

FED UP PROJECT

Lifestyle Eatery

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
Lemon and Ginger Brew
Honeydew Green
English Breakfast
Supreme Earl Grey
Jasmine
Brown Rice Green Tea

Specialty Hot Drinks 5.00

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

Cold Drinks

Organic Iced Chocolate Frappe 5.00
Iced Latte 5.00
Sparkling Water 4.50
Helping Humans Cold Pressed Juices 5.00
Helping Humans Komboucha 5.00
Still Water 3.00

- CHEAP EATS -

Pork Belly Lettuce Cups DF 10

Asian Style Slow Braised Pork Belly, Vermicelli Noodles,
Carrot, Mint, Spring Onion & Toasted Sesame. With a side of
Cabbage & Sesame Salad

Chicken Tacos GF, DFO 10

Spiced Chicken, Charred Corn Salsa, Cheese, Shredded
Cabbage, Avocado Puree, Sour Cream & Toasted Quinoa

Baked Potato: GF, DFO 10 **Baked Sweet Potato:** +2

Charred Corn Salsa, Avocado, Shredded Cabbage, Cheese,
Black Sesame & your choice of Protein: Chicken, Crispy
Bacon, Sauteed Mushrooms or Tuna Mayo Mix

Coconut Vegetable Curry Soup: GFO, DFO, VeO 10

Cauliflower, Tumeric, Broccoli, Carrot, Chilli, Coconut Milk,
Onion Tomato & Ginger. Served with Crusty Buttered
Sourdough & Toasted Cumin Seeds

Vegetable Risotto: GF, Ve & DF 10

Sauteed Spinach, Capsicum, Mushrooms, Microherbs, Truffle
oil
+ Additional Proteins Available +3: Chicken, Smoked Salmon

Smoothie Bowls: DF & Ve 12

Choose from: Banana & Spice Smoothie, Fruit Salad
Smoothie, Peanut Butter & Coffee Smoothie
+ all bowls are topped with Fresh Fruits, Crunchy Granola,
Bee Pollen, Pumpkin Seeds, Cinnamon, Sunflower Seeds,
Flaxseeds & Coconut

Meat & 3 Veg: GF & DF 12

Choose from: Grilled Chicken Breast, Minute Steak
+ a side of 3 Veggies

Vietnamese Pancake: GFO 10

Chicken, Bean Sprouts, Carrot, Onion.
Served with: Fresh Lettuce Leaves, Mint & Nuoc Cham

- NOURISHING REFRESHMENTS -

Juices 8

Green Machine:

Apple, Silverbeet, Kiwifruit, Celery, Mint

Golden Glow:

Orange, Carrot, Lemon, Ginger, Tumeric

The Cleanse:

Watermelon, Carrot, Lemon, Celery, Orange

Detox:

Beetroot, Apple, Carrot, Ginger, Lemon, Celery

Smoothies 9 All GF, DF, Ve

Banana & Spice:

Banana, Cinnamon, Freshly grated Nutmeg, Honey,
Almond Milk, Ice

Fruit Salad:

Banana, Raspberry, Mango, Pineapple, Honey, Coconut
Milk, Cinnamon

Peanut Butter Coffee:

Espresso, Raw Cacao, Coconut Milk, Banana, Sea salt,
Peanut Butter, Dates

Chai & Banana:

Banana, Chai syrup, Almond Milk, Dates, Sea salt,
Cinnamon

Tropical Blend:

Mango, Pineapple, Coconut Milk, Tumeric, Honey

Choc Avocado:

Organic Chocolate syrup, Avocado, Mint, Coconut Milk,
Raw Cacao, Vanilla, Sea salt

The Cloud 10:

Blueberry, Banana, Water +Whey Protein

Fed Up & Go 10:

Blueberry, Oats, Banana, Cinnamon, Almond Milk
+Protein

- NUTRIENT RICH MEALS ALL DAY LONG! -

Eggs Your Own Way: DF, NF, V, GFO 10

Add Bacon +3

Poached, Scrambled or Fried

Served with a side of Organic sourdough

Paleo French Toast: DF, GF 17

Homemade Paleo Banana Bread, Cinnamon, Paleo Lemon Curd, Nut Crumble, Chai Ice cream, Maple syrup, Cinnamon, Sliced Bananas, Strawberries & Edible Flowers

Vegan Pancake Stack: DF, GF & Ve 17

Served with Cinnamon, Nut Crumble, Chocolate Banana ice cream, Maple syrup, Cinnamon, Sliced Bananas, Strawberries, Hot Espresso & Chocolate sauce & Edible Flowers

Classic Breakfast Omelette: GFO & DFO 16

Ham, Tomato, Spinach, Mushroom, Cheese, Toasted Sesame, Feta & Microgreens

Meal Upgrades:

Avocado +3

Eggs your way +3

Feta Cheese +3

Gluten Free bread +2

Grilled Tomato +2

Market Spinach +2

Non-Dairy Milks +1

Sautéed mushrooms +2

Polenta Waffles + 5

Corn & Green Pea Fritters +5

Homemade Baked Beans +3

Veggie Feast: GF 18

Roasted Thyme & Rosemary Field Mushroom served with Homemade Spiced Beans, Corn & Green Pea Fritters, Soft Poached Egg, Toasted Cumin Seeds, Walnut & Herb Croutons, Truffle oil & Microgreens

Green Pea & Corn Fritters: GF, NF, VGO 15

Soft Poached Eggs, Toasted Cumin Seeds, Middle Eastern Spiced Pumpkin Puree, Dukkah & Microgreens

Salmon Fiesta: GF, DF 18

Atlantic Smoked Salmon, Avocado & Citrus mousse, Polenta Waffle, Charred Corn & Red Onion Salsa, Soft Poached Egg, Herb Oil, Microgreens & Toasted Quinoa

Acai Berry Bowl: DF, Ve 15

Organic Acai berry, Blueberries, Raspberries, Almond Milk, Honey, Cinnamon, Nut Crumble, Granola, Toasted Coconut, Fresh Fruits & Toasted sesame

Pan Seared Salmon: GF 19

Served with Today's Salad of your choice, Pumpkin and Garlic Puree, Toasted Cumin Seeds, Lemon & Herbs

Protein Pasta: GF, NF, VeO 16

Choose from: Mung bean Fettucine, Soybean Spaghetti, Blackbean Spaghetti

Pesto & Vegetables OR Slow cooked Tomato & Vegetable Sauce

Additional Proteins Available +3: Chicken, Smoked Salmon, Tuna, Bacon

The Avo Stack: NF, V 15

Sliced Avocado, Crumbled Feta, Diced Tomato, Soft Poached Eggs, Toasted White & Black Sesame Seeds, Lemon & Microgreens

'Build your salad bowl'

Pick 2 Salads From \$10

+ Protein

Weekdays at our front counter

- 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
Come and try our range of Raw Slices, Fresh Baked Cakes,
Nourishing Treats and Snacks, plus plenty more!*

Proteins:

Bacon +3

Boiled Egg +1

Sour Cream +1

Salmon Fillet +8

Smoked Salmon +4

Tuna in Olive Oil +1

Homemade Felafels +2

Grilled Chicken Breast +3

210 Clarendon St, South Melbourne



FedUpProject.com.au

GF- Gluten Free | DF- Dairy Free | Ve-Vegan | NF- Nut Free | DFO- Dairy Free Option | GFO- Gluten Free Option | VeO- Vegan Option