



## PUBLIC HOLIDAY MENU

### What's New!

#### **Nitro Coffee**

Nitro coffee is normal cold brew coffee charged with nitrogen. This gives it a rich and creamy head. You'll never find a creamier black coffee.

#### **Sassy Sago**

Warmed coconut sago with blueberries, mango, macerated strawberries, chocolate sorbet sprinkled with nuts and seeds

#### **KB's Summer Salad**

A bed of mixed greens with fried chicken, buffalo mozzarella, diced crispy bacon, avocado, cucumber, mango, cherry tomato, cashews topped with fried onion and Argo ranch dressing

#### **Loaded Fries**

Loaded fries with spicy pulled pork, kewpie mayo and spring onion

WE RUN A REDUCED MENU ON PUBLIC HOLIDAYS  
OPEN 7:30AM – 3:00PM

A 12% surcharge applies on Public Holidays. At Argo we ensure all our staff receive their entitlements according to Fair Work, this surcharge allows us to open on Public Holidays.  
Argo, The Good Place

**A** ARGO'S FAVOURITES

**VO** VEGETARIAN OPTION

**V** VEGETARIAN

**VGO** VEGAN OPTION

**VG** VEGAN

**GFO** GLUTEN FRIENDLY OPTION

**GF** GLUTEN FRIENDLY

**KO** KETO OPTION

**K** KETO

## TAKE A SHOT TOGETHER! ANY 2 FARMACY SHOTS FOR \$9

### DIGESTIVE SHOTS

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.

	<b>Flu and Cold Fighter</b>	5.5
	Ginger, orange, grapefruit, carrot and lemon	
	.....	
	<b>Ginger Shot</b>	5.0
	Pure ginger root juice mixed with honey	
	.....	
	<b>Golden Vitality</b>	5.5
	Turmeric, ginger, lemon, cayenne pepper and carrot	
	.....	
	<b>Gut Cleanser</b>	5.5
	Beetroot, apple cider vinegar, black pepper, celery and ginger	
	.....	
<b>NEW</b>	<b>Turmeric Shot</b>	5.0
	Pure turmeric juice	
	.....	

### HYDRATORS (500ML)

<b>The Hangover with Charcoal (not appropriate for pregnant people)</b>	5.5
Filtered water, lemons, maple, charcoal	
.....	
<b>Wake Up Call (FODMAP Friendly)</b>	5.0
Lemon, ginger, apple cider vinegar, coconut nectar, filtered water.	
.....	

### ARGO RETAIL

<b>Aeropress</b>		50.00
<b>Aeropress Filter Pack</b>		7.00
<b>Coffee Pods</b>	10/pack	12.00
<b>Coffee Bean Grinder</b>	Porlex	80.00
<b>Monastery Coffee Beans</b>	250g	16.00 - 21.00

# BREAKFAST

## CLASSICS

**Eggs on Toast** (GFO) (V) P=22.6g F=14.3g Ct=39g Cs=3.9g 10.5  
Eggs your way with sourdough and kale pesto  
Worcestershire Sauce 0.8

**ARGO Big Brekky** (GFO) (VO) (A) P=50.8g F=46g Ct=41.4g Cs=7.1g 24.9  
Bacon, eggs your way, halloumi, roasted tomato, Swiss mushrooms, crispy potato, avocado dipped in sesame seeds, sourdough  
Replace Bacon with vegan bacon 1.5

**Vege Plate Stack** (GFO) (V) P=23.4g F=21.8g Ct=35.2g Cs=10.2g 22  
Eggs your way, avocado, sautéed English spinach, Swiss mushroom, polenta, roasted tomato, roasted sweet potato, sourdough and a house-made chilli chutney  
Replace eggs with Plant Based Scrambled Egg for a vegan option! 3.0

**Benny-Way-You-Like** (GFO) (VO) (A) 20  
Your choice of:  
- Ham  
- Bacon  
- Halloumi  
Served with poached eggs, baby spinach and hollandaise sauce on sourdough

**When Benny met Sally** (GF) P=31.4g F=26.9g Ct=20.9g Cs=7.5g 24  
A house-made pumpkin and beetroot waffle with Harris smoked salmon, poached eggs, asparagus, crispy capers, goat's cheese and hollandaise  
Avocado 4.0

**Le Omelette** (GFO) (V) 18  
Garlic, chilli, roasted capsicum, caramelised onion, provolone, baby spinach, cherry tomato relish, salsa verde & rocket served with sourdough  
Smoked Salmon 5.0  
Bacon 4.5  
Prosciutto 4.5

**Pulled Pork Omelette** (GF) 21  
AVAILABLE FROM FRIDAY UNTIL SOLD OUT  
Our 16 hour slow cooked pulled pork with smoky sriracha sauce, Spanish onion, roasted capsicum, goat's cheese served with crispy kale chips and spicy labneh

## BREAKFAST SALADS

**BKT Salad** (GFO) P=25.2g F=25.9g Ct=22.6g Cs=5.4g 18.5  
Crispy diced bacon, kale, red onion, diced tomato, roasted sunflower seeds, avocado, poached egg all dressed with a lemon mustard dressing served with a slice of Ezekiel bread

**Salmon and Rocket Salad** (GFO) P=30.2g F=32.9g Ct=21.3g Cs=5.4g 18.5  
Smoked salmon, rocket, cherry tomatoes, olives, avocado, hemp seeds topped with a lemon yoghurt dressing & a poached egg served with a slice of Ezekiel bread

**Harvest Salad** (GFO) (V) (VGO) P=19.8g F=42.5g Ct=28.6g Cs=11.9g 18.5  
Butternut pumpkin, pickled onion, baby spinach, apple, avocado, toasted walnuts, hemp seeds and a poached egg drizzled with an olive oil balsamic dressing served with a slice of Ezekiel bread

## SAVOURY AND SWEET

**NEW Low Carb Pancake Stack** (GF) 23  
AVAILABLE UNTIL SOLD OUT  
Housemade almond flour pancakes with strawberries, blueberries, mint, hazelnuts, dark chocolate shards, keto granola, keto chia jam and a housemade keto snickers magnum with Pitaya thickened cream

**The Godmother** (GFO) (V) P=13.1g F=18g Ct=87.3g Cs=44.8g 23  
Cinnamon French Toast, black currant gel, vanilla bean creme patissiere, fresh berries, charcoal lychee meringue, dressed with honeycomb and maple syrup  
Bacon 4.5 Coconut Soft Serve 3.0

## GOURMET

**Giuseppina's** (GFO) 19  
Crispy Prosciutto, truffle scrambled egg, onion jam on sourdough and truffle aioli  
Grilled Tomato 3.0

**Pulled Pork Benedict** (GFO) (A) 23  
AVAILABLE FROM FRIDAY UNTIL SOLD OUT  
A house-made pumpkin and beetroot waffle with 16 hour slow cooked pulled pork, poached eggs, baby spinach, pickles, pickled onions, apple & fennel slaw, hollandaise and paprika  
Replace pulled pork with pulled Jack Fruit

