAINERS FOR \$22

Wake Up Call 5.0

**FODMAP Friendly**

Lemon, ginger, apple cider vinegar, coconut nectar, filtered water served in a large glass

Please note that our products either contain or/are produced in kitchens which contain/use peanuts, tree nuts, seafood, soy, milk (and other dairy), egg, sesame, wheat (gluten), lupin and sulphite preservatives. We cannot guarantee that any of our products are 100% allergen free.

# Our Buy & Bye Menu

The menu on this page is available for takeaway only. All the items on this menu will be ready for you in under 10 minutes. Please check our display cabinets for other great takeaway options

## Breads

Hot Chicken Roll	8.9
Chicken, lettuce and mayo	
Mega Hot Chicken Roll	13.9
Chicken, bacon, cheese, lettuce and mayo	
Bacon & Egg Roll	10.9
Bacon, egg and sauce	
Bacon & Egg Super Roll	13.9
Bacon, egg, cheese, hashbrown and sauce	
Hot Jumbo Roll	12.9
Smoked ham, cheese, tomato, Spanish onion, lettuce and BBQ sauce	
Ham & Cheese Croissant	8.9
Vegan Cheese & Tomato Croissant VG	8.9
Avocado, Cheese, Tomato Toastie	8.9
Chicken, Cheese, Spinach Toastie	8.9
Bacon, Scrambled Egg Toastie	8.9
Ham, Cheese, Tomato Toastie	8.9

## Quick Takeaway

Keto Zucchini & Bacon Bake GF K	6.9
Mini Salads	13.9
We offer a range of quick takeaway salads ready for you to pick up. Check the display cabinet for the flavours available	
Pies VG	8.9
All our pies are fresh and vegan. Check the display cabinet for what we have available	
Spinach Square	8.9
Spinach filo pastry with feta and herbs	
Creamy Fussili	15.9
<b>Available until sold out</b>	
Fussili pasta with grilled chicken, pine nuts, roast pumpkin, broccoli, baby spinach and cream	
Vegan Penne Pasta GF VG	15.9
<b>Available until sold out</b>	
Vegan & Gluten Friendly pasta, sun-dried tomatoes, olives, roast capsicum, broccoli and baby spinach cooked in a napoletana & cashew cheese sauce	
Soup of the day GFO V	11.9
Soup of the day served with sourdough. Ask our staff what's available!	
Roast Pumpkin Frittata GF V	9.9
Roast pumpkin, Danish feta, tasty cheese, spinach, tomato and roasted capsicum	

## Healthy Pots

Brekky by Beau	11.9
Oats, almond milk, peanut butter, chia seeds, vegan protein, maple & vegan choc sauce	
C.A.D.A.	9.9
Coconut Flakes, almonds, medjool dates, fresh apple topped with coconut yoghurt and fresh fruit	
Chia Pudding	11.9
Overnight chia seeds with nut milk topped with fresh fruits	
Orange in the Bircher Cup	9.9
Overnight oats soaked in fresh riverland oranges, coconut yoghurt served with almonds and pistachios	

## Favourite Smoothies

Bananarama GF V	8.9
Frozen vanilla yoghurt, cow's milk, banana and honey	
Add a shot of espresso +0.5	
Add a dollop of peanut butter +2.0	
Berry Me GF V	8.9
Frozen vanilla yoghurt, cow's milk, mixed berries and honey	
Missango GF V	8.9
Frozen vanilla yoghurt, cow's milk, strawberries, mango and mint	
Peanut Butter Berry Time VG GF	12.5
Organic almond milk, banana, mixed berries, peanut butter, medjool dates, spinach and protein powder	
The Amazonian VG GF	12.5
Coconut water, acai, banana, mango and chia seeds	
Vanilla Protein 1.2	
Snickers VG GF	12.5
Coconut milk, raw cocoa sauce, peanut butter, salted caramel sauce, coconut ice cream	

## Favourite Juices

Summer Days GF VG	8.5
Orange, pineapple and strawberries	
Harrison's GF VG	8.9
Pineapple, mango, passionfruit pulp and lime	
Emerald City GF VG	8.5
Apple, ginger, lemon, cucumber, spinach, mint and L.S.A. mix	
The Good Green One GF VG	8.5
Celery, spinach, cucumber, ginger and lemon	
5th Element GF VG	8.5
Carrot, celery, beetroot, lemon and ginger	
Blue Star GF VG	8.5
Watermelon, mint and blueberries	

# Breakfast

Mon - Fri 6:00 am - 11:30 am

Sat 6:30 am - 3:00 pm

Sun 7:00 am - 3:00 pm

## Classics

### Eggs on Toast **GFO V** 10.5

Eggs your way with sourdough and kale pesto

### ARGO Big Brekky **GFO VO A** 25.0

Eggs your way, bacon, halloumi, grilled tomato, Swiss mushrooms, crispy potato, avocado dipped in sesame seeds and sourdough

Replace Bacon with vegan bacon 1.5

Have your meal with a ginger shot! 4.5

### Vege Plate Stack **GFO V VGO** 24

Eggs your way, avocado dipped in sesame seeds, sautéed spinach, Swiss mushroom, grilled tomato, chutney, black beans, roasted sweet potato and sourdough

Replace eggs with PB Scrambled Egg for a vegan option! 2.0

### Le Omelette **GFO V A** 19

Marinated eggplant, caramelised onion, provolone, baby spinach, cherry tomato chutney, chilli, salsa verde and rocket with sourdough

Smoked Salmon 5.0 Bacon 4.5

Prosciutto 4.5

### Keto Pulled Pork Omelette **GF K** 21

Pulled pork, Spanish onion, roasted capsicum, goat's cheese, dehydrated kale and chilli labneh

### Salmon & Egg Bowl **GF K** 26

**Available until sold out**

Freshly Grilled Atlantic Salmon Fillet, scrambled eggs, mixed greens, coriander, avocado, Spanish onion, sesame seeds, olive oil and lemon

## Benedicts

### Benny-Way-You-Like **GFO VO** 20

Your choice of:

- Smoked ham

- Bacon

- Halloumi

- Smoked Salmon +4.0

With poached eggs, baby spinach and hollandaise sauce on sourdough

### When Benny Met Sally **GFO** 24

Pumpkin & beetroot waffle, Harris smoked salmon, poached eggs, asparagus, crispy capers, goat's cheese and hollandaise

Avocado 4.0

### Porky Pig Benedict **GFO** 24

Pumpkin & beetroot waffle, pulled pork, poached eggs, baby spinach, pickles, sweet pickled onions, slaw and hollandaise

Replace pulled pork with pulled Jack Fruit

### **NEW** Prosciutto Benedict **GFO** 24

Prosciutto, poached eggs, baby spinach, hollandaise, basil, rosemary oil and bacon dust with sourdough

## Gourmet

### Giuseppina's **GFO** 19

Crispy Prosciutto, truffle infused scrambled egg, onion jam on sourdough and truffle aioli

Grilled Tomato 3.0

### The Refresh **GFO V** 21

Sautéed kale, mint, goat's cheese, avocado, poached eggs, almonds, olive oil, lemon juice and za'atar cheese toast

Have your meal with a ginger shot! 4.5

### The Ottoman **GFO VO** 20

Turkish bread, scrambled eggs, guacamole and bacon with a side of sweet chilli sauce

Hash Brown 2.5

Replace Bacon with vegan bacon 1.5

### Habibi (My Darling) **GFO** 24

Wagyu mince, kale, pine nuts, fried egg, beetroot & za'atar labneh, grilled tomato and za'atar manoushe bread

### Breakfast Burrito Bowl **GF VGO** 21

Pulled pork, ginger brown rice, black beans, corn salsa, caramelised onion, lemon yoghurt dressing, coriander and crispy shallots

Replace pork with jack fruit for a vegan option

### **NEW** Golden Shakshouka **GFO** 24

Poached eggs in a middle eastern spiced tomato sugo sauce with wagyu beef balls, roasted capsicum, Spanish onion, green olives and honey yoghurt garnished with coriander, parsley and mint. Served with sourdough

### The Mini Big Brekky **GFO** 21

Maple-Bacon with walnuts, eggs your way, tomato, avocado and sourdough

## Plant Based

### Vegan Breakfast Wrap **GFO VG** 18.9

Plant-based chorizo, plant-based scrambled eggs, salsa, cashew nut cheese, spinach, black bean paste and plant-based mozzarella

Guacamole 3.0

### Fired Up **GFO VG** 22

Napoletana sauce, chilli, chickpeas, capsicum, onion, fried cauliflower, guacamole, salsa verde, coriander and flat bread

Facon 4.5

### The Ultimate PB Plate **GFO VG** 25

Plant-based scrambled eggs, crispy potato, smashed avocado, Swiss mushrooms, dehydrated kale, kale pesto, chickpeas, cashew nut cheese, sautéed spinach and sourdough

Facon 4.5

### Tofu Scramble **GFO VG** 22

Marinated eggplant, zucchini, capsicum, tofu, kale, tahini, spring onion and coriander with za'atar on sourdough

### Mushroom Ragout **GFO VG** 22

Enoki, shiitake, Swiss mushroom, tomato sugo, red wine, Spanish onion, crispy leek, fennel, creamy polenta, basil, crispy enoki and sourdough

