

REAL FOOD



TOASTED

SOURDOUGH TOAST **VO, GFO** 8.9

Buttered sourdough with one of the following condiments - house peanut butter, wildberry jam, local honey or vegemite.

BANANA BREAD 9.9

Warmed buttered banana bread baked with a touch of cinnamon, topped with raspberry dust

LOADED BREAKFAST ROLL **DF** 17.9

Wood smoked double stacked bacon, free range egg, avocado, tomato relish on a toasted wheat bun.

Prefer veg? Swap bacon for halloumi

SEASONAL AVOCADO **DFO, GFO** HALF 14.9 FULL 23.9

Avocado, crumbled feta, pesto oil, soft greens, sesame seed dukkah, sourdough.

Add free range egg + 3.5 each

SIGNATURE SCRAMBLED EGGS **GFO** 22.9

3 free range scrambled eggs, spicy tomato relish, garlic almond parmesan, tamari seeds, buttered sourdough.

Add wood smoked bacon + 7.0

VEGAN SWEET POTATO TOAST **VE, GF** 22.9

Whole baked sweet potato slices, house dill cashew cheese, avocado, tamari seeds, leafy greens, zucchini noodles, superfood slaw.

EXTRAS / ADD ONS

Wood smoked bacon	7.0	Crumbled feta	5.0
Free range egg	3.5	Baked halloumi	6.0
House sauerkraut/kimchi	5.0	Swap for gluten free	2.5
Half avocado	5.0	House side salad	6.9
Sweet potato	5.0	Smokey butter beans	5.0

LEGEND

VE Vegan	VO Vegan Option	GF Gluten Free	GFO Gluten Free Option	DF Dairy Free
-----------------	------------------------	-----------------------	-------------------------------	----------------------

ALLERGEN NOTICE

Please be very clear about the nature of **ANY** allergy / intolerances with our staff **UPON** ordering and be mindful that cross contamination of ingredients is a risk in a busy kitchen.

NOURISH BOWLS

EGGCITED BOWL **GF** 24.9

3 pasture raised scrambled eggs, crispy fried halloumi, house ferments, leaves, seeds, garlic almond crumb, pesto vinaigrette.

NACHO-ISH BOWL **VE, GF** 23.9

Smokey maple chilli butter beans, corn chips, avocado, cashew cheese, leafy greens, kale slaw, vegan parmesan, seeds.

ACAI BOWL (AH-SIGH-EE) **VE, GF** 21.9

Organic Amazonian açai, frozen banana, mixed berries, organic coconut milk, house maple nut granola, seasonal fruit.

Add peanut butter + 2.0

FAMOUS WAFFLES

PLAIN JANE **VE, GF** 14.9

Warm toasted waffle, house made coconut ice cream, pure maple syrup, fresh seasonal berries.

ALL THE FRUIT **VE, GF** 22.9

Warm toasted waffle, fresh seasonal fruit, house coconut ice cream, organic maple, raspberry dust, edible flowers.

MAPLE BACON BOMB **DF, GF** 24.9

Warm toasted waffle, double wood smoked bacon, soft fried egg, spicy house relish, organic maple, tamari seeds, almond parmesan.



HEALTHY GRAB N GO

Check out the display cabinet for a huge new range toasties, wraps, rolls, frittatas, granola cups, take home meals, raw desserts, bliss balls, slices, whole cakes and more!

NEED CATERING?

Get us to cater for your next event. Real food platters, grazing boxes, picnic hampers, sweet or savoury. Order at mamap.com.au or see staff.

DRINKS



SUPERFOOD SMOOTHIES

ACAI (AH-SIGH-EE) **VE, GF** **13.9**

Organic Amazonian açai, frozen banana, mixed seasonal berries, organic coconut milk.

GREEN PEACE **VE, GF** **13.9**

Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk.

SNICKERS **VE, GF** **13.9**

Frozen bananas, raw chocolate, house-made peanut butter, dates, organic almond milk.

TROPICANA **VE, GF** **13.9**

Mango, pineapple and passion fruit, frozen banana and organic coconut milk.

ADDITIONS

Probiotics	2.0	Hemp protein	2.0
Organic MCT oil	2.0	Coffee shot	1.0
Organic greens	2.0	Marine collagen	2.0
Peanut butter	2.0	Grass fed collagen	2.0

COLD DRINKS

MILKSHAKES **SML 5.0 LRG 8.5**

Real fruit and house made syrups, no preservatives or additives.

- Raspberry beret
- Cheeky chocolate
- Vanilla gorilla
- Blueberry pie
- Go bananas
- Caramel swirl

Add home made coconut ice cream + 3.5

Add non dairy milk + 1.0

COLD BREW **SML 5.0 LRG 7.0**

Darks beans, slowly steeped for 18 hours, then chilled. Served on ice. Add milk and syrup of choice.

ICED LATTE **SML 4.5 LRG 6.5**

A double shot of hot espresso, poured over ice for a super chilled brew. Add milk and sweetener.

CHILLED ICED CHAI **SML 4.5 LRG 6.5**

Locally blended Indian spiced massala tea infused with rice malt. Add milk of choice. Served on ice.

HOT DRINKS

COFFEE BY DARKS **CUP 4.5 MUG 5.5**

Cappuccino, flat white, latte, long black or anyway you like it. Strong double shot per cup.

BULLETPROOF LATTE **ONE SIZE 7.5**

For optimal fuel and clarity during fasting and ketosis. Blended espresso with grass fed butter and MCT oil.

SIGNATURE HOT CHOCOLATE **CUP 4.5 MUG 5.5**

House blended organic raw cacao syrup with a hint of vanilla. Add milk and sweetener of choice.

MOCHA MADNESS **CUP 5.0 MUG 6.0**

House blended organic raw cacao syrup with a shot of espresso. Add milk and sweetener of choice.

CHOC SUPER SHROOM **CUP 5.5 MUG 6.5**

Energy and vitality boosted hot chocolate with medicinal mushrooms of chaga, reishi, lions mane. Add milk and sweetener of choice.

ADDITIONS

Alternate milks	1.0	Extra shot	1.0
Baby chino	2.0	Caramel / Vanilla syrup	0.5
MCT oil / collagen	2.0	Raw honey / pure maple	1.0

SPICED CHAI LATTE **CUP 4.5 MUG 5.5**

Locally blended Indian spiced massala tea infused with rice malt syrup. Add milk and sweetener of choice.

Add coffee shot for dirty chai + 0.5

GOLDEN TURMERIC LATTE **CUP 5.5 MUG 6.5**

Healing, anti inflammatory turmeric tonic with black pepper to enhance curcumin absorption. Add milk of choice.

BLENDED MATCHA LATTE **CUP 5.5 MUG 6.5**

Shizuoka ceremonial grade matcha blended with coconut blossom and a hint of vanilla. High in antioxidants. Add milk of choice.

TEA BY THE TEA COLLECTIVE **ONE SIZE 6.5**

Local, hand blended high graded tea and organic herbal tisanes.

Choose from:

BLACK	GREEN	HERBAL
• English breakfast	• Blueberry sencha	• Peppermint
• Early grey	• Jasmine green	• Ginger zing
• Choc coconut chai	• Premium matcha	• Yoga

TAKING AWAY?

Jump the queue! Download our free ordering app from the App Store.



PLEASE ORDER AND PAY AT COUNTER

10% surcharge applies on public holidays.