**The Refresh** (GFO) (V) 21  
Sautéed kale, mint, goat's cheese, avocado, two poached eggs, crushed almonds, cold-pressed olive oil, lemon juice and za'atar cheese toast

**The Ottoman** (GFO) (VO) 20  
Lebanese flat bread folded over & filled with scrambled eggs, guacamole and bacon served with a side of our sweet chilli jam  
Hash Brown 2.5 Replace Bacon with vegan bacon 1.5

**Habibi (My Darling)** (GFO) 24  
Sautéed wagyu mince with kale, pine nuts, fried egg, beetroot labneh, roasted tomato and a side of crispy za'atar manoushe bread\*  
\*Sorry no alterations

**Salmon and Egg Bowl** (GF) (K) (A) 26  
AVAILABLE UNTIL SOLD OUT  
Freshly Grilled Atlantic Salmon Fillet served with scrambled eggs, mixed greens, coriander, avocado and Spanish Onion topped with sesame seeds and a drizzle of olive oil and fresh lemon

If Atlantic Salmon is not available you can swap to Harris smoked Salmon

**NEW Breakfast Burrito Bowl** (GF) (VGO) 21  
AVAILABLE FROM THE 27th OF JANUARY  
Your choice of pulled pork or jack fruit with brown rice, beans, corn salsa, caramelised onion topped with yogurt, coriander and crispy shallots

## PLANT BASED

**Vegan Breakfast Wrap** (GFO) (VG) P=11.6g F=16.7g Ct=27.2g Cs=7.9g 20  
Spicy ground Plant based chorizo, Plant Based Scrambled Eggs (tofu), house-made salsa, cashew nut cheese, spinach, Brazilian black bean paste and Plant based mozzarella served in a wrap  
Guacamole 3.0

**NEW Tofu Scramble** (GFO) (VG) 20  
Organic tofu, sautéed kale, Spanish Onion, potato, capsicum and grilled zucchini, sprinkled with za'atar and served with sourdough

# BRUNCH

# BRUNCH

# BREAKFAST SANDWICHES

## Simple Starter GFO

14.5

Sourdough with your choice of:

- Harris smoked salmon add 3.0
- Bacon
- Vegan Bacon add 1.5

Choose your eggs:

- poached
- regular scrambled
- turmeric scrambled
- chilli scrambled

## Smashed Avocado GFO V A

17.5

Argo's special smashed avocado mix served on sourdough, topped with Danish fetta, beetroot relish, caramelised beetroot, dressed with a rocket and mint salad and toasted pepitas

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

## Jo's Vegan Smash GFO VG

18

Argo's special smashed avocado mix on sourdough bread, topped with fried shallots, fried enoki mushrooms and kale chips with a roasted tomato on the side. A drizzle of tahini, roasted almonds and pepitas

- Plant Based Scrambled Eggs 6.0

## THE UNDECIDED PLATES

### Option 1

17.5

### Option 2

You get:

- Mini Smashed Avocado served with a mini version of the Dragonfly Bircher

You get:

- Mini Fruity Start served with a mini Back to Basics (sourdough with avocado and sliced tomato)

NEW

## Sassy Sago GF VG

18

Warmed coconut sago with blueberries, mango, macerated strawberries, chocolate sorbet sprinkled with nuts and seeds

## Fruity Start GF V VGO

16.5

Cinnamon and vanilla infused natural Greek yoghurt, topped with keto granola, paleo granola or flaked quinoa muesli, seasonal fruit, turmeric honey, honeycomb dust and a dollop of house-made peanut butter

Coconut Yoghurt to make it vegan 2.5

## Dragonfly Bircher VG

16.5

Overnight soaked organic oat mix with seasonal berries, butterfly pea powder, goji berries, pistachio and cardamom. Served with a spiced poached pear, coconut yoghurt, strawberries and mulled wine orange reduction syrup and topped with marmalade

Paleo Granola 2.0

## Heartwarmer GF VG

16.5

AVAILABLE UNTIL SOLD OUT

Organic quinoa cooked with almond milk, sultanas, almonds, pepitas served with cashew and orange cream. Garnished with strawberries, blueberries & banana served with a side of warm almond milk and a side of maple syrup

## Noatmeal GF V K VGO

18

Hemp seeds, linseeds, chia seeds, protein powder all cooked in coconut milk before being mixed through with peanut butter, dark chocolate buds and finally served with Keto jam, Keto granola and coconut milk

# 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 and cacao nibs drizzled with rice malt

## Hello Hummus VG

6.9

Hummus, tomato, basil with salt and kale pesto

## Articado VG

6.9

Artichoke pesto, avocado, sea salt, pepper 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, capers, cornichon and parsley

\*Or with your choice of:

- Bagel +1.0
- Croissant +1.0 or Vegan Croissant +1.0
- Sprouted Ezekiel Bread +1.5
- Focaccia +1.0

## Number One GFO V

15

Soft poached egg, roasted tomato, sautéed mushrooms, caramelised onion and fresh baby spinach

## Number Two GFO V

15

Grilled halloumi, asparagus, rocket, onion jam and beetroot relish

Poached Egg (1) 2.5

Facon 4.5

## Number Three GFO

15

Smoked salmon, dill, goat's cheese, capers, Spanish onion, mixed greens, lemon wedge

## Jack and Jill GFO

15

Your choice of brioche bun or Turkish roll filled with Bacon, a fried egg, Swiss cheese and barbecue sauce

## Number Five GFO VG

15

Vegan scrambled eggs, sautéed mushroom, baby spinach, kalamata olives, barbecue sauce, cherry tomatoes and sriracha mayo

Hash Brown +2.0

## Breakfast Burger GFO A

16

A brioche bun filled with bacon, provolone, fried egg, bacon jam, aioli, tomato relish and baby spinach

# BRIOCHE JAFFLES

## 3 Cheese Please V

13.5

Tasty cheese, provolone, Swiss cheese, thyme and honey served in brioche

Add side of fries 2.9

## Croque Monsieur

13.5

Ham, cheese, mustard and pickles served in brioche

Add side of fries 2.9

## Peanut Butter Espresso Jaffle VGO

15

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

NEW

## Jack Fruit Jaffle VGO

15

Pulled jack fruit with salsa, jalapenos and vegan mozzarella

# BELGIAN WAFFLES

## Made with Passion GFO VGO

19

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

Vegan and Gluten Friendly Waffle 1.5

## I Dream of Chocolate GFO VGO P=14.8g F=67.5g Ct=183g Cs=107g

19

Belgian waffle, mocha fudge syrup, strawberries, blueberries, double whipped coconut cream, gluten friendly brownie, chocolate sorbet, maple syrup and chocolate shards

Vegan and Gluten Friendly Waffle 1.5

# 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)
- Date & Walnut Sprouted Bread (one thick slice)
- Low Carb Bread +1.5

## Pick one spread:

- Strawberry Jam
- Honey
- Vegemite
- House-made peanut butter
- House-made Nutella
- House-made Almond Butter
- GF Vegemite
- Keto Raspberry Chia Jam

12% Surcharge applies on Public Holidays

# SMOOTHIE BOWLS AND SOFT SERVES

ALL INGREDIENTS VEGAN\* AND GF\*\*

\*Honey is not Vegan

Smoothie bowls are served in our famous heart shaped bowls!