Facon 4.5

# Breakfast

Mon - Fri 6:00 am - 11:30 am

Sat 6:30 am - 3:00 pm

Sun 7:00 am - 3:00 pm

## Sweet and Savoury

### The Godmother GFO V

23

Cinnamon French Toast, black currant gel, vanilla bean patisserie, berries, charcoal lychee meringue, honeycomb and maple syrup

Bacon 4.5

Coconut Soft Serve 3.0

Facon 4.5

### Savoury French Toast GFO

20

Cheesy brioche french toast, cream cheese, spring onion, fried egg, diced bacon, herbs and sticky Worcestershire sauce

Fried Chicken 5.0

Facon 4.5

### Low Carb Pancake Stack GF

25

Almond flour pancake layered with peanut cream, strawberry cheese-cake filling, raspberry chia jam, keto granola and fresh berries with a side of chocolate sauce

## Breakfast Salads

### Salmon and Rocket Salad GFO

18.5

Harris smoked salmon, rocket, cherry tomato, green olives, avocado, hemp seeds, lemon yoghurt dressing, poached egg with a slice of Ezekiel bread

Replace Harris smoked salmon with freshly grilled Atlantic salmon fillet for 7.0

### Harvest Salad GFO V VGO

18.5

Roast pumpkin, sweet pickled onion, baby spinach, apple, avocado, walnuts, hemp seeds, poached egg and olive oil dressing with a slice of Ezekiel Bread

Have your meal with a ginger shot! 4.5

## Belgian Waffles

### Made with Passion GFO V VGO

19

Belgian waffle, black currant gel, berries, coconut ice-cream, wild hibiscus & mixed berry sorbet, passionfruit, maple syrup, white chocolate shards and vanilla creme patisserie

Vegan and Gluten Friendly Waffle

1.5

### I Dream of Chocolate GFO V VGO

19

Belgian waffle, mocha fudge syrup, berries, whipped coconut cream, brownie, chocolate sorbet, maple syrup and chocolate shards

Vegan and Gluten Friendly Waffle

1.5

## Breakfast Sandwiches

Mon - Fri 6:00 am - 11:30 am

Sat 6:30 am - 4:00 pm

Sun 7 am - 4 pm

### Number One GFO V

15

Scrambled eggs, tomato relish, Swiss mushroom, caramelised onion and fresh baby spinach

### Number Two GFO V

15

Halloumi, asparagus, rocket, onion jam and beetroot relish

Poached Egg (1) 2.5

Facon 4.5

### Number Three GFO

15

Harris smoked salmon, dill, goat's cheese, crispy capers, Spanish onion, mixed greens and lemon

### Number Four GFO

15

Bacon, tomato, lettuce, avocado and mayo

### Number Five GFO VG

15

Plant-based scrambled eggs, Swiss mushroom, baby spinach, kalamata olives, BBQ sauce, cherry tomato and sriracha mayo

Hash Brown +2.5

### Jack and Jill GFO

15

Your choice of brioche bun or foccacia with Bacon, fried egg, Swiss cheese and BBQ sauce

### Breakfast Burger GFO

16

Brioche bun with bacon, provolone, fried egg, bacon jam, aioli, tomato relish and baby spinach

Choose your bread:

Sourdough

Bagel +1.0

Croissant +1.0

Vegan Croissant +1.0

Sprouted Ezekiel Bread +1.0

Foccacia +1.0

## Toast n' Spread

### Pick your Toast

5.9

- Farmer's fruit toast (GF/VG) - One Slice

- Cacao and walnut toast (GF/VG) - One Slice

- Sourdough - 3 Slices

- Gluten friendly chia bread - 2 Slices

- French croissant +2.0

- Vegan Croissant +2.0

- Bagel +1.0

- Sprouted Ezekiel Bread (two slices)

- Herbanbread Low Carb Bread +1.5

### Pick one spread

- Beerenberg Strawberry Jam

- Honey

- Vegemite

- Peanut butter

- Nutella

- Almond Butter

- GF Vegemite

- Keto Raspberry Chia Jam

- Sarah's Apricot and

Carrot Chutney

# Brunch

Mon - Fri 6:00 am - 4:30 pm

Sat 6:30 am - 4:00 pm

Sun 7:00 am - 4:00 pm

## Brunch

### Simple Starter GFO VO

14.5

#### Sourdough with your choice of:

- Harris smoked salmon + 3.0
- Bacon
- Pulled Pork
- Facon + 1.5

#### Choose your eggs:

- poached
- regular scrambled
- turmeric scrambled
- chilli scrambled
- plant based scrambled eggs + 2.0

### Purple Toast GFO V

21

Beetroot & za'atar labneh, sourdough, poached eggs, goat's cheese, roasted beetroot, balsamic glaze, candied walnuts, caramelised onions, dukkah crisp, crispy leek and strawberries  
Halloumi 4.0

### Smashed Avocado GFO V

17.5

Smashed avocado, feta, beetroot relish, roasted beetroot, rocket & mint salad, toasted pepitas and sourdough

Poached egg (1)	2.5	Halloumi	4.0
Bacon	4.5	Harris smoked salmon	5.0

### Jo's Vegan Smash GFO VG

18

Smashed avocado, dehydrated kale, grilled tomato, fried enoki, shal-lots, tahini sauce, almonds, pepitas and sourdough

Plant Based Scrambled Eggs 6.0 Facon 4.5

### Fruity Start GF V VGO

16.5

Cinnamon & vanilla yoghurt, topped with your choice of:

- Keto granola
- Paleo granola
- Flaked quinoa muesli

and seasonal fruit, honeycomb and a dollop of peanut butter

Add honey at no extra charge

Coconut Yoghurt to make it vegan 2.5

### Keto Noatmeal GF VG K

18

Warm keto porridge, peanut butter, dark chocolate buds, raspberry chia jam, keto granola and coconut milk

### Heartwarmer Porridge GF VG

16.5

Warm organic quinoa porridge with sultanas, almonds, pepitas, cashew & orange cream, strawberry, blueberry and banana with a side of maple syrup & almond milk

NEW

### Orange in the Bircher VG

16.5

Overnight oats soaked in Riverland oranges, coconut yoghurt, almonds and pistachios

### The Undecided 1

17.5

Mini "Smashed Avocado" served with a mini "Orange in the Bircher"

Have your meal with a Flu and Cold Fighter Shot! 5.0

### The Undecided 2

17.5

Mini "Fruity Start" served with a mini "Back to Basics" (smashed avocado & tomato on sourdough)

Have your meal with a ginger shot! 4.5

## Brioche Jaffles

### 3 Cheese Please V

13.5

Tasty cheese, provolone, Swiss cheese, thyme and honey  
Add side of fries 2.9

### Croque Monsieur

13.5

Smoked ham, cheese, mustard and pickles

Add side of fries 2.9

### Peanut Butter Espresso Jaffle VGO

15

Espresso nutella, banana, hazelnuts, strawberries and peanut butter with a side of coconut cream

### Jack Fruit Jaffle VGO

15

Pulled jack fruit, salsa, jalapenos and plant-based mozzarella

## Sprouted Ezekiel Bread

Served on one slice of Sprouted Ezekiel Bread or on a gluten friendly chia bread (+1.5)

### Cacao Thunder VG

6.9

Almond butter, banana, cacao nibs and rice malt syrup

### Hello Hummus VG

6.9

Hummus, tomato, basil and kale pesto

### Articado VG

6.9

Artichoke & basil pesto, avocado and olive oil

Smoked Salmon 5.0

Poached Egg 2.5

### Sweet Lil Pickle V

8.9

Scrambled eggs, sweet pickled onion, sweet pickled mustard, crispy capers, cornichon and parsley

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# Smoothie Bowls and Soft Serves

All Ingredients are vegan and gluten friendly (excluding honey)

## Step 1: Choose your base

<b>Nutty Banana</b> 16.9	<b>Max Ketosis K</b> 17.9	<b>Pina Colada</b> 17.9	<b>Acai Original</b> 17.9
Banana, peanut butter, maca, raw cacao and rice milk topped with chocolate sauce Add Vegan Coconut Soft Serve +3.0	Zucchini, blueberries, vanilla protein, almond butter, avocado, MCT Oil and coconut milk served with Keto Granola	Banana, pineapple, mango, coconut oil, ginger, vanilla protein powder and coconut milk topped with passionfruit pulp	Acai, banana and vanilla protein powder blended with coconut water (We highly recommend adding peanut butter blended through! + 2.0)
<b>Green Matcha</b> 16.9	<b>Nutella Smoothie Bowl</b> 16.9	<b>Pitaya Fruit Paradise</b> 17.9	<b>Gypsy</b> 17.9
Matcha, banana, medjool dates, mint, lime, pistachio nuts, spinach, coconut flakes and coconut water-topped with passionfruit pulp	Banana, raw cacao, house-made nutella and coconut milk garnished with cacao soil, cacao nibs and vegan chocolate sauce Add Vegan Coconut Soft Serve +3.0	Pitaya, banana, pineapple, grapefruit, lime, lychee, coconut oil and mango garnished with passionfruit pulp	Banana, spinach, avocado, medjool dates, spirulina, chia seed gel and almond milk topped with sliced kiwi fruit

## Step 2: Choose your topping

All garnished with strawberries, banana and coconut flakes

<b>Paleo Granola</b> Almonds, sunflower seeds, pepitas, carob, coconut oil, coconut flakes and cinnamon <b>CONTAINS NUTS</b>	<b>Flaked Quinoa Muesli</b> Rice puffs, quinoa flakes, pepitas, coconut flakes, vanilla essence, rice malt syrup, coconut oil, sultanas, cranberries and raw cacao <b>NUT FREE</b>	<b>Keto Granola</b> Almonds, walnuts, hazelnuts, pepita seeds, sunflower seeds, linseed, vanilla protein powder, coconut flakes, almond butter, currants, vanilla bean paste <b>CONTAINS NUTS</b>
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Take home our famous Flaked Quinoa Muesli or Paleo Granola in 350g packs for \$11.9 or our Keto granola for \$12.9

## Step 3: Optional add ons

Please specify if you want the ingredient mixed in with the smoothie or garnished on top!

