

Our vision is to create a space to recharge the mind, body and soul 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

BALI BOWL | \$18

Coconut tapioca, seasonal fruit, Paleo granola, berries, mango puree, jaffa macca dukkah

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 WITH HOUSEMADE

SUPERCHARGE BEETKRAUT OR TOMATO RELISH | \$12

ADD ON'S -

- Avocado/ Seared Spinach/Roasted Tomatoes/ Green Salad/ Sprout Salsa | \$4 each
- Pea Stuffed Avocado/Gremolata Mushrooms/ Whole Potato Rosti | \$5 each
- Smoked Salmon/Free-range Bacon | \$6 each

AMBROSIA WAFFLES | \$19


Buckwheat waffles, coconut ambrosia, berries, vegan meringue, toasted coconut

MONDAY'S BENEDICT | \$17

Organic pullet eggs (or avo), whole potato rosti, wilted greens, Vegan hollandaise, parsley pistou

- Add Mushrooms | \$5
- Add FR Bacon/Salmon | \$6

KETO FEAST | \$19

Organic house sprouted salad, pea stuffed avocado, dukkah, chipotle devilled eggs (or mushrooms)  marinated olives, wilted spinach, beetkraut, house keto crackers

- Add Salmon/FR Bacon | \$6 each
- Add FR Chicken Thigh | \$9 each

BIBIMBAP (BEE-BIM-BAP "MIXED RICE") | \$20

Cauliflower rice, kimchi, teriyaki mushrooms, carrot cumber pickle, wilted greens, fried egg, korean chilli sauce, coriander

- Add Tofu / Salmon | \$6
- Add FR Chicken thigh | \$9

WARM RECHARGE SALAD | \$16

Beetroot hummus, organic house sprouts, asparagus, sweetcorn, kale, seed mix, orange sesame miso dressing

- Add FR Chicken thigh | \$9

SOFT TACOS | \$18

Slow braised chipotle jackfruit, sprout salsa, burnt onion vegan aioli, coriander

SIDES & EXTRAS

Marinated Olives | \$6

Kumara Wedges with burnt onion vegan aioli | \$9

Corn chips with guacamole & sprout salsa | \$9

CABINET SPECIALS

Ideal to takeaway for breakfast or lunch on the run

Selection of cakes & slices | as priced

Toasties | \$13

Breakfast Cups and Bowls | \$9

Salads | \$13

PLEASE TELL US IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS



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DRINKS



HOT DRINKS

Long Black | \$4
Piccolo \$4.50
Latte | \$5
Flat White | \$4.5
Cappuccino | \$4.5

Filter Coffee \$4
Mocha | \$5
Chai Latte | \$5
Hot Chocolate | \$5

Upsize | 50c
Coconut Cream | \$1
Almond / Soy / Coconut Milk | 50c
Housemade Nutmilk \$2.0

WELLNESS LATTES, SPECIALTY DRINKS & TEAS

FAT BLACK | \$6.5

Espresso blended with coconut oil, cow butter and vanilla essence (keto friendly)

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

Antioxidant packed matcha green tea, coconut sugar optional

COCONUT AFFOGATO | \$9

Espresso coffee over dairy-free coconut ice cream

ORGANIC TEAS | \$5

See latest selection

AZTEC HOT CHOCOLATE | \$6.50

Healthy Hot Chocolate with organic cocoa, cinnamon, nutmeg and cardamon

All specialty drinks are made with your choice of almond, soy, coconut or regular milk

SMOOTHIES

MEAN GREEN | \$12

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

ZESTY BERRY | \$12

Blackberries, strawberries, raspberry, banana, dates, nut milk, coconut cream

HEALTHY CHOCOLATE | \$12

Bananas, cauliflower, peanut butter, cocoa, maca, dates, coconut cream, nut milk

SUNSHINE SMOOTHIE | \$12

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

COOL DRINKS

Karma colas – see selection | \$5
Kombucha - see selection | \$7
Sparkling water | \$5
Cold press juices – ask for daily special | \$8.5
Almighty juices | \$5.5
Switchel – see selection | \$7
Immunity shots | \$6.5

MONDAYS MOCKTAILS | \$9.0

BLUE BREEZE

Lime & blueberry

CHIA FRESCA

Raspberry, mint, chia seeds

LEMON TONIC

Lemon and lime

Thank you for being part of our Mondays journey.

BOOK YOUR YOGA OR EVENT OR HIRE OUR
STUDIO/ SPACE AT

WWW.MONDAYSWHOLEFOODS.COM



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