## STEP 1: CHOOSE YOUR BASE

### Nutty Banana 16.9

Banana, peanut butter, maca and raw cacao blended with rice milk, topped with chocolate sauce  
Add Vegan Coconut Soft Serve +3.0

### Green Matcha 16.9

Matcha, banana, medjool dates, mint, lime, pistachio nuts, spinach and coconut flakes blended with coconut water, topped with passionfruit pulp

### Max Ketosis (K) 17.9

Zucchini, blueberries, vanilla protein, almond butter, avocado, MCT Oil, coconut milk served with Keto Granola

### Nutella Smoothie Bowl 16.9

Banana, raw cacao, Argo's house-made nutella blended with coconut milk, garnished with cacao soil, cacao nibs and vegan chocolate sauce  
Add Vegan Coconut Soft Serve +3.0

### Pina Colada 17.9

Banana, pineapple, mango, coconut oil, ginger, and vanilla protein powder blended with coconut milk, topped with passionfruit pulp

### Pitaya Fruit Paradise 17.9

Pitaya, banana, pineapple, grapefruit, lime, lychee, coconut oil and mango garnished with passionfruit pulp

### Acai Original 17.9

Acai, banana and vanilla protein powder blended with coconut water (We highly recommend adding peanut butter blended through! + 2.0)

### Gypsy 17.9

Banana, spinach, avocado, medjool dates, spirulina and chia seed gel blended with almond milk, topped with sliced kiwi fruit

## STEP 2: CHOOSE YOUR TOPPING

All garnished with strawberries, banana, 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

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 MIX INS AND TOPPINGS

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

### Protein Powder

Chocolate	1.2
Vanilla	1.2
Salted Caramel	1.2

### Fruits

Strawberries	1.2
Blueberries	2.0
Raspberries	2.0
Pineapple	1.2
Kiwi	1.2
Goji Berries	1.2
Banana	1.2
Passionfruit	2.0

### House-made Sauces

Peanut Butter	2.0
Chocolate Sauce	2.0
Almond Butter	2.0
Honey (Not VG)	1.2
Salted Caramel Sauce	2.0
Rice Malt Syrup	2.0

### Other

Flaked Quinoa Muesli	2.0
Paleo Granola	2.0
Belgian Dark Choc Buds	1.2
Hemp Seeds	1.2
Vegan Coconut Soft Serve	3.0
Keto Granola	2.0

## HOUSE-MADE COCONUT SOFT SERVE

Served in a coconut shell

### Brunch Crunch 13.9

Coconut soft serve, paleo granola, raspberries, blueberries, strawberries, pineapple and apple slices

### Fruitilicious 13.9

Coconut soft serve topped with watermelon, banana, strawberries, kiwi fruit, pineapple and passionfruit

### Original Coconut Soft Serve 6.9

Create your own soft serve bowl with the toppings above!

### Green Crunch 12.9

Coconut soft serve, almond butter, avocado, mint, pistachios and a wedge of lime

### Mocha and Me 14.9

Coconut soft serve, mocha sauce, vegan choc shards, strawberry, mint, raw snickers slice and cacao nibs

(A) ARGO'S FAVOURITES

(VG) VEGETARIAN OPTION

(V) VEGETARIAN

(VGO) VEGAN OPTION

(VG) VEGAN

(GFD) GLUTEN FRIENDLY OPTION

(GF) GLUTEN FRIENDLY

(KO) KETO OPTION

(K) KETO

# LUNCH

## TOSSED SALADS

### NEW KB's Summer Salad 23

A bed of mixed greens with fried chicken, buffalo mozzarella, diced crispy bacon, avocado, cucumber, mango, cherry tomato, cashews topped with fried onion and Argo ranch dressing

### Thai Grilled Chicken Salad GF A 20

Grilled chicken, rice noodles, coriander, basil, mint, crispy shallots, cashews, almonds, cucumber, carrot, lettuce and purple cabbage. All dressed in Thai Nam Jim dressing

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

### ARGO Special GF A 21

Marinated lamb with Danish fetta, cherry tomato, cucumber, Spanish onion, roasted beetroot, roasted capsicum, and mixed greens, tossed with Argo's special house dressing and topped with our house-made tzatziki and garnished with za'atar

Halloumi 4.0

### Warm Chicken GF P=74.2g F=44.2g Ct=17.7g Cs=14.1g 20

Grilled chicken breast with fresh capsicum, cherry tomatoes, cucumber, avocado, Spanish onion and mixed greens, tossed with Argo's special house dressing and topped with our almond mustard dressing and garnished with dukkah

### Feisty Falafel GF VG 19

House-made green falafel with quinoa tabbouleh, chickpeas, cucumber, cherry tomatoes and avocado tossed in our tahini sauce and sweet chilli jam

### Luminosa GF V P=53.6g F=72.1g Ct=39.2g Cs=11.6g 18

Fried halloumi, buffalo mozzarella, green olives, fresh cherry tomatoes, cucumber, fresh capsicum, pickled onion, avocado slices and a light Italian dressing with mixed lettuce

Poached Egg 2.5

Grilled Chicken 5.0

Diced Bacon 4.5

### The Detox GF VG P=17.1g F=64g Ct=19.4g Cs=13.2g 20

Shredded red cabbage, carrot, shredded beetroot, avocado and hummus on a bed of triple greens (kale, rocket and baby spinach), and topped with probiotic-rich kimchi-kraut, crushed almonds, pepitas, and a light dressing of tahini and cold-pressed olive oil

Add grilled chicken breast 5.0

### Goats with a Beet GF V 19

P=12.8g F=36.8g Ct=36g Cs=33.6g

Warmed roasted beetroot and pumpkin with goat's cheese, mint, rocket and baby spinach, drizzled with cold-pressed olive oil and balsamic vinigrette and sprinkled with crushed walnuts and dukkah crisp

## SEA BOWLS

### Tuna Bowl GF P=59.8g F=46.8g Ct=63.4g Cs=6.6g 22

AVAILABLE UNTIL SOLD OUT

Searched Tuna, avocado, sautéed kale, marinated nori, edamame beans, ginger brown rice, sriracha mayonnaise and crispy shallots