Protein Powder		Fruits		House-made Sauces		Other	
Chocolate	1.2	Strawberries	1.2	Peanut Butter	2.0	Flaked Quinoa Muesli	2.0
Vanilla	1.2	Blueberries	2.0	Almond Butter	2.0	Paleo Granola	2.0
Salted Caramel	1.2	Raspberries	2.0	Honey (Not VG)	1.2	Keto Granola	2.0
		Pineapple	1.2	Salted Caramel Sauce	2.0	Hemp Seeds	1.2
		Kiwi	1.2	Chocolate Sauce	2.0	Dark Choc Buds	1.2
		Goji Berries	1.2	Rice Malt Syrup	2.0	Coconut Soft Serve	3.0
		Banana	1.2	Maple Syrup	2.0		
		Passionfruit	2.0	Cashew & Orange "Butter"	2.0		

## House-made Coconut Soft Serve

<b>Brunch Crunch</b> 13.9	<b>Fruitylicious</b> 13.9	<b>OG Soft Serve</b> 6.9	<b>Green Crunch</b> 12.9	<b>Mocha and Me</b> 14.9
Coconut soft serve, paleo granola, raspberries, blueberries, strawberries, pineapple and apple slices	Coconut soft serve topped with watermelon, banana, strawberries, kiwi fruit, pineapple and passionfruit	ARGO's very own coconut soft serve! Create your own bowl!	Coconut soft serve, almond butter, avocado, mint, pistachios and a wedge of lime	Coconut soft serve, mocha sauce, vegan choc shards, strawberry, mint, raw snickers slice and cacao nibs

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# Lunch

Mon-Fri 6:00 am - 4:30 pm

Sat 6:30 am - 4:30 pm

Sun 7:00 am - 4:30 pm

## Tossed Salads

### KB's Summer Salad GF 23

Mixed greens, Korean fried chicken, buffalo mozzarella, diced bacon, avocado, cucumber, mango, cherry tomato, cashews, crispy shallots and ranch dressing

### Thai Grilled Chicken Salad GF VO VGO DF 21

Grilled chicken, rice noodles, coriander, basil, mint, crispy shallots, cashews, almonds, cucumber, carrot, lettuce and cabbage with Thai Nam Jim dressing

Swap chicken for Salt & Pepper Tofu to make the meal vegan

### ARGO Special Salad GF 21

Marinated lamb, Danish feta, cherry tomato, cucumber, Spanish onion, roasted beetroot, roasted capsicum, mixed greens, salad dressing, tzatziki and za'atar

Halloumi 4.0

### Warm Chicken Salad GF DF 20

Grilled chicken, fresh capsicum, cherry tomato, cucumber, avocado, Spanish onion, mixed greens, salad dressing, almond mustard dressing and dukkah

Have your meal with a Flu and Cold Fighter Shot! 5.0

### Luminosa Salad GF V 18

Fried halloumi, buffalo mozzarella, green olives, cherry tomato, cucumber, fresh capsicum, sweet pickled onion, avocado slices, olive oil & balsamic vinigrette and mixed lettuce

Poached Egg 2.5 Grilled Chicken 5.0  
Bacon 4.5

### Detox Salad GF VG 20

Shredded red cabbage, carrot, shredded beetroot, avocado, hummus, kale, rocket and baby spinach, kimchi, almonds, pepitas with a light dressing of tahini sauce and olive oil

Grilled Chicken 5.0

### Goats with a Beet GF V 19

Roast beetroot, roast pumpkin, goat's cheese, mint, rocket, baby spinach, olive oil & balsamic vinigrette, walnuts and dukkah crisp

### NEW Caesar Salad GFO 25

Grilled chicken, mixed greens, croutons, anchovies, poached egg, diced bacon, avocado and aioli

### Feisty Falafel GF VG 19

Green falafel, quinoa tabouli, chickpeas, cucumber, cherry tomato, avocado, tahini sauce and sweet chilli sauce

## Sea Bowls

### Spicy Hawaiian Poke Bowl (Mild) GF 22

Available from Thursday until sold out

Ginger brown rice, marinated salmon sashimi, spring onion, sweet & spicy turmeric pickled radish, marinated nori, cucumber, avocado, mango kimchi and sesame seeds

## Buddha Bowls

### Oasis GF VG 19

Ginger brown rice, sautéed kale, sautéed broccoli, roasted sweet potato, avocado, crispy chickpea, sriracha mayo, almonds and crispy shallots

Salt and Pepper Tofu 5.0

### Tranquility GF VG 19

Lentil dahl, ginger brown rice, coconut raita, edamame beans, red cabbage, coriander, cherry tomato, almonds, goji berries, sweet potato mash and topped with kimchi

### The Mexican Buddha GF VG 23

Plant-based chorizo, plant-based scrambled eggs, salsa, cashew nut cheese, mixed greens, black bean paste, plant-based mozzarella, ginger brown rice and corn chips

Guacamole 3.0

### Deserving GF VG 18

Spiced cauliflower, almonds, pepitas, spinach, chickpeas, tahini sauce, ginger brown rice, smash sweet potato, kimchi and crispy shallots

### NEW Tofu Tango GF VG 20

Sauteed cabbage, sauteed kale, tofu, quinoa, baked onion, mixed nuts, seeds, coconut raita, cranberries, fresh herbs and lemon

### Eggplant Delight GF VG 23

Braised eggplant, salt & pepper tofu, chilli, spring onion, sautéed kale, coconut raita, edamame beans and ginger brown rice

## Light Lunch

### Nachos GF V 16

Corn chips, tasty cheese, tomato relish, salsa, whole bean mix, guacamole and sour cream

Pulled Pork 4.0 Marinated Lamb 5.0  
Jalapeños 1.0 Pulled Jack Fruit 5.0

### Hipster Nachos GF VG 17.5

Corn chips, salsa, cashew nut cheese, plant-based mozzarella, tomato relish, guacamole and whole bean mix

Jalapeños 1.0 Coconut Raita 3.0

### Buffalo Bruschetta GFO V 19

Sourdough, artichoke basil pesto, tomato, basil, buffalo mozzarella, garlic, olive oil and balsamic glaze

Halloumi 4.0 Prosciutto 4.5

### Back to Basics GFO VG 13

Sourdough and smashed avocado topped with tomato

Poached Egg (1) 2.5 Prosciutto 4.5  
Halloumi 4.0 Plant based scrambled eggs 6.0

### Roast Pumpkin Frittata GF V 9.9

Roast pumpkin, Danish feta, tasty cheese, spinach, tomato and roasted capsicum

Add side salad 5.0

Add side of fries 2.9

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# Lunch

Mon - Fri 6:00 am - 4:30 pm

Sat 6:30 am - 4:00 pm

Sun 7:00 am - 4:00 pm

## Sides

<b>Caulilicious</b> GFO VG	5.9/9.5
Deep fried cauliflower served with tahini sauce	
<b>Holy Guac</b> GF VG	11.0
Guacamole with a side of corn chips and tomato relish	
<b>French Fries</b> GFO VG	5.9/8.9
Served standard with tomato sauce	
<b>Sweet Potato Wedges</b> GFO VG	7.9/12.9
Served standard with aioli	
<b>Arancini Balls</b> V	14.9
Four pumpkin arancini balls served with your choice of dip	
<b>Haloumi Fries</b> GFO V	12.5
with beetroot & za'atar labneh	
<b>Steamed Veg Bowl</b> GF VG	10.5
Cauliflower, broccoli, carrot and zucchini lightly tossed in olive oil	

<b>NEW</b> <b>Loaded Fries</b> GFO VO VGO	14.9
Loaded fries with pulled pork, kewpie mayo and spring onion Or with your choice of marinated lamb, bacon or jack fruit	

<b>NEW</b> <b>Salty Tofu Garden</b> GFO VG	14.9
With fresh herbs and chilli & soy dipping sauce	

### Vegan Sauces

Tomato Sauce  
Hummus  
Aioli  
Mayo  
Tartare Sauce  
BBQ Sauce  
Sweet chilli sauce  
Mustard  
Tahini Sauce  
Sriracha Mayo  
Kale Pesto  
Artichoke and Basil Pesto  
Guacamole

3.0

### Non-Vegan Sauces

Sour Cream  
Tzatziki  
Chilli Labneh  
Beetroot & Za'atar Labneh

<b>Bone Broth</b> GFO	8.9
A rich beef broth infused with marrow, garlic, black pepper and balsamic. Served with sourdough <b>Buy it frozen for 6.9!</b>	

## Garlic Bread

4 slices

<b>Original</b>	8.9
<b>Cheesey Garlic Bread</b>	10.9
<b>Zaa'tar Cheese Toast</b>	10.9

Choose your bread:

Sourdough  
Low Carb Bread +1.5  
GF Chia Slice +1.5

## Plates

<b>Duk Duk Chick</b> GFO DF	24
Dukkah crusted chicken, sweet potato mash, jus (bone broth reduction) sautéed kale, poached egg, pine nuts and caramelised onion	
<b>Super Green Sauttee</b> GF VG	20
Broccoli, grilled zucchini, sautéed kale, spinach, almonds, almond mustard dressing, parsley, mint and a lemon wedge	
Poached egg (1) 2.5	Ginger brown rice 3.0
Grilled Chicken 5.0	Marinated tofu 4.0

<b>Korean Fried Chicken Bowl</b> GFO VGO	22
Korean Fried Chicken, kewpie mayo, edamame beans, sesame seeds, turmeric & ginger brown rice, kimchi, pickled veg salad and mango kimchi Replace chicken with salt and pepper tofu to make the dish vegan	

<b>Time to Shred</b> GF DF	13
Grilled chicken and sautéed broccoli in olive oil	
Ginger brown rice 3.0	
Have your meal with a Flu and Cold Fighter Shot! 5.0	

<b>Flying Fish</b> GF DF	27
<b>Available until sold out</b>	
Freshly Grilled Atlantic Salmon Fillet, creamy polenta, asparagus, quinoa tabouli and pepitas	

<b>Fish n' Chips</b> GF DF	24
<b>Available until sold out</b>	
2 fish of the day fillets battered in turmeric, dill & gluten friendly flour served with chips, tartare sauce and a side salad	

<b>NEW</b> <b>Soup of the day</b> GFO VG	11.9
Soup of the day served with sourdough. Ask our staff what's available!	

<b>NEW</b> <b>Vegan Dumplings</b> GFO VG	16
8 dumplings served with a chilli & soy dipping sauce, and a side of cucumber in vinegar and olive oil	

## Pasta

Your choice of fusilli pasta, gluten friendly pasta or ginger brown rice

To make vegan or gluten free, fresh pasta is made. Wait may be increased by 10 minutes

Add a slice of Garlic Bread to your pasta +2.0

<b>NEW</b> <b>Chanel's Pasta</b> GFO V	23
Fusilli, braised eggplant, baby spinach, olive oil, chilli, lemon zest, bread crumbs, labneh and rosemary oil	

<b>Giovanna's Pasta (Lina's Mum)</b> GFO	24
Fusilli, grilled chicken, crispy pancetta (pork), roasted capsicum, Spanish onion, chilli and rose sauce garnished with fresh parsley and mint	

<b>Made in Rome</b> GFO V VGO	24
Napolitana sauce made up of sun-dried tomatoes, jalapeños, Spanish onion, green olives, baby spinach and basil served with cashew nut cheese	

# Breads

Mon-Fri 6:00 am - 4:45 pm

Sat 6:30 am - 4:30 pm

Sun 7:00 am - 4:30 pm

Add a side of fries for +2.9 or sweet potato wedges for +\$3.5  
with your choice of dipping sauce!

## Piadinass

- Turkey Boss GFO** 15.5  
Smoked turkey, avocado, sun-dried tomatoes, baby spinach, goats cheese and cranberry sauce
- Piggy Went to the Market GFO** 15.5  
Prosciutto, tomato, kalamata olives, Swiss cheese, artichoke & basil pesto, baby spinach and sweet chilli sauce
- Heart 2 Soul GFO V** 15.5  
Halloumi, roasted capsicum, grilled zucchini, roast pumpkin, artichoke & basil pesto and baby spinach
- Mr and Mrs Swiss GFO VG** 15.5  
Swiss mushrooms, onion jam, organic marinated tofu, roasted capsicum, marinated eggplant, artichoke & basil pesto, baby spinach and mixed greens
- The Little Red Hen GFO** 15.5  
Grilled chicken, Swiss cheese, sun-dried tomatoes, baby spinach and aioli

## Focaccias

- Gobble Gobble GFO** 15.9  
Smoked turkey, avocado, sun-dried tomatoes, goat's cheese, baby spinach and aioli
- Chicken Parmigiana GFO** 15.9  
Chicken schnitzel, pancetta (pork), grilled tomato, tasty cheese, aioli and Napolitana sauce  
*Replace the chicken schnitzel with grilled chicken to make it GF*
- Mediterranean GFO VGO** 15.5  
Marinated eggplant, roasted capsicum, sun-dried tomatoes, kalamata olives, feta, artichoke pesto and rocket  
*Replace feta with cashew nut cheese for a vegan option*
- Deluxe Model GFO** 15.5  
Grilled chicken, Spanish onion, tomato, tasty cheese, avocado, mixed greens and our mayo

## Steak Sandwiches

- Steak Sandwich 1 GFO** 22  
**Available from Thursday until sold out**  
100g scotch fillet, apricot & carrot chutney, caramelised onions, Gorgonzola, tempura pickles, aioli and rocket in Turkish bread. Served with a side of fries
- Steak Sandwich 2 GFO** 22  
**Available from Thursday until sold out**  
100g scotch fillet, pancetta, buffalo mozzarella, roasted capsicum, salsa verde, aioli and rocket in Turkish bread. Served with a side of fries

## Wraps

- Lady Athena GFO** 16.9  
Marinated lamb, halloumi, guacamole, roasted capsicum, mixed greens and tzatziki sauce
- Soul Cleanser GFO VG** 15.5  
Beetroot, red cabbage, carrot, L.S.A mix (linseeds, sunflower seeds and almonds), pepitas, goji berries, hummus, avocado, baby spinach AND tahini sauce served in a multi-grain wrap  
*Grilled Chicken 5.0*
- Spice It Up GFO VG** 15.5  
Chickpeas, spiced cauliflower, carrot, kimchi, cashew nut cheese, avocado, baby spinach and tahini sauce
- Carla's GFO** 15.5  
Grilled chicken, roasted capsicum, Spanish onion, Danish feta, baby spinach and aioli
- Sweet Chick GFO VGO** 15.5  
Chicken schnitzel, sun-dried tomatoes, carrot, avocado, baby spinach, sweet chilli sauce and mayo  
*Replace chicken with salt and pepper tofu to make the dish vegan*  
*Replace the chicken schnitzel with grilled chicken to make it GF*
- Jackie Chang-er GFO VG** 18.9  
Plant-based chicken pieces, black bean paste, cashew nut cheese, red cabbage, roasted capsicum, coriander, lettuce, sweet pickled onions and cashew, lime & sriracha sauce
- Empire GFO VG** 15.5  
Green falafel, quinoa tabouli, avocado, hummus, mixed greens and tahini sauce
- In Limbo GFO** 16.9  
Your choice of **grilled chicken** or **marinated lamb** with quinoa tabbouleh, goat's cheese, avocado, mixed greens and our tzatziki sauce  
LAMB NOT AVAILABLE AFTER 4:30PM
- Gluten friendly wraps available + \$1.5  
(Contains soy and egg)

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# Burgers and Hot Dogs

Mon-Fri 6:00 am - 4:30 pm

Sat 6:30 am - 4:00 pm

Sun 7:00 am - 4:00 pm

Choose from a classic white bun, brioche bun, wholemeal sesame seed bun, bagel (\$1) or gluten friendly bun! (GF +\$1.5 extra) Add a side of fries for +\$2.9 or sweet potato wedges for +\$3.5 with your choice of dipping sauce!

Don't want your burger in a bun? Have it on a bed of ginger brown rice instead for no extra

## Plant Based

### Beyond Me GFO VG 21.5

Beyond meat 'beef' patty, plant-based cheddar, Spanish onion, pickles, tomato, lettuce, aioli and BBQ sauce served with a side of fries and aioli served on a white roll

### Master Veg GFO VG 15.9

Marinated tofu, grilled zucchini, roasted capsicum, cashew nut cheese, tomato, kalamata olives, baby spinach and almond mustard dressing on a wholemeal sesame bun

### Namaste GF VG 15.9

Sweet potato patty, hummus, avocado, tomato, beetroot, carrot and sweet chilli sauce served on a gluten friendly bun

### Princess Fiona GFO V 16.5

Quinoa crumbed halloumi, roast pumpkin, caramelised onions, baby spinach, beetroot relish and beetroot & za'atar labneh on a wholemeal sesame bun

### NEW PB Cheezyburger GFO VG 16.5

Beyond meat 'beef' patty, plant-based cheddar, pickles, caramelised onions, American mustard and tomato sauce served on a white roll

### NEW Not Chicken Burger GFO VG 17.9

Plant-based chicken pieces, avocado, caramelised onion, plant-based cheddar cheese, cherry tomato chutney, aioli and rocket served on a white roll

### Tempura Mushroom Burger GFO V 16.5

Fried tempura mushroom, lentil dahl, sweet pickled onion, salsa verde, goat's cheese, remoulade, truffle oil and rocket on a wholemeal sesame bun

## Beef

Replace the wagyu beef patty for a Beyond Meat 'beef' patty for just +2.0

### The Valedictorian GFO 15.9

Wagyu patty, crispy prosciutto, Gorgonzola, kimchi, mixed greens, whole seeded mustard and aioli

### Umami Burger GFO 21.5

Wagyu patty, crispy pancetta (pork), provolone, Swiss mushrooms, aioli, white truffle oil and crispy shallots served with a side of fries and aioli

