

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

Watermelon 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: homemade chocolate / house jam / beetroot hummus

ORGANIC PULLET EGGS ON TOAST WITH HOUSEMADE SUPERCHARGE BEETKRAUT | \$12

ADD ON'S -

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

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, red cabbage wraps, house keto crackers

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

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
Latte | \$4.50
Mocha | \$5
Flat White | \$4.50
Cappuccino | \$4.50
Chai Latte | \$5
Hot Chocolate | \$5
Aztec Hot Chocolate | \$5

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

WELLNESS LATTES, SPECIALTY DRINKS & TEAS

FAT BLACK | \$6.50

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

Ruby Latte | \$6.50

Heart happy beetroot, blueberry, cinnamon, coconut sugar

Golden Latte | \$6.50

Ayurvedic immune boosting turmeric, cardamom, ginger, coconut sugar

Emerald Latte | \$6.50

Antioxidant packed matcha green tea, coconut sugar optional

Coconut Affogato | \$9

Espresso coffee over dairy-free coconut ice cream

Organic Teas | \$4

Peppermint, English breakfast, sweet rose, chai, green, rooibos, lemon and ginger

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

SMOOTHIES

IMMUNITY BOOST | \$10

Boost your immunity with spinach, orange, kiwi, lemon, fresh ginger, turmeric, dates, nut milk

ZESTY BERRY | \$10

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

HEALTHY CHOCOLATE | \$10

Bananas, cocoa, maca, dates, sea salt, coconut cream, nut milk

NUT-BERRY POWER | \$10

Peanut butter, blueberries, dates, coconut cream, nut milk

COOL DRINKS

Coconut water | \$5
Karma colas – see selection | \$5
Kombucha - see selection | \$7.0
Sparkling water | \$5
Cold press juices – see selection | \$8.50
Almighty juices | \$5.5
Immunity shots | \$6.50

MONDAYS MOCKTAILS | \$7.0

BLUE BREEZE

Lime & blueberry

CHIA FRESCA

Raspberry, mint, chia seeds

LEMON TONIC

Lemongrass, liquorice 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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