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

P=45.6g F=36.7g Ct=58.2g Cs=8.4g

AVAILABLE UNTIL SOLD OUT

Ginger brown rice topped with a fresh raw Atlantic salmon fillet, spring onion, sweet and spicy turmeric pickled radish, marinated nori, cucumber, freshly sliced avocado and mango kimchi topped with a sprinkle of sesame seeds

## BUDDAH BOWLS

### Oasis GF VG P=15.7g F=35.1g Ct=75.1g Cs=10.5g 19

A base of coconut and ginger brown rice served with sautéed kale, sautéed broccoli, roasted sweet potato, avocado, crispy spiced chickpea topped with sriracha mayo, crushed almonds and crispy shallots

Salt and Pepper Tofu 5.0

### Tranquility GF VG P=25g F=39.8g Ct=78.4g Cs=13.5g 19

Spiced lentil dal on our coconut ginger brown rice served with a side of coconut raita, edamame beans, red cabbage, coriander, cherry tomatoes, crushed almonds, goji berries, our super smash sweet potato and topped with kimchi

### The Mexican Buddha GF VG A 23

P=25.1g F=36.4g Ct=116g Cs=15.6g

Spicy plant based chorizo, tofu scramble, house-made salsa, cashew nut cheese, mixed greens, Brazilian black bean paste and plant based mozzarella on a bed of brown rice surrounded by corn chips

Guacamole 3.0

### Deserving GF VG P=21.1g F=46.8g Ct=64.9g Cs=8.9g 18

Spiced cauliflower mixed with toasted almonds, pepitas, spinach and chick-peas dressed with tahini. Served on coconut ginger brown rice, our super smash sweet potato topped with kimchi-kraut and dried shallots

### Kimchi Pork Bowl GF A 23

P=25.3g F=19.1g Ct=67.3g Cs=14.9g

Kimchi & pulled pork fried brown rice, sautéed kale, pickled onions, crispy shallots, coriander and apple chutney

Poached Egg 2.5

Pulled Jack Fruit 5.0

## LIGHT LUNCH

### Nachos GF V 16

Crispy corn chips, topped with tasty cheese, house-made tomato relish, house made salsa, whole bean mix, guacamole and sour cream

Pulled Pork (available on Friday until sold out) 4.0

Lamb 5.0

Jalapeños 1.0

Pulled Jack Fruit 5.0

### Hipster Nachos GF VG 17.5

Crispy corn chips with Argo's housemade salsa, tofutti sourcream, Daiya Vegan Mozzarella cheese, tomato relish, guacamole and whole bean mix

Jalapeños 1.0

Pulled Jack Fruit 5.0

Coconut Raita 3.0

### Back to Basics GFO VG 13

Sourdough with Argo's special smashed avocado mix topped with sliced tomato served on with a lemon wedge

Poached Egg (1) 2.5

Prosciutto 4.5

Halloumi 4.0

Plant based scrambled eggs 6.0

### Buffalo Bruschetta GFO V 19

Two slices of sourdough topped with artichoke basil pesto, diced tomato, basil, buffalo mozzarella, garlic, olive oil, balsamic glaze

Halloumi 4.0

Prosciutto 4.5

### House-made Frittata GF V 9.9

House baked frittata with pumpkin, Danish fetta, tasty cheese, spinach, tomato and roasted capsicum

Add side salad 5.0

Add side of fries 2.9

12% Surcharge applies on Public Holidays

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K KETO



# LUNCH

## SIDES

**Cauli-licious** **GFO** **VG** 5.9/9.5  
Deep fried cauliflower topped with our house-made tangy tahini

**Holy Guac** **GF** **VG** 10.5  
House-made guacamole with a side of corn chips and spicy tomato relish

**French Fries** **GFO** **VG** 5.9 / 8.9

**Sweet Potato Wedges** **GFO** **VG** **A** 7.9 / 12.9

All our fries and wedges can be seasoned with your choice of regular salt, chicken salt or spiced herb seasoning (all gluten friendly)

**Halloumi Fries** **GFO** **V** 12.5  
Served with your choice of sauce

**Steamed Veg Bowl** **GF** **VG** 10.5  
A steamed veggy medley made up of cauliflower, broccoli, carrot and zucchini lightly tossed in olive oil

**Arancini Balls** 14.9  
Four homemade pumpkin arancini balls served with your choice of dip.

**Loaded Fries** 14.9  
Loaded fries with spicy pulled pork, kewpie mayo and spring onion

**Vegan Sauces**  
Tomato Sauce  
Hummus  
Aioli  
Mayo  
BBQ Sauce  
Sweet Chilli Jam  
Mustard  
Tangy Tahini  
Sriracha Mayo  
Pesto  
Tofutti Sour Cream  
Tartare  
Guacamole

3.0

**Non-Vegan Sauces**  
Sour Cream  
Tzatziki  
Chilli Labneh  
Lemon Yoghurt Dressing

**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!

### Benefits of Bone Broth

- Protects Joints
- Good for the Gut
- Maintains Healthy Skin
- Supports Immune System Function
- Boosts Detoxification
- Aids the Metabolism and Promotes Anabolism

## GARLIC BREAD

**Original** 8.9

**With Cheese** 10.9

**With Turmeric** 8.9

With your choice of bread:

Sourdough

Rye sourdough

Chia seed gluten friendly +1.5

Low carb bread +1.5

## LUNCH

**Made in Rome Pasta** **GFO** **V** **A** **VGO** 24

Argo's housemade Napolitana sauce made up of sun-dried tomatoes, jalapeños, Spanish onion, green olives, baby spinach and basil served with cashew cheese and your choice of housemade fussili pasta, gluten friendly pasta or brown rice

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

**Crispy Dukkah Chicken** **GF** 24

Dukkah crusted chicken served on top of a sweet potato mash, jus (bone broth reduction) sautéed kale, a poached egg, toasted pine nuts and caramelised onion

**Super Green Sautee** **GF** **VG** P=10.8g F=37g Ct=6.6g Cs=6.2g 20

Broccoli, grilled zucchini, sautéed kale, spinach, crushed almonds, almond mustard dressing with parsley and mint, and served with a lemon wedge

Poached egg (1) 2.5

Brown Rice 3.0

Chicken breast 5.0

Marinated tofu 4.0

**Korean Fried Chicken Bowl** **GFO** **VGO** P=49g F=34.3g Ct=90.8g Cs=21.7g 22

Korean Fried Chicken with kewpie mayo, edamame beans and sesame seeds served on a bed of turmeric brown rice, kimchi-kraut and a pickled veg salad with a dollop of mango kimchi

Replace chicken with salt and pepper tofu to make the dish vegan

**Time to Shred** 13

Grilled chicken breast with sauteed broccoli in olive oil and salt. That's it.

