

Our vision is to create a space to energise the mind, body and spirit through simple and beautifully plated wholefoods, a zen space to unwind or work and a studio to practice inner balance and wellbeing.



ALL DAY MENU



VEGAN



GLUTEN FREE

COMFORT BOWL | \$18

Black sticky rice, cardamom infused coconut cream, mango puree, paleo granola and fresh pineapple

TOAST & SPREADS | \$9

Choose your bread: banana bread  

/ wholegrain sourdough  / freedom loaf  

Choose your spread:   organic peanut butter

/ house jam / beetroot hummus

ORGANIC EGGS ON TOAST | \$12

CHOOSE: HOUSEMADE BEETKRAUT OR TOMATO JAM


ADD ON'S -

- Seared Spinach/Roasted Tomatoes | \$4 each
- Gremolata Mushrooms / Whole Potato Rosti / Stuffed mushroom | \$5 each
- Smoked Salmon/Free-range Bacon | \$6 each

CITRUS WAFFLES | \$19


Buckwheat waffles, lemony coconut ambrosia, fresh citrus, vegan meringue and chocolate sauce

MONDAY'S BENEDICT | \$18

Organic poached eggs (or scrambled tofu ) , whole potato rosti, seared spinach, vegan hollandaise and gremolata oil

- Add mushrooms/stuffed mushroom | \$5
- Add smoked salmon/free range bacon | \$6

WINTER FEAST | \$19

Kumara stuffed mushroom, mimosa eggs (or scrambled tofu ) , cauliflower & mango puree, raw grated veggies, seared spinach, beetkraut and housemade keto crackers

- Add Smoked Salmon/Free Range Bacon | \$6 each
- Add Free Range Chicken | \$9

BO BUN (BOH-BOON) | \$20

Veggies broth, rice vermicelli noodles, kimchi, soybean sprout, peas, tempeh, lemongrass and coriander

- Add prawns/smoked salmon | \$6 each
- FR chicken | \$9

FALAFEL ON LEEKS | \$18

Leek soup, seasonal veggies roasted with turmeric and homemade falafels



BBQ JACKFRUIT SLIDERS | \$18


Slow braised barbecue jackfruit, coleslaw, smoked paprika vegan aioli and alfalfa sprouts

DESSERT OF THE MOMENT | \$15


Ask our friendly staff

SIDES & EXTRAS

Oven baked kumara wedges with smoked paprika aioli   | \$9

Dips (cauliflower & mango puree, beetroot hummus) with corn chips   | \$8

TOASTIES on request | \$13

- Pastrami and cheese with coleslaw and mustard
- Vegan cheese, spinach, tomatoes and aioli 
- Bacon, spinach, tomatoes, cheese and aioli

PLEASE TELL US IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS

DRINKS




HOT DRINKS

Long Black | \$4
Filter Coffee (free refill) | \$4
Piccolo \$4.5
Flat White | \$4.5
Cappuccino | \$4.5
Latte | \$5
Hot Chocolate | \$5
Mocha | \$5.5

Upsize | \$0.5
Almond / Soy / Coconut Milk | \$0.5
Housemade Nutmilk | \$2

WELLNESS LATTES, SPECIALTY DRINKS & TEAS

FAT BLACK | \$6.5

Espresso blended with coconut oil, cow butter and vanilla essence  available

RUBY LATTE | \$6.5

Heart happy beetroot, blueberry, cinnamon, coconut sugar

GOLDEN LATTE | \$6.5

Ayurvedic immune boosting turmeric, cardamom, ginger, coconut sugar

EMERALD LATTE | \$6.5

Organic matcha green tea and coconut sugar

CHAI TEA LATTE | \$6.5

House blend with mix of spices and black tea

AZTEC HOT CHOCOLATE | \$6.5

Hot chocolate with raw cocoa, cinnamon, nutmeg and cardamom

COCONUT AFFOGATO | \$9

Espresso coffee over dairy-free coconut ice cream

ORGANIC TEAS | \$5

See latest selection

SMOOTHIES \$12

MEAN GREEN

Pineapple, kiwifruit, banana, spinach, mint, orange juice, spirulina and coconut cream

ZESTY BERRY

Blackberries, strawberries, raspberries, banana, dates, lemon juice, nut milk and coconut cream

HEALTHY CHOCOLATE

Banana, cauliflower, peanut butter, cocoa, maca, dates, nut milk and coconut cream

SUNSHINE SMOOTHIES

Mango, pineapple, banana, turmeric, lemon juice, bee pollen, coconut milk and coconut cream

COLD DRINKS

Pete's natural – see selection | \$5
NO UGLY tonics – see selection | \$5
Mama's Brew Kombucha | \$7
Cold press juices – ask for daily special | \$8.5

MONDAYS MOCKTAILS | \$9

BLUEBERRY & BASIL

CHERRY & POMEGRANATE

CELERY & LIME

BEERS, WINES & BUBBLES

Ask for drink menu

Thank you for being part of our Mondays journey.

BOOK YOUR YOGA OR HIRE OUR STUDIO/ CAFE FOR YOUR EVENT AT WWW.MONDAYSWHOLEFOODS.COM

