

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

### REVIVE BOWL (V) (GF) | \$18

Black sticky rice, basil infused coconut cream, raspberry coulis, granola and fresh berries

### TOAST & SPREADS | \$9

Choose your bread: banana bread (V) (GF)

/ wholegrain sourdough (V) / freedom loaf (V) (GF)

Choose your spread: (V) (GF) peanut butter / house jam / beetroot hummus

### EGGS ON TOAST | \$12

Organic eggs (or avocado (V)) cooked your style on Sourdough (GF available) with tomato jam

- Add seared spinach/roasted tomatoes | \$4 each
- Add mushrooms/potato rosti/avocado | \$5 each
- Add smoked salmon/free range bacon | \$6 each

### SUNSHINE WAFFLES (V) (GF) | \$19

Buckwheat waffles, mango & coconut ambrosia, rosemary infused pineapple, mango coulis and turmeric vegan meringue

### MONDAYS BENEDICT (GF) | \$18

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

- Add mushrooms/avocado | \$5 each
- Add smoked salmon/free range bacon | \$6 each

### THE GOOD STUFF FEAST (GF) | \$19

Veggie tempura, purple eggs (black tea & aniseed infused) or avocado (V), carrot and orange puree with crushed hazelnuts, seared spinach, beetroot hummus, beetkraut & keto crackers

- Add avocado | \$5
- Add smoked salmon/free range bacon | \$6 each

### KICKSTART SALAD (V) (GF) | \$19

Roasted kumaras, chickpeas, avocado, sprouts, roquette, coconut feta with mango chutney dressing

- Add smoked salmon / free range bacon | \$6 each

### PLANT POWERED GAZPACHO (V) | \$18

Cucumber, tomatoes & capsicum pureed cold soup, "ratatouille", spicy cauliflower pops with rosemary & rock salt focaccia. (GF) on request

### CLASSIC JACKFRUIT TACOS (V) | \$18

Slow braised jackfruit cooked Bolognese-style, soft shell tacos, salsa and vegan aioli

- Add rosti fries | \$5
- Add mini bowl kumara wedges | \$5

### TOASTIES (GF) on request | \$13

- Pastrami & cheese with beetkraut & mustard
- Vegan cheese, spinach, tomatoes & aioli (V)
- Bacon, spinach, tomatoes, cheese & aioli

## LITTLE EXTRAS

Oven baked kumara wedges with vegan aioli (V) (GF) | \$9

Guacamole & corn chips (V) (GF) | \$8

**SEE OUR CABINET FOR DAILY SWEET AND SAVOURY SPECIALS** – as priced

Thank you for being part of our Mondays journey.  
**PLEASE TELL US IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS**

# DRINKS

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## HOT DRINKS

Long Black | \$4      Latte | \$5  
Piccolo \$4.5      Hot Chocolate | \$5  
Flat White | \$4.5      Mocha | \$5.5  
Cappuccino | \$4.5

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 (V) 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

### CHAI TEA LATTE | \$6.5

House blend with mix of spices and black tea

### AZTEC HOT CHOCOLATE | \$6.5

Hot chocolate with raw cocoa, orange powder, cinnamon 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 SMOOTHIE

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

## COLD DRINKS

Pete's natural – see selection | \$5  
Mama's Brew Kombucha | \$7  
Pause for Tea - Sparkling teas | \$6  
Cold press juices – ask for daily special | \$8.5

## MONDAYS MOCKTAILS | \$9

### HIBISCUS & CUCUMBER

### 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](http://WWW.MONDAYSWHOLEFOODS.COM)



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