Brown Rice 3.0

**Beirut Plate** 23

AVAILABLE FROM THE 27th OF JANUARY

2 Shish tawook skewers (marinated chicken), served with brown rice, tabbouli with a side of houmos and toum (garlic sauce)

# BREADS

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

## PIADINAS

- Piggy Went to Market** (GFO) 15.5  
Prosciutto, tomato, kalamata olives, Swiss cheese, artichoke and basil pesto and baby spinach with our homemade sweet chilli jam
- Heart 2 Soul** (GFO) (V) 15.5  
Halloumi, roasted capsicum, grilled zucchini, artichoke and basil pesto and baby spinach
- Mr and Mrs Swiss** (GFO) (VG) 15.5  
Swiss mushrooms, caramelised onion jam, organic marinated tofu, roasted capsicum, eggplant, artichoke basil pesto, baby spinach and mixed greens
- The Little Red Hen** (GFO) (A) 15.5  
Shredded chicken breast, Swiss cheese, sun-dried tomato and baby spinach with our aioli

## CLUB SANDWICHES

- ARGO Club Sandwich** (GFO) (A) 15.5  
Top: tomato, caramelised onion and mixed greens with our house-made mayo  
Bottom: grilled chicken breast, bacon and a fried egg with our house-made mayo  
NOT AVAILABLE AFTER 4:30PM

## FOGGAGIAS

- Chicken Parmigiana** (A) 15.9  
Chicken schnitzel, crispy pancetta (pork), roasted tomato, tasty cheese with our aioli and house-made tomato relish
- Mediterranean** (GFO) (V) (VGO) 15.5  
Grilled eggplant, roasted capsicum, sun-dried tomatoes, Kalamata Olives, fetta, artichoke pesto and rocket
- Deluxe Model** (GFO) 15.5  
Shredded chicken breast, Spanish onion, tomato, tasty cheese, avocado, mixed greens and our mayo

### Bread Options

- Sourdough  
Chia seed gluten friendly +1.5  
Low carb bread +1.5  
Ezekiel Bread +1.5

## WRAPS

- Lady Athena** (GFO) 16.9  
Marinated lamb, halloumi, guacamole, roasted capsicum and mixed greens with our tzatziki sauce  
NOT AVAILABLE AFTER 4:30PM
- Empire** (GFO) (VG) 15.5  
House-made green falafel, quinoa tabbouleh, avocado, hummus and mixed greens with our tahini dressing
- Soul Cleanser** (GFO) (VG) 15.5  
Fresh beetroot, red cabbage, carrot, L.S.A mix (linseeds, sunflower seeds and almonds), pepitas, goji berries, hummus, avocado and baby spinach with our tahini dressing, served in a multi-grain wrap  
Chicken breast 5.0
- Spice It Up** (GFO) (VG) 15.5  
Chickpeas, spiced cauliflower, carrot, kimchi-kraut, cashew cheese, avocado and baby spinach with our tahini dressing
- Carla's** (GFO) 15.5  
Grilled chicken, roasted capsicum, Spanish onion, Danish fetta and baby spinach with our house-made aioli
- Sweet Chick** (GFO) (VGO) (A) 15.5  
Chicken schnitzel, sun-dried tomato, carrot, avocado and baby spinach with our sweet chilli jam and mayo  
Replace chicken with salt and pepper tofu to make the dish vegan
- In Limbo** (GFO) 16.9  
Your choice of **grilled chicken breast** 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)

## DIGESTIVE SHOTS

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** 5.5  
Ginger, orange, grapefruit, carrot and lemon
- Ginger Shot** 5.0  
Pure ginger root juice mixed with honey
- Golden Vitality** 5.5  
Turmeric, ginger, lemon, cayenne pepper and carrot
- Gut Cleanser** 5.5  
Beetroot, apple cider vinegar, black pepper, celery and ginger



# BURGERS AND HOT DOGS

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 brown rice instead for no extra charge!

## PLANT BASED

**NEW Beyond Me** (GFO) (VG) 21.5  
Beyond meat 'beef' patty, vegan cheddar, Spanish onion, sweet pickles, house aioli and BBQ sauce served with a side of fries and your choice of sauce

**Master Veg** (GFO) (VG) 15.9  
Marinated tofu, grilled zucchini, roasted capsicum, cashew cheese, tomato, kalamata olives, and baby spinach with our almond mustard sauce on a wholemeal sesame bun

**Namaste** (GF) (VG) 15.9  
House-made sweet potato and green falafel patty, hummus, avocado, tomato, sliced beetroot and carrot with sweet chilli jam, served on a gluten friendly bun

## BEEF

Make your beef burger completely plant based, with our new plant beef patty!  
We replace other non vegan ingredients with plant based options for +3.0

**Umami Burger** (GFO) 21.5  
Wagyu patty, crispy pancetta (pork), provolone, roasted mushrooms, aioli, white truffle oil and crispy shallots served with a side of fries & aioli

**The Love** (GFO) (A) 16.5  
Wagyu patty, bacon, fried egg, caramelised onion, tasty cheese, tomato, sliced beetroot, mixed greens, cherry tomato relish

**Cheeseburger** (GFO) 14.5  
Wagyu patty, tasty cheese, pickles, caramelised onions, American mustard, tomato sauce

## PORK

**Pulled Pork Burger** (GFO) (A) 15.9  
AVAILABLE FROM FRIDAY UNTIL SOLD OUT  
16 hour slow cooked pulled pork with smoky sriracha barbecue sauce, house-made slaw

## CHICKEN

**John's Special** (GFO) (A) 16.5  
Chicken schnitzel, bacon, fried egg, tasty cheese, tomato, mixed greens, aioli, sweet chilli jam

**Southern Fried Chicken Burger** (GFO) 16.5  
Crispy chicken (cajun spiced corn chip crumbed) with house-made slaw, lettuce, bacon and aioli  
Jalapeños 1.0

**Chicken laid a 'cado** (GF) (K) 16  
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 and brioche bun

**Basic** 8.0  
Ketchup  
Add mustard  
Goes great with a side of fries (2.9) or a side of wedges (3.5)

**Pigs in a Fire Blanket (available from Friday until sold out)** 14.9  
16 hour slow cooked pulled pork, spicy slaw, jalapeños and hot sauce

### Vegan Sauces

Tomato Sauce  
Hummus  
Aioli  
Mayo  
BBQ Sauce  
Sweet Chilli Jam  
Mustard  
Tangy Tahini  
Sriracha Mayo  
Tartare  
Tofutti Sour Cream  
Guacamole 3.0

### Non-Vegan Sauces

Sour Cream  
Tzatziki  
Lemon Yoghurt Dressing

We only use premium Wagyu beef mince  
in our burgers and all our meats Beef,  
Chicken and Lamb are certified Halal

12% Surcharge applies on Public Holidays

(A) ARGO'S FAVOURITES

(VO) VEGETARIAN OPTION

(V) VEGETARIAN

(VG) VEGAN OPTION

(VG) VEGAN

(GFO) GLUTEN FRIENDLY OPTION

(GF) GLUTEN FRIENDLY

(KO) KETO OPTION

(K) KETO

# COLD DRINKS MENU

## What's New!

### **Vegan Soft-serve Thicc-shakes**

We use our house made coconut softserve instead of ice cream to make these delicious drinks. Choose from chocolate, strawberry or coffee!