### The Love GFO 16.5

Wagyu patty, bacon, fried egg, caramelised onion, tasty cheese, tomato, beetroot, mixed greens and cherry tomato chutney

### Cheeseburger GFO 14.5

Wagyu patty, tasty cheese, pickles, caramelised onions, American mustard and tomato sauce

## Chicken

### The Chicken Dance GFO 16.5

Dukkah crusted chicken, aioli, provolone, pancetta (pork), sweet pickled onions and mixed greens

### Twitter GFO 15.9

Grilled chicken, avocado, Gorgonzola, caramelised onion, sour cream, cherry tomato chutney and rocket

### John's Special GFO 16.5

Chicken schnitzel, bacon, fried egg, tasty cheese, tomato, mixed greens, aioli and sweet chilli sauce

### Southern Fried Chicken Burger GFO 16.5

Crispy chicken (Cajun spiced corn chip crumbed), slaw, mixed greens, bacon and aioli  
Jalapeños 1.0

### Chicken laid a 'cado GF K 16.0

#### No Bread

Grilled chicken, bacon, mixed greens and basil mayo in an avocado topped with sesame seeds

## Hot Dogs

All hot dogs served with a smoked pork Frankfurt

### Basic GFO 8.0

with ketchup

Add mustard

Goes great with a side of fries (2.9) or a side of wedges (3.5)

### The Great Dane GFO 13.9

Crispy shallots, remoulade, pickles, ketchup and mustard

### Ms Gomez GFO 14.9

Black beans, guacamole, sour cream, salsa, sriracha mayo and cheddar

### Pigs in a Fire Blanket GFO 14.9

Pulled pork, slaw, jalapeños and sriracha

### Oppa GFO 14.9

Bacon, kimchi, caramelised onion, cheddar and sriracha mayo

## Pork Burger

### Pulled Pork Burger GFO 15.9

Pulled pork, smoky sriracha barbecue sauce and slaw  
Maple Bacon 4.5

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## Protein Blends

### Peanut Butter Berry Time VG GF 12.5

Organic almond milk, banana, mixed berries, peanut butter, medjool dates, spinach and protein powder

### Mrs Mauve VG GF 11.5

Organic almond milk, banana, blueberries, raw cacao, spinach, medjool dates and choc protein powder

### The Wolf VG GF 10.5

Organic almond milk, banana, blueberries, spinach, espresso, rice malt syrup and vanilla protein

### Macattack VG GF 10.5

Granola, strawberry, banana, almond milk, chocolate protein, mesquite and maca with granola sprinkled on top

### Cinnabun GF 9.5

Muesli, blueberry, coconut oil, vanilla bean, cinnamon, mesquite and almond milk with granola sprinkled on top

### RazzBazz VG GF 9.5

Granola, banana, raspberry, honey and rice milk with granola sprinkled on top

### Chococo VG GF 10.5

Granola, banana, chocolate protein, coconut oil, raw cacao, rice malt syrup and coconut milk with granola sprinkled on top

## Indulge

### Snickers VG GF 12.5

Coconut milk, raw cocoa sauce, peanut butter, salted caramel sauce, coconut ice cream

### The Rubus VG GF 9.5

Organic almond milk, coconut water, raw cacao, raspberries, strawberries, medjool dates and coconut oil

### Cloud 9 VG GF 10.5

Coconut milk, raspberry chia jam, chocolate sauce and coconut ice cream

### Ella Nut VG GF 10.5

Almond milk, house-made nutella, banana and vanilla protein

### Time to Taro VG GF 9.5

Coconut sorbet, almond milk, banana, taro and rice malt syrup

## Smoothies

## Green Smoothies

### Green Python VG GF 11.5

Organic almond milk, banana, baby spinach, almond butter, medjool dates, spirulina, chrollea and mint

### Thai Wing Fai VG GF 12.5

Coconut milk, spinach, medjool dates, mango, coconut flakes and pandan syrup served with a layer of coconut chia seed pudding

### Passionite VG GF 11.5

Almond milk, coconut milk, banana, spinach, pineapple, mango and passionfruit pulp

### Tree of Life VG GF 12.5

Almond milk, spinach, kale, banana, spirulina, cashew butter, vanilla protein, chrollea and lucuma

### Mary Jane VG GF 12.5

Coconut milk, coconut water, coconut oil, banana, hemp seeds, mesquite, spirulina, maca, maple syrup, almond butter and kale

## Classics

### Milk Base

#### The Oatarian V 8.9

Frozen vanilla yoghurt, cow's milk, strawberries, banana, oats and honey

#### Bananarama GF V 8.9

Frozen vanilla yoghurt, cow's milk, banana and honey  
Add a shot of espresso +0.5  
Add a dollop of peanut butter +2.0

#### Berry Me GF V 8.9

Frozen vanilla yoghurt, cow's milk, mixed berries and honey

#### Missango GF V 8.9

Frozen vanilla yoghurt, cow's milk, strawberries, mango and mint

#### Golden Gaytime GF V 9.5

Cow's milk, carob, honey and vanilla ice cream

#### Toblerone GF V 9.5

Cow's milk, espresso, chocolate sauce, honey, hazelnut syrup and vanilla ice cream

### Fruit Base

#### Mango Mania GF V 8.9

Frozen vanilla yoghurt, tropical juice and mango

#### Tropical Getaway GF V 9.5

Frozen vanilla yoghurt, tropical juice, mango and mixed berries

#### Bella Goes East GF V 8.9

Frozen vanilla yoghurt, ginger, pineapple and orange

## Bold Spices

### Fire and Ice VG GF 9.5

Organic almond milk, banana, raw cacao, almond butter, cacao nibs, cinnamon, cayenne pepper and maple syrup

### Mudslide VG GF 9.5

Organic almond milk, espresso, banana, raw cacao, maple syrup cinnamon, medjool dates

## Super Blends

### The Amazonian VG GF 12.5

Coconut water, acai, banana, mango and chia seeds  
Vanilla Protein 1.2

### Ah-Mazing VG GF 9.5

Coconut water, banana, raw cacao, Brazil nuts, baby spinach, medjool dates and coconut flakes

### Island Sunrise VG GF 10.5

Orange, mangoes, mint, strawberries, banana and kiwi fruit

## Frappes

### Milk Base

Blended with ice and Golden North vanilla ice cream

#### Cafenatic GF V 8.5

Cow's milk, double shot espresso and vanilla syrup

#### Mocha Delight GF V 8.5

Cow's milk, chocolate sauce, shot of espresso

#### Chi Town GF V 8.5

Cow's milk, chai powder and vanilla syrup

#### Coconut Surprise VG GF 9.5

(No vanilla ice cream)  
Coconut milk, rice malt syrup and coconut ice cream

#### Matcha Colada VG GF 11.5

(No vanilla ice cream)  
Coconut milk, matcha powder, rice malt syrup and coconut ice cream

### Fruit Base

Blended with ice and lemon sorbet

#### Love Thy Lychee VG GF 8.5

Fresh watermelon juice and lychee syrup

#### It's Pearific VG GF 8.5

Fresh Pear juice, lime, strawberries and mint

#### Pink Summer VG GF 8.5

Apple juice and strawberries

#### Felipe's VG GF 8.5

Apple juice and mixed berries

#### Aloha VG GF 8.5

Orange and mango juice and mango

#### Fresca VG GF 8.5

Apple juice, mint and lime

# Specialty Drinks

## FODMAP

**Sweet Blue Shake** **VG GF** 9.5  
Blueberries, vanilla bean, rice milk and coconut soft serve

**Breakfast Blast Shake** **VG** 9.5  
Coconut yoghurt, strawberries, oats, linseeds, cinnamon, organic almond milk, coconut oil and ice

**Berries Meet Chia Shake** **VG GF** 9.5  
Rice milk, strawberries, raspberries, maple syrup on top of coconut chia gel

**Cacao Berry Shake** **VG GF** 9.5  
Almond milk, rice malt syrup, strawberries, raspberries, cacao, almond butter

**Ginger Lemonade** **VG GF** 8.5  
Cold-pressed ginger juice, filtered water, lemon and lemon sorbet

## Iced Milk Bar

**Iced Drinks** **GF V VGO** 7.9  
**Flavours:** coffee, chocolate, mocha or organic vanilla bean

**Milkshakes** **GF V VGO** 7.5  
**Thickshakes** **GF V VGO** 9.5

**Flavours:** chocolate fudge, raw cacao, vanilla bean, strawberry, raspberry, salted caramel, caramel, choc mint, coffee, peanut butter, matcha or chai

### Vegan Option +3.0

We replace vanilla ice cream with vegan coconut ice cream. Replace cow's milk with your choice of milk: oat, almond, rice, soy or coconut milk

**Soft-serve Super Thicc Shake** **VG GF** 7.9

**Flavours:** chocolate, strawberry, matcha, mocha and coffee

We use our house-made coconut soft-serve instead of ice cream to make these delicious drinks

## Methylation

Methylation is a fundamentally important biochemical process whereby a methyl group, consisting of one carbon and three hydrogen atoms, is transferred to a substrate such as DNA, RNA, neurotransmitters, hormones, immune cells or nerve cells. These newly methylated compounds can then complete their tasks in the body, which includes detoxification, DNA and RNA synthesis and repair, gene regulation, neurotransmitter production, hormone regulation, energy production, cell membrane repair, fat metabolism, myelination, and immune function.

