

12% surcharge applies during Public Holidays



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

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

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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 & Fried 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
Available until sold out	
Fussili pasta with grilled chicken, pine nuts, roast pumpkin, broccoli, baby spinach and cream	
Vegan Penne Pasta GF VG	15.9
Available until sold out	
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

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

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

Breakfast

Sat 6:30 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

Low Carb Pancake Stack GF 23

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

Sat 6:30 am - 4:30 pm

Sun 7 am - 4:30 pm

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

Sun 7:00 am - 3:00 pm

Breakfast Sandwiches

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

In a wrap +2.0

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

Sat 6:30 am - 4:30 pm

Sun 7:00 am - 4:30 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
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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
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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
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Brioche Jaffles

3 Cheese Please V

13.5

Tasty cheese, provolone, Swiss cheese, thyme and honey

Add side of fries	2.9
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Croque Monsieur

13.5

Smoked ham, cheese, mustard and pickles

Add side of fries	2.9
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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

Sat 6:30 am - 4:45 pm

Sun 7:00 am - 4:45 pm

All Ingredients are vegan and gluten friendly (excluding honey)

Step 1: Choose your base

Nutty Banana 16.9	Max Ketosis K 17.9	Pina Colada 17.9	Acai Original 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)
Green Matcha 16.9	Nutella Smoothie Bowl 16.9	Pitaya Fruit Paradise 17.9	Gypsy 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

Paleo Granola Almonds, sunflower seeds, pepitas, carob, coconut oil, coconut flakes and cinnamon CONTAINS NUTS	Flaked Quinoa Muesli Rice puffs, quinoa flakes, pepitas, coconut flakes, vanilla essence, rice malt syrup, coconut oil, sultanas, cranberries and raw cacao NUT FREE	Keto Granola Almonds, walnuts, hazelnuts, pepita seeds, sunflower seeds, linseed, vanilla protein powder, coconut flakes, almond butter, currants, vanilla bean paste CONTAINS NUTS
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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

Brunch Crunch 13.9	Fruitylicious 13.9	OG Soft Serve 6.9	Green Crunch 12.9	Mocha and Me 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

Sat 6:30 am - 4:30 pm

Tossed Salads

KB's Summer Salad GFO 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 served with parmesan shavings

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

Sun 7:00 am - 4:30 pm

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

Sat 6:30 am - 4:30 pm

Sun 7:00 am - 4:30 pm

Sides

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

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

Garlic Bread

4 slices

Original GFO	8.9
Cheesey Garlic Bread GFO	10.9
Za'atar Cheese Toast GFO	10.9

Choose your bread:
Sourdough
Low Carb Bread +1.5
GF Chia Slice +1.5

Plates

Duk Duk Chick GFO DF	24
Dukkah crusted chicken, sweet potato mash, jus (bone broth reduction) sautéed kale, poached egg, pine nuts and caramelised onion	
Super Green Sautée 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
Korean Fried Chicken Bowl 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	
Time to Shred 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	
Flying Fish GF DF	27
Available until sold out	
Freshly Grilled Atlantic Salmon Fillet, creamy polenta, asparagus, quinoa tabouli and pepitas	
Fish n' Chips GF DF	24
Available until sold out	
2 fish of the day fillets battered in turmeric, dill & gluten friendly flour served with chips, tartare sauce and a side salad	
NEW Soup of the day GFO VG	11.9
Soup of the day served with sourdough. Ask our staff what's available!	

Pasta

Your choice of fussili 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

NEW Chanel's Pasta GFO V	23
Fussili, braised eggplant, baby spinach, olive oil, chilli, lemon zest, bread crumbs, labneh and rosemary oil	
Giovanna's Pasta (Lina's Mum) GFO	24
Fussili, grilled chicken, crispy pancetta (pork), roasted capsicum, Spanish onion, chilli and rose sauce garnished with fresh parsley and mint	
Made in Rome 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

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!

Piadininas

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

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

NEW

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)

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

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.

Burgers and Hot Dogs

Sat 6:30 am - 4:30 pm

Sun 7:00 am - 4:30 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

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

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

Strawberry Lemonade 9.5
Apple, watermelon, starberry, lemon and raspberry

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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

NEW Batch Brew	4.0
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

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

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

Lion's Mane	2.0
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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

Shilajit	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'.

Beauty Blend	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.

Original Cold Drip	5.5
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Our original cold drip coffee

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

Moroccan Cold Drip	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

Icy Coconut	7.5
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Shaken coconut milk, cold brew coffee, maple syrup, coconut ice cream, cinnamon

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

Espresso 1.0

Vegan Affogato	8.0
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Coconut ice cream and strawberry with a double shot of espresso

Vegan chocolate sauce 2.0

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

Iced Latte	5.0
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Iced Long Black	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

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.

NEW Tropical Cyclone - For Vodka	18.0
Pineapple, Grapefruit, Lime, Mango, Banana, Naturally Coloured Sugar with Ginger Juice	
NEW Strawberry Bliss - For Gin	18.0
Strawberry, Lemon, Black Pepper, Mint, Basil, Naturally Coloured Sugar with Beetroot Juice	
NEW 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 Also available in 1kg packs for \$29 NUT FREE	
Keto Granola 350g	12.9
Almonds, walnuts, hazelnuts, pepita seeds, sunflower seeds, linseed, vanilla protein powder, coconut flakes, almond butter, currants, vanilla bean paste Also available in 1kg packs for \$35 CONTAINS NUTS	
Paleo Granola 350g	11.9
Almonds, sunflower seeds, pepitas, carob, coconut oil, coconut flakes and cinnamon Also available in 1kg packs for \$29 CONTAINS NUTS	

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

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

1 Portion Lunch/Dinner

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

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 fourty 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