

# FED UP PROJECT

## Coffee By Cortado:

Short 3.00  
Small 3.50  
Large 4.30  
X-Large 4.80



## Dairy Free Milks: +50c

Bonsoy- Soy Milk  
Almond Breeze Almond milk,  
Houseblend Coconut Milk

Mocha + 50c  
Chai + 50c

## Tea 4.00

South Melbourne Breakfast  
Peppermint  
Lemongrass and Ginger  
Honeydew Green  
English Breakfast  
Supreme Earl Grey  
Jasmine  
Brown Rice Green Tea

## Specialty Hot Drinks 5.00

Golden Latte (Turmeric, Cinnamon,  
Ginger, Honey, Pepper)  
Coconut Latte  
Matcha Latte  
Organic Hot Chocolate (1 size) Lrg  
Loose Leaf Chai in a Pot  
Iced Latte  
Organic Iced Chocolate Frappe  
Bullet Proof Coffee  
Bounty Hot Chocolate +50c

*"We are developing the cafe  
into a platform for people to experience  
wholesome foods, getting people fed up with  
nourishment, education & understanding,  
about how our foods can improve productivity  
& wellbeing"*

## - NOURISHING REFRESHMENTS - Juices 7.50

### **Green Machine:**

Apple, Silverbeet, Kiwifruit, Celery, Mint

### **Golden Glow:**

Orange, Carrot, Lemon, Ginger

### **The Cleanse:**

Watermelon, Carrot, Lemon, Celery

## Smoothies 8.00

### **Banana & Spice:**

Banana, Cinnamon, Nutmeg, Honey, Milk,  
Greek yogurt, Ice

### **Cacao Mint:**

Cacao, Mint, Coconut milk, Maple, Peppermint  
oil, Milk, Ice

### **Fruit Crush -DF:**

Apple, Mint, Raspberry, Mango, Ice

### **The Cloud- DF +2:**

Blueberry, Banana, Water +Whey Protein

### **Fed Up & GO +2:**

Blueberry, Oats, Banana, Greek yogurt,  
Cinnamon, Milk +Protein

## - SO NAUGHTY BUT NICE - Healthy Desserts

*These delicious sweets are on display Daily at  
our front counter we cater our sweets to suit  
you: vegan, paleo, dairy free, nut free,  
refined sugar free, gluten free*



- Breakfastie Goodies all day long! -

**Eggs Your Own Way: DF, NF, V, GF optional 10**

**Add Bacon +3**

Poached, Scrambled or Fried

Served with a side of Organic sourdough

**Paleo French Toast: DF, GF 15**

Homemade Paleo Banana Bread, Cinnamon

Nut Crumble, Chai Ice cream, Maple syrup,

Sliced Bananas, Strawberries & Edible Flowers

**The Protein Board: GF 18**

Choice of any 2 Proteins, accompanied with

a salad of your choice + 2 protein balls

**Veggie Feast: GF 17**

Roasted Thyme & Rosemary Field Mushroom

served with Homemade Spiced Beans, Crisp Potato & Garlic Rosti, Soft Poached Egg,

Toasted Seeds, Herbed Walnut Crumb, Truffle oil & Microgreens

**Salmon Fiesta: 18**

Atlantic Smoked Salmon, Avocado & Citrus mousse, Polenta Waffle, Charred Corn &

Red Onion Salsa, Soft Poached Egg, Herb Oil, Microgreens & Toasted Quinoa

**Coconut Pana Cotta: DF, GF, RSF 16 \*Add Milk Optional**

Coconut & Vanilla Pana Cotta, Homemade Toasted Cinnamon Fruit, Seed & Nut

granola, Strawberry & Mint Salsa, Homemade Citrus Curd, Coconut & Almond Crisp

**Coconut Vegetable Curry Soup: GF & DF optional 10**

Cauliflower, Turmeric, Broccoli, Carrot, Chilli, Coconut Milk,

Onion Tomato & Ginger. Served with Crusty Buttered Sourdough & Toasted Seeds

**The Avo Stack: NF, V 15**

Sliced Avocado, Crumbled Feta, Diced Tomato,

Soft Poached Eggs, Black Sesame, Lemon &

Microgreens

**The Nourish Board: GF optional 18**

The Avo stack on Sourdough, Today's Mini Sweet Cup,

Fresh Fruits. Served with a shot of Lemon, Ginger & Orange spritz

**Breakfast Omelette: GF & DF optional 15**

Ham, Tomato, Spinach, Mushroom, Cheese, Black Sesame, Microgreens

**- MEAL UPGRADES -**

*Avocado +3*

*Bacon +3*

*Grilled Chicken +3*

*Eggs your way +3*

*Homemade Baked Beans +3*

*Feta Cheese +2*

*Gluten Free bread +2*

*Grilled Tomato +2*

*Market Spinach +2*

*Non-Dairy Milks +2*

*Sautéed mushrooms +2*

**‘Build your bowl’**

*Pick 2 Salads + Protein*

*From +10*

*Weekdays at our front counter*