**Celebration** **GF V** 13.5  
Coconut water, salted caramel protein powder, hydrolysed collagen powder (not VG), creatine monohydrate, soy lecithin, banana, spinach, Brazil nuts, strawberries, kelp powder, cinnamon

## Workout Shakes

**Pre-Workout**  
**Run Like The Wind** **VG GF** 10.5  
Rice milk, almond butter, banana, espresso, cacao, vanilla protein

**Go For Green** **VG GF** 10.5  
Almond milk, peanut butter, maple syrup, kiwi fruit, kale and creatine

**Healthy Start** **VG GF** 10.5  
Carrot, almond butter, blueberries, hemp seeds, vanilla protein, creatine

**Revive** **VG GF** 10.5  
Watermelon juice, beetroot juice, kale, blueberries, spinach and blood orange BCAA powder

**Post-Workout**  
**The Rundown** **VG GF** 12.5  
Coconut water, banana, cacao, almond butter, blueberries, dates, spinach, chia, vanilla protein and Japanese Glutamine

**Workout Refresh** **GF V VGO** 10.5  
Carrot juice, orange juice, coconut water, coconut yogurt, mango, vanilla protein and Japanese Glutamine

## Keto Shakes

**Fibre Magic** **GF VG K** 9.5  
Coconut milk, linseed, chia seeds, blueberries, MCT oil

**Choc Shake** **GF VG K** 9.5  
Coconut Milk, cacao, almond butter, vanilla bean

**Power Up** **GF VG K** 13.5  
Coconut Milk, avocado, spinach, blueberries, peanut butter, maca powder, protein powder and charcoal

**Merry Berry Smoothie** **GF K** 10.5  
Coconut milk, vanilla bean, cream cheese, strawberries and MCT oil

**Pink Keto Smoothie** **GF VG K** 10.5  
Coconut milk, beetroot juice, almond butter, raspberry and MCT oil

## Adaptogenics

**Berry Glow** **VG GF** 10.5  
Almond milk, dates, strawberry, goji berries, lucuma, MSM and Superfood Beauty Blend

**Nootropic Galore** **VG GF** 13.5  
Coconut milk, protein powder, blueberry, butterfly pea powder, cordyceps, espresso, raw cacao, peppermint oil and reishi

## Upgrades

**House-made**  
**Peanut Butter** 2.0  
**Almond Butter** 2.0  
**Vegan Chocolate Sauce** 2.0  
**Salted Caramel Sauce** 2.0

**Protein Powders**  
The Protein we use is organic, vegan, GF, low carb, hypoallergenic, low gi, suitable for paleo diets and made in Australia

**Vanilla** 1.2  
**Chocolate** 1.2  
**Salted Caramel** 1.2

**Powders**  
**Matcha** 1.5  
**Lucuma** 1.0  
**Maca** 1.0  
**Spirulina** 1.0  
**Creatine** 1.2  
**Charcoal** 1.2  
**Magnesium** 1.2  
**MSM** 1.2  
**Japanese Glutamine** 1.2

**Boosters**  
**Reishi** 2.0  
The mushroom of immortality, helps create immunity, adaptability, and hormone health

**Chaga** 2.0  
A medicinal mushroom used in China for thousands of years that assists with stress and immune building

**Lion's Mane** 2.0  
A beautiful mushroom, said to give one 'nerves of steel and the memory of a lion'

**Cordyceps** 2.0  
A powerful athlete's tonic that builds physical power by balancing and restoring the body's fundamental energies

**MCT Oil** 2.0  
Medium Chain Triglycerides from coconuts. Processed in the liver, they are absorbed quickly and provide fast and sustained energy

Adaptogens relieve stress by modulating the release of stress hormones from the adrenal glands. As biological response modifiers (BRMs) adaptogens restore the body's innate immune function and help the body adapt to different stressors. This gives them preventative and protective as well as curative activity in compromised immunity.

# Juices

All our juices are vegan and gluten friendly

## Green Juices

**VEG Central** 8.5  
Cucumber, carrot, beetroot, spinach, lemon and mint

**Double Trouble** 8.5  
Cucumber, kale, zucchini, spinach, lemon, turmeric and ginger

**The Good Green One** 8.5  
Celery, spinach, cucumber, ginger and lemon

### Blended Whole

**Green Flo** 9.5  
(Blended whole with filtered water) Apple, banana, broccoli, celery, cucumber, pineapple and lettuce

### With Fruit

**Green Coconut** 8.5  
Apple, coconut water, pineapple, lime, spirulina, basil and chia seeds

**The Hulk** 8.5  
Apple, fennel, cucumber, spirulina, spinach and chia seeds

**Captain Planet** 9.5  
Pear, celery, spinach, avocado, mint and lime

**Emerald City** 8.5  
Apple, ginger, lemon, cucumber, spinach, mint and L.S.A. mix

**Ninja** 8.5  
Apple, goji berries, banana, mixed berries and kale

**Fresh Pines** 8.5  
Pineapple, pear, lemon, ginger, spirulina and mint

**The Kermit** 8.5  
Apple, ginger, lime and kale

**Hector** 8.5  
Apple, lemon, lime, cucumber, spirulina, mango and spinach

**The Marshall 2.0** 8.5  
Pineapple, banana, spinach and passionfruit pulp

**The Veganaut** 8.5  
Apple, goji berries, strawberries, spinach and maca powder

## Fruit Juices

**Harrison's** 8.9  
Pineapple, mango, passionfruit pulp and lime

**Breakfast Juice** 8.9  
Orange, pineapple, grapefruit, strawberries, spinach and basil

**Divinity** 7.9  
Apple, ginger, lemon, celery and parsley

**5th Element** 8.5  
Carrot, celery, beetroot, lemon and ginger

**C.O.L.A.** 7.9  
Carrot, orange, lemon and apple

**Kiwi Illusion** 9.5  
Pineapple, ginger, lime, cucumber, spinach and mango

**Cough Remedy** 8.5  
Pineapple juice, ginger, honey, cayenne pepper and salt

**Vitamin C** 7.9  
Orange, grapefruit, lemon and lime

**Zing** 7.9  
Orange, pineapple and ginger

**Blue Star** 8.5  
Watermelon, mint and blueberries

**Coco Loco** 7.9  
Watermelon, apple and kiwi fruit

**Pear Shaped** 8.9  
Pear, lemon, apple and mint

**Lady In Red** 8.9  
Coconut water, strawberries, mango, beetroot and kiwi fruit

**Summer Days** 8.5  
Orange, pineapple and strawberries

## Cold-Pressed

Cold pressed juice available until 4:30 pm

**Feel The Beet** 8.9  
Orange, beetroot, lime and turmeric

**Restore** 9.9  
Pineapple, celery, carrot, lime and turmeric

**Scarlett** 9.9  
Orange, apple, raspberry and turmeric

**Strawberry Lemonade** 9.5  
Apple, watermelon, strawberry, lemon and raspberry

**Jessica Rabbit** 9.9  
Carrot, orange, lemon, ginger and turmeric

Please note that our products either contain or/are produced in kitchens which contain/use peanuts, tree nuts, seafood, soy, milk (and other dairy), egg, sesame, wheat (gluten), lupin and sulphite preservatives. We cannot guarantee that any of our products are 100% allergen free.



# Coffee and Tea

## Black

Our black coffee is served with premium single origin varieties which change daily. We also offer decaf

Ristretto/Espresso	4.0
Half/Full Long Black	4.5
Aeropress Filter Coffee*	7.0
Pour-over Ultimate Experience*	9.0

Pour-over coffee is served at the table by your barista for the ultimate experience. Subject to barista availability.

\*Enough to share for 2 people

<b>NEW</b> Batch Brew	4.0
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Batch Brew is all about the equipment which allows the user to prepare large batches of filter coffee in one, automated go.

## White

Jersey Premium Milk (Fleurieu Milk Co.)

Macchiato	4.0
Half Latte	4.0
Cafe Latte/Flat White/Cappuccino	4.2
Mocha	5.9

(Choice of milk chocolate, dark chocolate or half half)

Magic	4.5
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## Milk Range

Macadamia Milk (Milk Lab)	+1.0
Lactose Free (Milk Lab)	+0.8
Soy Milk (Bonsoy)	+0.8
Almond Milk (Milk Lab)	+0.8
Almond Milk (Pure Harvest)	+0.8
Rice Milk (Vitasoy)	+0.8
Oat Milk (Alternative)	+0.8
Coconut Milk (Milk Lab)	+0.8

## Upgrades

<b>Reishi</b>	2.0
The mushroom of immortality, helps create immunity, adaptability, and hormone health	

<b>Chaga</b>	2.0
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A medicinal mushroom used in China for thousands of years that assists with stress and immune building

<b>Lion's Mane</b>	2.0
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A beautiful mushroom, said to give one 'nerves of steel and the memory of a lion'

<b>Cordyceps</b>	2.0
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A powerful athlete's tonic that builds physical power by balancing and restoring the body's fundamental energies

<b>MCT Oil</b>	2.0
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Medium chain triglycerides from coconuts. Processed in the liver, they are absorbed quickly and provide fast and sustained energy

<b>Shilajit</b>	2.0
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Shilajit has been shown to be beneficial for boosting energy and overcoming tiredness, exhaustion, and fatigue. In Sanskrit the definition of the word Shilajit translates as "Conqueror of mountains and destroyer of weakness" and 'Winner of rock'.