### **Feel the Beet**

Orange, beetroot, lime and turmeric

### **Restore**

Pineapple, celery, carrot, lime and turmeric

### **Scarlett**

Orange, apple, raspberry and turmeric

### **Strawberry Lemonade**

Apple, watermelon, strawberry, lemon and raspberry

### **Jessica Rabbit**

Carrot, orange, lemon, ginger and turmeric

# SMOOTHIES

## VEGAN SMOOTHIES

### PROTEIN BLENDS

**Peanut Butter Berry Time** **VG** 12.5  
Organic almond milk, banana, mixed berries, peanut butter, medjool dates, spinach and protein powder

**Mrs Mauve** **VG** 11.5  
Organic almond milk, banana, blueberries, raw cacao, spinach, medjool dates and choc protein powder

**The Wolf** **VG** 10.5  
Organic almond milk, banana, blueberries, spinach, espresso, rice malt syrup and vanilla protein

### SUPER BLENDS

**The Amazonian** **VG** **A** 12.5  
Coconut water, acai, banana, mango and chia seeds  
Vanilla Protein 1.2

**Ah-Mazing** **VG** 9.5  
Coconut water, banana, raw cacao, brazil nuts, baby spinach, medjool dates and coconut flakes

**Island Sunrise** **VG** 10.5  
Orange, mangoes, mint, strawberries, banana and kiwi fruit

### INDULGE

**Snickers** **VG** **A** 12.5  
Coconut milk, raw cocoa sauce, peanut butter, salted caramel sauce, coconut ice cream

**The Rubus** **VG** 9.5  
Organic almond milk, coconut water, raw cacao, raspberries, strawberries, medjool dates and coconut oil

**Cloud 9** **VG** 10.5  
Coconut milk, raspberry chia jam, dark chocolate sauce and coconut ice cream

**Ella Nut** **VG** 10.5  
Almond milk, house-made nutella, banana and vanilla protein

NEW

**Time to Taro** **VG** **A** 9.5  
Coconut sorbet, almond milk, banana, taro powder and rice malt syrup

### BOLD SPICES

**Fire and Ice** **VG** 9.5  
Organic almond milk, banana, raw cacao, almond butter, cacao nibs, cinnamon, cayenne pepper and maple syrup

**Mudslide** **VG** 9.5  
Organic almond milk, espresso, banana, raw cacao, maple syrup cinnamon, medjool dates

### @MEDICAL MEDIUM

**Heavy Metal Detox Smoothie** **VG** 13.5  
Banana, wild blueberries, coriander, orange juice, barley grass powder, spirulina and Atlantic dulse

## VEGAN SMOOTHIES

### GREEN SMOOTHIES

**Green Python** **VG** **A** 11.5  
Organic almond milk, banana, baby spinach, almond butter, medjool dates, spirulina and mint

**Thai Wing Fai** **VG** 12.5  
Coconut milk, spinach, medjool dates, mango, coconut flakes and pandan syrup served with a layer of coconut chia seed pudding

**Passionite** **VG** 11.5  
Almond milk, coconut milk, banana, spinach, pineapple, mango and passionfruit pulp

**Tree of Life** **VG** 12.5  
Almond milk, spinach, kale, banana, spirulina, cashew butter, vanilla protein and lucuma

### HEMP PROTEIN

**Mary Jane** **VG** 12.5  
Coconut milk, coconut water, coconut oil, banana, hemp protein, mesquite, spirulina, maca, maple syrup, almond butter and kale

## CLASSIC SMOOTHIES

### MILK BASE

**The Oatarian** 8.9  
Frozen vanilla yoghurt, cow's milk, strawberries, banana, oats and honey

**Bananarama** **A** 8.9  
Frozen vanilla yoghurt, cow's milk, banana and honey  
Add a shot of espresso +1.0  
Add a dollop of peanut butter +2.0

**Berry Me** **A** 8.9  
Frozen vanilla yoghurt, cow's milk, mixed berries and honey

**Missango** 8.9  
Frozen vanilla yoghurt, cow's milk, strawberries, mango and mint

**Golden Gaytime** 9.5  
Cow's milk, carob, honey and vanilla ice cream

**Toblerone** 9.5  
Cow's milk, espresso, chocolate sauce, honey, hazelnut syrup and vanilla ice cream

### FRUIT BASE

**Mango Mania** **A** 8.9  
Frozen vanilla yoghurt, tropical juice and mango

**Tropical Getaway** 9.5  
Frozen vanilla yoghurt, tropical juice, mango and mixed berries

**Bella Goes East** 8.9  
Frozen vanilla yoghurt, ginger, pineapple and orange

**A** ARGO'S FAVOURITES **VG** VEGAN

## PROTEIN BREKKY SMOOTHIES

All come with granola sprinkled on top

### Paleo Granola

Almonds, sunflower seeds, pepitas, carob, coconut oil and cinnamon  
CONTAINS NUTS

**Breakfast Smoothie 1** **VG** 10.5

House-made granola, strawberry, banana, almond milk, chocolate protein and maca

**Breakfast Smoothie 2** **VG** 9.5

House-made muesli, blueberry, coconut oil, vanilla bean, cinnamon and almond milk

**Breakfast Smoothie 3** 9.5

House-made granola, banana, raspberry, honey and rice milk

**Breakfast Smoothie 4** **VG** 10.5

House-made granola, banana, chocolate protein, coconut oil, raw cacao, rice malt syrup and coconut milk

## FRAPPES

### MILK BASE

Blended with ice and Golden North vanilla ice cream

**Cafenatic** 8.5  
Cow's milk, double shot espresso and vanilla syrup

**Mocha Delight** 8.5  
Cow's milk, chocolate sauce, shot of espresso

**Icy Chai** 8.5  
Cow's milk, chai powder and vanilla syrup

**Coconut Surprise** **VG** 9.5  
(No vanilla ice cream)  
Coconut milk, rice malt syrup and coconut ice cream

**Matcha Colada** **VG** 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** 8.5  
Fresh watermelon juice and lychee syrup

**It's Pearific** **VG** 8.5  
Fresh Pear juice, lime, strawberries and mint

**Pink Summer** **VG** 8.5  
Apple juice and strawberries

**Felipe's** **VG** 8.5  
Apple juice and mixed berries

**Aloha** **VG** 8.5  
Orange and mango juice and mango

**Fresca** **VG** 8.5  
Apple juice, mint and lime

12% Surcharge applies on Public Holidays

# MORE COLD DRINKS

## FODMAP FRIENDLY

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

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

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

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

**Ginger Lemonade** (VG) 8.5  
Cold pressed ginger juice, filtered water, lemon and lemon sorbet

## ICED MILK BAR

**Iced Drinks** 7.5  
Flavours: coffee, chocolate, mocha or organic vanilla bean

**Milkshakes** 7.5

**Thickshakes** 9.5

Flavours: chocolate fudge, raw cacao, vanilla bean, strawberries, raspberries, salted caramel, caramel, choc mint, coffee, peanut butter, 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