<b>Beauty Blend</b>	2.0
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The ancient herbs knows collectively as the three sisters, goji, schizandra, and logan may increase radiance to the skin, hair, nails and, internally, to the fascia.

## Cold Coffee

Cold drip coffee is a slow and gentle process popular in Japan. Instead of the heat and speed of espresso extraction, cold drip uses only iced water and time to brew coffee, leading to a rich and smooth drink that is as bold as the process is meditative.

<b>Original Cold Drip</b>	5.5
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Our original cold drip coffee

<b>Coconut Cold Drip</b>	6.0
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Refreshing, naturally sweet and healthy with three ingredients: coconut water, ice and coffee

<b>Moroccan Cold Drip</b>	6.0
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A beautiful mix of spices to start your day. Star anise, orange and mint mixed with our own cold brew

<b>Icy Coconut</b>	7.5
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Shaken coconut milk, cold brew coffee, maple syrup, coconut ice cream, cinnamon

<b>Icy Matcha</b>	7.5
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Coconut water, cold-pressed ginger, organic matcha maple syrup, coconut ice cream and cinnamon shaken

Espresso 1.0

<b>Vegan Affogato</b>	8.0
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Coconut ice cream and strawberry with a double shot of espresso

Vegan chocolate sauce 2.0

<b>NEW Argo Affogato</b>	7.0
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Golden North vanilla ice cream and strawberry with a double shot of espresso

<b>Iced Latte</b>	5.0
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<b>Iced Long Black</b>	5.0
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## Tea

\$5 per pot of Tea

Take some tea home! 100g for \$15.

### Rooibos

- Blueberry Yoghurt
- Strawberry Cream
- Hibiscus & Roship

### White Tea

- Pai Mu Ten

### Fruit Tea

- Elephant blend banana & coconut

### Black

- English Breakfast
- Earl Grey
- Royal Delight
- Formosa
- Lapsong souchong

### Sencha

- Sencha Baked Apple
- Komboucha Sencha
- Gojiberry Sencha

### Chai

- Masala Chai
- Dandelion

### Green

- Grapefruit
- Green Tea (Lung Ching)
- Peach
- Jasmine

### Herbal

- Dextox
- Men's Activity
- Kidney Tea
- Immunity
- Fasting
- Tulsi sacred basil
- Calming
- Citrus Chamomile
- Fitness
- Lemongrass & Hibiscus
- Organic Bacopa
- Cascara Tea

# Superhero Lattes

## Chai

**Original Chai Latte GF V** 5.5  
Your choice of milk with our special Chai Mix

**Spiced Chai Latte GF V** 7.0  
Our special chai mix with cinnamon, nutmeg and cold-pressed ginger

**Whole Leaf Chai Latte GF V VGO** 7.0  
Your choice of milk, masala and honey

**Dandelion Chai Latte GF V VGO** 8.0  
Your choice of milk dandelion Chai tea and honey

**Vegan Ground Chai Latte GF VG** 7.0  
Your choice of milk with a unique blend of seven freshly ground spices, sourced directly from some of the world's finest spice farms

## Spices

**Turmeric Latte (try it iced) GF VG** 7.0  
Your choice of milk mixed with our turmeric mix (turmeric, black pepper, cinnamon) organic coconut oil and organic rice malt syrup

**Golden Boy GF VG** 7.0  
Your choice of milk with our turmeric mix (turmeric, black pepper, cinnamon), orange blossom water and coconut nectar

**Spiced Carrot Latte GF VG** 7.0  
Bonsoy (not available with cow's milk) with fresh carrot juice and gingernut syrup

**Ginger-Nut Latte GF VG** 7.0  
Your choice of milk mixed with gingernut syrup, double espresso, organic coconut oil, nutmeg and cinnamon  
(try over ice)

## Rainbow

**Beetroot Latte GF V** 7.0  
Bonsoy (not available with cow's milk) with freshly squeezed beetroot with black pepper, honey or rice malt (VGO) and ginger  
*Beauty Blend* 2.0

**Lavender Latte GF V** 7.0  
Your choice of milk mixed with brewed Earl Grey tea, essential lavender oil, cinnamon and honey or rice malt (VGO)

**Taro Latte GF VGO** 7.0  
Your choice of milk with Asian taro root powder mix (slightly nutty flavour with hints of vanilla), served with a dollop of red bean

**Peanut Butter Jelly Latte GF** 7.0  
Your choice of milk (not available with cow's milk) with our peanut butter, Beerenberg strawberry jam, organic pitaya and coconut nectar

**Raw Cacao or Carob Hot Choc VGO GF** 7.0  
Your choice of milk with raw cacao or roasted carob, organic coconut oil, maple syrup, cinnamon and nutmeg

**Nutella Latte VGO GF** 8.0  
Your choice of milk with dark Belgian hot chocolate and nutella paste  
*Espresso* 1.0

**Charcoal Latte VGO GF** 7.0  
Your choice of milk mixed with activated coconut charcoal, carob syrup, maple syrup, cinnamon and coconut oil

## Healthy

**Super Mario GF** 8.0  
Your choice of milk mixed with Lion's Mane, Cordyceps, Chaga, Cinnamon, Carob, MCT Oil

**Keto Collagen Hot Choc GF V** 8.0  
Coconut milk and double thickened cream with raw cacao, collagen and MCT Oil

**Bulletproof Mushrooms GF V** 8.0  
Espresso with collagen, MCT oil, grass fed butter, lion's mane and chaga

**Bulletproof GF V** 8.0  
MCT oil, raw cacao, espresso, organic grass fed butter and cinnamon  
*Chilli* 0.5

**@medicalmedium's Spiced Chaga Latte** 7.0  
Coconut milk, chaga, cinnamon, ginger, cardamom, nutmeg and honey topped with coconut whipped cream. (no adjustments)

**Matcha Latte** 7.0  
Your choice of milk mixed with green tea matcha and organic honey (vegan option)

**Smoky Shilajit Hot Choc** 8.0  
Nettle tea with cacao nibs, raw cacao, carob powder, shilajit, reishi, maca, cinnamon, coconut nectar and almond milk

**Warm Elixir** 8.0  
Coconut milk with reishi, chaga, raw cacao, maca, turmeric, cayenne and coconut nectar

**Green Ginger Latte** 8.0  
Organic soy milk with cold-pressed ginger juice, organic matcha and organic rice malt syrup

# Hot Chocolates

All served in a medium size when dining in, large available in t/a cup

## Belgian

**White Chocolate** 5.5  
**Milk Chocolate** 5.5  
**Dark Chocolate** 5.5  
**Blend of Two (Milk/Dark)** 6.5  
**Top Deck (Milk/White)** 6.5  
**Chilli Choc (Milk)** 6.5  
**Salted Caramel (Milk)** 6.5  
**Strawberry (Dark)** 6.5  
**Strawberry n' Cream (White)** 6.5

**Turkish Delight (Dark)** 6.5  
**Cinnamon Donut (White)** 6.5  
**Peanut Butter (Milk/Dark)** 6.5  
**S'Mores (Milk/White/Dark)** 6.5  
**Jaffa (Dark)** 6.5  
**Strawberry n' Orange (Dark)** 6.5  
**Mix n' Match** 6.5

1. pick white, milk or dark chocolate  
2. Add one of the following:  
caramel, hazelnut, mint, fresh shot of ginger or organic matcha

## Single Origin

**Ecuadorian** 6.5  
Forastero Nacional (70% cocoa)

**Madagascar** 6.5  
Criollo, Forastero, Trinitario (67% cocoa)

# Argo-mart

## Long-life Milks

Happy Happy Soy Boy 1L	6.0
Vltasoy Unsweetened Rice Milk 1L	4.5
Alternative Oat Milk 1L	4.5
Pure Harvest Activated Almond Milk 1L	4.5
MilkLab Macadamia Milk 1L	4.5
MilkLab Coconut Milk 1L	4.5
MilkLab Almond Milk 1L	4.5
Zymil Lactose Free Milk 1L	3.0

## Coffee Essentials

Seven Spice Chai 1kg	55.0
Arkadia Chai Tea 1.5kg	29.0
Monastery Coffee Pods 10 pods	12.0
Aeropress	50.0
Aeropress GO	55.0
Aeropress Microfilters 350 units	8.0
Porlex Coffee Grinder	109.0

Monastery Coffee Beans available at  
[monasterycoffee.com.au](http://monasterycoffee.com.au)

## Alcohol Infusers

Fill to top of the jar with desired alcohol. Swirl gently to mix solution.  
Let infuse for 3-5 hours or until desired strength is achieved. Strain out  
the ingredients. Refrigerate once alcohol is added.  
Best consumed within two weeks of infusion.