**NEW** **Vegan Soft-serve Thicc-shakes** 7.9  
Flavours: chocolate, strawberry and coffee

We use our house made coconut softserve instead of ice cream to make these delicious drinks

## METHYLATION

**Celebration** 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

## ICED TEA

**Flavour of the week** 6.5  
Our iced tea uses Argo's huge range of teas. Ask our friendly staff to see which tea is available that week

## WORKOUT SMOOTHIES

### PRE-WORKOUT

**Run Like The Wind** (VG) 10.5  
Rice milk, almond butter, banana, espresso, cacao, vanilla protein

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

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

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

### POST-WORKOUT

**The Rundown** (VG) (A) 12.5  
Coconut water, banana, cacao, almond butter, blueberries, dates, spinach, chia, vanilla protein and Japanese Glutamine

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

## KETO

**Fiber Magic** (VG) 9.5  
Coconut milk, linseed, chia seeds, blueberries, MCT oil

**Choc Shake** (VG) (A) 9.5  
Coconut Milk, cacao, almond butter, vanilla bean

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

**NEW** **Strawberry Cheesecake** 10.5  
Coconut milk, vanilla bean, cream cheese, strawberries and MCT oil

**NEW** **Pink Keto Smoothie** (VG) 10.5  
Coconut milk, beetroot juice, almond butter, raspberry and MCT oil

## ADAPTOGENICS

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

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

## UPGRADES FOR ALL DRINKS!

### House made

**Peanut Butter** 2.0  
**Vegan Chocolate Sauce** 2.0  
**Almond Butter** 2.0  
**Salted Caramel Sauce** 2.0

### Protein Powders

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

### Oils

**Coconut Oil** 1.2

### Powders

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

### Boosters +2.0

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

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

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

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

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

(A) ARGO'S FAVOURITES (VG) VEGAN

12% Surcharge applies on Public Holidays

Argo Juices and smoothies have not been pasteurised and may be unsuitable for people with a weakened immune system, pregnant women, older adults, infants and younger children. May contain traces of nuts. Comments regarding food-health relationships made on our menu do not constitute medical advice or health claims. Always consult your own health practitioner for advice about the possible effects of ingredients.

## 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** (A) 8.5  
Celery, spinach, cucumber, ginger and lemon

## FIBER BLENDED WHOLE

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

**Aligned** 12.5  
Macademia milk, kale, spinach tomato, carrots, apple avocado, blueberries and banana

**Focus** 12.5  
Filtered water, kale, tomato, carrots, celery, parsley, apple, spinach, lemon, blueberries, avocado, hydrolysed collagen powder

## 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** (A) 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

## JUICES FRUIT JUICES

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

**Breakfast Juice** (A) 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** (A) 8.5  
Orange, pineapple and strawberries

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# COFFEE MENU



## BLACK

Our black coffee is served with premium single origin varieties which change daily.

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

## WHITE

Jersey Premium Milk (Fleurieu Milk Co.)

Macchiato	4.0
Half Latte	4.0
Cafe Latte/Flat White/Cappuccino	4.2
Iced Latte	5.0
Mocha	5.9

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

Chai Latte	5.5
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Magic	4.5
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(Double ristretto, three quarter filled flat white)

## MILK RANGE

Macademia Milk (Milk Lab)	+1.0
Lactose Free (Milk Lab)	+0.8
Soy Milk (Bonsoy)	+0.8
Almond Milk (Milk Lab)	+0.8
Activated Almond Milk (Pure Harvest)	+0.8
Rice Milk (Vitasoy)	+0.8
Oat Milk (Minor Figures)	+0.8
Coconut Milk (Milk Lab)	+0.8

## COFFEE UPGRADE

### FROZEN COFFEE +1.5

By freezing the coffee beans for your espresso based beverages we improve the grinding dynamics (by bringing the coffee below its glass transition temperature) thus improving the efficiency of extraction and increasing the intensity of desirable flavours.

## UPGRADES

+\$2.0 for each upgrade

### REISHI

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

### CHAGA

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

### LION'S MANE

A beautiful mushroom, said to give one 'nerves of steel and the memory of a lion'

### MCT OIL

Medium chain triglycerides from coconuts. Processed in the liver, they are absorbed quickly and provide fast and sustained energy while smoothing out caffeine jitters

### CORDYCEPS

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

NEW

### SHILAJIT

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'.

NEW

### NEURAL NECTAR

These carefully selected herbs may enhance cerebral circulation, neurological immunity, cognitive ability and as fortification against age-based degeneration.

NEW

### BEAUTY BLEND

The ancient herbs known collectively as the three sisters, goji, schizandra, and logan may increase radiance to the skin, hair, nails and, internally, to the fascia.

NEW

### L-THEANINE

L-Theanine is an amino acid which is not produced by the human body. It is commonly found in green and black tea. It has shown to improve mental focus, improve sleep, reduce blood pressure and increase relaxation.

## COLD COFFEE

Cold brew 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 BREW 5.5

### COCONUT COLD BREW 6.0

Refreshing, naturally sweet and healthy with three ingredients: coconut water, ice and coffee

### MOROCCAN COLD BREW 6.0

A beautiful mix of spices to start your day. Star anise, orange and mint mixed with our own cold brew

### ICY COCONUT COLD BREW 7.5

Shaken coconut milk, cold brew coffee, maple syrup, coconut ice cream, cinnamon, served over ice topped with cocoa nibs

### ICY MATCHA COLD BREW 7.5

Coconut water, cold-pressed ginger, organic matcha maple syrup, coconut ice cream and cinnamon shaken and served over ice with cacao nibs

### VEGAN AFFOGATO 8.0

Coconut ice cream, fresh mint and strawberry with a double shot of fresh warm espresso

+ Add vegan chocolate sauce 2.0

## NITRO

Nitro coffee is normal cold brew coffee charged with nitrogen. This gives it a rich and creamy head. You'll never find a creamier black coffee.

NEW

### NITRO COLD BREW (CARMELITA) 6.0

NEW

### NITRO COLD BREW (COCONUT WATER) 6.0

## Pot of Tea 5.0

Any of these are available to take home!

\$8.5 per 100 g

### HERBAL

- Extolx

- Men's Activity
- Kidney Tea
- Immunity
- Fasting
- Green Mountain Blend
- Tulsi sacred basil
- Calming
- Citrus Chamomile

### WHITE TEA

- Pai Mu Ten
- White Monkey

### FRUIT TEA

- Elephant blend banana & coconut
- Sweet Orange aromaisient

### SENCHA

- Sencha Baked Apple
- Komboucha Sencha

### CHAI

- Masala Chai
- Argo chai blend with honey
- Dandelion

### GREEN

- Grapefruit
- Green Tea (Lung Ching)

### BLACK TEA

- English Breakfast
- Earl Grey

### ROOIBOS

- Blueberry Yoghurt
- Strawberry Cream

12% Surcharge applies on Public Holidays



# SUPERHERO LATTES

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

CHAI	RAINBOW	HEALTHY
<b>SPICED CHAI LATTE</b> 7 Our special chai mix with cinnamon, nutmeg and cold-pressed ginger (not vegan)	<b>BEETROOT LATTE</b> 7 Freshly squeezed beetroot with black pepper, honey or rice malt (VGO), ginger and served with Bonsoy (not available with cow's milk)	<b>SUPER MARIO</b> 8 Your choice of milk mixed with Lion's Mane, Cordyceps, Chaga, Cinnamon, Carob, MCT Oil
<b>WHOLE LEAF CHAI LATTE</b> 7 House brewed chai tea steamed with honey and your choice of milk	<b>LAVENDER LATTE</b> 7 Your choice of milk mixed with brewed Earl Grey tea, essential lavender oil, cinnamon and honey or rice malt (VGO)	<b>KETO COLLAGEN HOT CHOC</b> 8 Coconut milk and double thickened cream with raw cacao, collagen and MCT oil
<b>DANDELION CHAI LATTE</b> 8 Dandelion Chai tea mixed with honey and your choice of milk	<b>TARO LATTE</b> 7 Asian taro root powder mix (slightly nutty flavour with hints of vanilla), served with a dollop of red bean and your choice of milk	<b>BULLETPROOF</b> 8 MCT oil, raw cacao, espresso, organic grass fed butter and cinnamon + Add chilli 0.5
<b>CHAI LATTE</b> 8 Our special chai mix. Make it dirty with a double shot of espresso for +1.5	<b>PEANUT BUTTER JELLY LATTE</b> 7 Our house-made peanut butter, with locally made strawberry jam, organic pitaya and coconut nectar served with your choice of milk (not available with cow's milk) and topped with rose petals	<b>@ MEDICAL MEDIUMS SPICED CHAGA LATTE</b> 7 Coconut milk, chaga, cinnamon, ginger, cardamom, nutmeg and honey topped with coconut whipped cream. (no adjustments)
<b>SPICES</b> <b>TURMERIC LATTE (try it iced)</b> 7 Your choice of milk mixed with turmeric, organic coconut oil, organic rice malt syrup, black pepper and cinnamon	<b>RAW CACAO or CAROB HOT CHOCOLATE (VEGAN)</b> 7 Raw cacao or roasted carob, organic coconut oil, maple syrup, cinnamon, nutmeg and your choice of milk	<b>MATCHA LATTE</b> 7 Your choice of milk mixed with green tea matcha and organic honey (vegan option) + Add ginger 0.7
<b>GOLDEN BOY</b> 7 Turmeric, black pepper, cinnamon, orange blossom water and coconut nectar with your choice of milk	<b>NUTELLA LATTE</b> 8 Dark Belgian hot chocolate with house-made nutella paste with your choice of milk + Add espresso 1.0	<b>NEW SMOKY SHILAJIT HOT CHOC</b> 8 Hot Nettle tea with cacao nibs, raw cacao, carob powder, shilajit, reishi, maca, cinnamon, coconut nectar and almond milk
<b>SPICED CARROT LATTE</b> 7 Fresh carrot juice, ginger, vanilla bean paste, nutmeg, cinnamon and served with Bonsoy (not available with cow's milk)	<b>CHARCOAL LATTE</b> 7 Your choice of milk mixed with activated coconut charcoal, carob syrup, maple syrup, cinnamon and coconut oil	<b>NEW WARM ELIXIR</b> 8 Coconut milk with reishi, chaga, raw cacao, maca, turmeric, cayenne and coconut nectar
<b>GINGER-NUT LATTE</b> 7 Your choice of milk mixed with ginger, vanilla bean paste, double espresso, organic coconut oil, nutmeg and cinnamon		<b>NEW BULLETPROOF MUSHROOMS</b> 8 Batch brew coffee with collagen, MCT oil, grass fed butter, lion's mane, chaga and monk fruit extract

## HOT CHOCOLATES

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

To safeguard the future of cocoa, we must support farmers to increase their yield per hectare, and help them earn a better income from cocoa farming. Better cocoa production practices are needed to ensure that cocoa farming is a viable option also for the next generation of growers, including young women.

Callebaut address this in two ways: by training farmers, and by paying a farmer premium.

### BELGIAN

WHITE CHOCOLATE	5.5	TURKISH DELIGHT (DARK)	6.5
MILK CHOCOLATE	5.5	CINNAMON DONUT (WHITE)	6.5
DARK CHOCOLATE	5.5	PEANUT BUTTER (MILK/DARK)	6.5
BLEND OF TWO (MILK/DARK)	6.5	S'MORES (WHITE/MILK/DARK)	6.5
TOP DECK (WHITE/MILK)	6.5	JAFFA (DARK)	6.5
CHILLI CHOC (MILK)	6.5	STRAWBERRY AND ORANGE (DARK)	6.5
SALTED CARAMEL (MILK)	6.5	MIX N' MATCH	6.5
STRAWBERRY (DARK)	6.5	1. pick white, milk or dark chocolate 2. Add one of the following: caramel, hazelnut, mint, fresh shot of ginger, organic matcha or our yellow turmeric mix	
STRAWBERRY AND CREAM (WHITE)	6.5		

### SINGLE ORIGIN

ECUDORIAN	6.5	MADAGASCAR	6.5
Forastero Nacional (70% cocoa)		Criollo, Forastero, Trinitario (67% cocoa)	
SAO THOME	6.5	RUBY	6.5
Forastero Nacional (70% cocoa)			

#### Why Ruby Chocolate is so special

One of Callebaut cocoa experts discovered that unique components, naturally present in cocoa beans, yielded chocolate with exceptional colour and fruity taste. It took the Callebaut chocolate makers over 13 years to unravel this secret from nature and identify the beans with which they could create the perfect ruby recipe.

The ruby beans thrive in cacao growing countries like Brazil, Ecuador and Ivory Coast. They are exceptional for the typical precursors that evoke the ruby colour and taste. Only through expert selection and particular processing of the beans, ruby chocolate reveals its unique sensory properties without any colourants or fruit flavourings.

# 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.

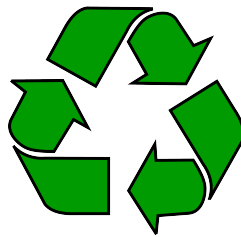
Argo has strict procedures in place to ensure that there is no cross-contamination between foods but we can not guarantee that some food and/or drinks will not contain some traces of a particular food allergen.

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)