<b>NEW</b> Tropical Cyclone - For Vodka	18.0
Pineapple, Grapefruit, Lime, Mango, Banana, Naturally Coloured Sugar with Ginger Juice	
<b>NEW</b> Strawberry Bliss - For Gin	18.0
Strawberry, Lemon, Black Pepper, Mint, Basil, Naturally Coloured Sugar with Beetroot Juice	
<b>NEW</b> Spicy Citrus - For Rum	18.0
Orange, Lemon, Cinnamon, Star Anise, Black Pepper, Clove, Coconut Sugar	

## House-made Loaves

Serves 10-12

Banana Bread Loaf	35.0
Our house-made banana bread, delicious fresh or toasted Also available as a slice for 4.90	
Dark Belgian Choc & Banana Bread Loaf	39.0
Our house-made vegan banana bread made with dark belgian choco- late, best served toasted Also available as a slice for 5.90	
Carrot & Walnut Cake	39.0
Our house-made Carrot & Walnut cake, best served fresh Also available as a slice for 5.90	
Farmer's Fruit Loaf	35.0
Gluten Free and vegan fruit loaf, best served toasted Also available as a slice for 5.90	
Raw Cacao & Walnut Loaf	35.0
Gluten Free and vegan raw cacao & walnut loaf, best served toasted Also available as a slice for 5.90	
Keto Zucchini Bread Loaf	39.0
Our house-made Keto Zucchini Bread Loaf, best served fresh and goes well with cream Also available as a slice for 5.90	

## Granola & Muesli

Flaked Quinoa Muesli 350g	11.9
Rice puffs, quinoa flakes, pepitas, coconut flakes, vanilla essence, rice malt syrup, coconut oil, sultanas, cranberries and raw cacao <b>Also available in 1kg packs for \$29</b> <b>NUT FREE</b>	
Keto Granola 350g	12.9
Almonds, walnuts, hazelnuts, pepita seeds, sunflower seeds, linseed, vanilla protein powder, coconut flakes, almond butter, currants, vanilla bean paste <b>Also available in 1kg packs for \$35</b> <b>CONTAINS NUTS</b>	
Paleo Granola 350g	11.9
Almonds, sunflower seeds, pepitas, carob, coconut oil, coconut flakes and cinnamon <b>Also available in 1kg packs for \$29</b> <b>CONTAINS NUTS</b>	

Please note that our products either contain or/are produced in kitchens which contain/use peanuts, tree nuts, seafood, soy, milk (and other dairy), egg, sesame, wheat (gluten), lupin and sulphite preservatives. We cannot guarantee that any of our products are 100% allergen free.

# Frozen Ready-To-Go Meals

## Family Dinner

## 1 Portion Lunch/Dinner

Each tray of food serves up to 6. \$39 per tray  
Vegan and Gluten Free option for \$45  
Tray size: 32cm x 25cm x 6cm  
Available until sold out

### Lasagna

Traditional beef lasagna layered with bolognese sauce, mozzarella cheese, ricotta and bechamel

### Moussaka

Sauteed beef and eggplant mixed in potato and zucchini, topped with a thick layer of bechamel sauce and parmesan cheese

### Shepard's Pie

Classic shepard's pie with beef, carrot and celery topped with creamy mash and parmesan cheese

### Keto Zucchini Bake

Zucchini, eggs, bacon, spring onion, cheese

Bake frozen in a pre-heated 180C oven for 30 minutes

## Desserts

A filling of tender cinnamon laced fruit topped with a with nubbly, crunchy, golden topping. These dishes serve 6-8 people

Apple Crumble GF VG 17

Apple & Berry Crumble GF VG 17

Each portion of food is \$11.9\*

All food is made fresh and then frozen to preserve quality.  
Available until sold out

### Keto Tandoori Chicken GF DF K

Chicken marinated in our tandoori sauce, grilled and served with broccoli on cauliflower rice

Keto Mushroom Risotto\* GF DF K 14.9

Sliced mushrooms cooked in a creamy coconut sauce, served with cauliflower rice

### Slow Cooked African Chicken Stew GF

Chicken braised in an Ethiopian spiced sauce with onions, potato and broccoli served with basmati rice

### Hungarian Goulash GF DF

Rump steak, carrots, capsicum, potato and onion all cooked together in our tomato based sauce served with basmati rice

### African Lentil Stew GF V

Green and brown lentils stewed in a tomato based sauce with African spices

### Fassoula GF VG

Borlotti bean stew with steamed rice

### Lebanese Stew (Bazala) GF DF

Rump steak, onions, carrots, potatoes, peas, tomato, tomato paste with a spice mix and steamed rice

Frozen Bone Broth GF DF K 6.9

A rich beef broth infused with marrow, garlic, black pepper and balsamic

### Sweet Potato and Black Bean Beef Chilli

Beef, sweet potato, black beans, onion, carrot, capsicum, corn, tomatoes, mixed spices, topped with coriander served with rice

# Food Allergies and Labelling

We understand that food allergies are allergic disorders, not food preferences.

When you or someone with food allergies eat at Argo, you rely on us to provide you with accurate information about the ingredients in your food so that you can make informed decisions about what to order.

Argo has strict procedures in place to ensure that there is no cross-contamination between foods but we can not guarantee that some food and/or drinks will not contain some traces of a particular food allergen.

This is why it's so important to us that you tell us about any food allergy or intolerance that you or anyone in your party has regardless of whether you think it's necessary or not. We are not in the first line of production for some of the food items we buy and because of that, we rely on the manufacturer and the supplier to inform us about what we are buying from them.

This is why we have decided to change all food labelled 'gluten-free' to 'gluten-friendly'. This shouldn't discourage you from continuing to visit us, we are still doing everything we can to make sure that the food is safe to eat for those with allergies and intolerances. One of our directors has coeliac disease and he eats here every day.

## Here are some small things we changed to make a difference.

We signed the 'Ethical Paper Pledge' to ensure all the paper we use is 100% recycled. We are consistently recycling over 80% of all our waste every single month. We went from using 12L per minute to only using 4.5L per minute. Every year we support over 30 local community groups and we are always looking for more ways we can help and grow our community.



**Proud signatory of the  
Ethical Paper Pledge**

**EthicalPaper**   
[www.ethicalpaper.com.au](http://www.ethicalpaper.com.au)

# Monastery Coffee

*We are a small batch roaster of traceable coffees based in Adelaide, South Australia.*

*To us 'traceable' designates two key things - quality and provenance; we only roast coffees of the highest quality and coffees that are traded in a transparent and sustainable manner. We feel as the roaster it is our role to firstly - roast only to preserve and highlight the individual qualities inherent in each coffee due to the meticulous work of the producers, and secondly - to make sure you know who those producers are and where your coffee came from.*

*We believe in an economically sustainable supply chain, wherein everybody from the consumer to the farmer is empowered. To that end we only roast coffees that are sourced in an ethical, transparent and responsible manner. We go to lengths to ensure all players in the supply chain are remunerated fairly and have access to the same knowledge - most pertinently those in producing countries, who are currently benefiting the least from trade and simultaneously bearing the most risk.*

*Together we can change that.*

## Seasonal Blend

The coffee bean begins as the seeds of a cherry - the seasonal fruit of a tropical forest shrub, grown predominantly in East Africa, Central & South America & South East Asia. The seeds in this blend were nurtured, carefully hand picked, fermented, dried & exported. It is a long supply chain fraught with difficulties

*Toasted almonds, black cherry and dark chocolate*

250g 17.0 500g 29.0 1kg 58.0

## Carmela Aduviri

Carmela has worked in coffee for forty years while raising eight children. Her farm, "Carmelita", is about 2 hectares in size, and is located at an altitude of 1,400 to 1,550 metres above sea level. Today Carmela manages the farm with her son, and together they have worked incredibly hard on improving and producing the best quality coffee they can.

*Candied walnuts, plum and port wine*

250g 22.0 1kg 75.0

## Chire

This coffee is natural processed. It is classified as Grade 1, indicating that a lot of effort has been put into the selection and grading during processing. Processing naturals well requires a high level of attention to detail.

*Berries, tropical fruit and white chocolate*

250g 17.0 500g 29.0 1kg 58.0

## Fazenda Progresso

This lot is a natural processed lot from the farm, which was carefully hand-picked by a specially trained team in August. The cherries were selected at the peak of ripeness, and then carefully dried on meticulously clean patios in the sun, and turned regularly to ensure they dried evenly. When the cherry was almost purple, the dried fruit skin and parchment was taken off with a mechanical huller at Progresso's mill. The coffee was then rested until ready for export.

*Toasted nuts, butterscotch and marmalade*

250g 22.0 1kg 75.0

## Decaf

This lot is a blend of coffee from small producers in Pitalito, Huila that was decaffeinated in Colombia (the same country as that which the coffee was grown) using ethylacetate - a by product derived from fermented sugar cane - which was also grown in Colombia!

*Dark chocolate, toasted hazelnuts and mulberries*

250g 17.0 500g 29.0

## Small Producers of Ibagué

The farms that contributed to this lot are small - around 3 hectares in size - and are located at 1,850m above sea level. They farm traditionally, and grow a mix of Caturra, Colombia and Castillo coffee varieties.

*Brown sugar, dark chocolate and blackberries*

250g 17.0 1kg 58.0

## Buf Remera

This coffee is natural processed. It is classified as Grade 1, indicating that a lot of effort has been put into the selection and grading during processing. Processing naturals well requires a high level of attention to detail.

*Black tea, baking spices and dried apricot*

250g 19.0 1kg 65.0

## Dimtu

The Dimtu group has 26 members and their households. Coffee is the primary source of income for the year, often supplemented by local sale of vegetables such as beans, corn, garlic, and greens.

*Almond praline, green apple and honey*

250g 17.0 1kg 58.0

## La Floresta

This coffee is harvested by a strict ripeness criteria. It is then exposed to a dry fermentation (un-submerged) of 10 hours before being pulped. Finally, the coffee is dried on raised beds until it reaches a stable 10% moisture content.

*Banana liqueur, milk chocolate and wine gums*

250g 26.0 1kg 88.0