

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,
House-blend Coconut Milk

Mocha 50c
Chai Latte 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

- BUILT FOR SPEED -

Vegetable Lasagne V 12

Layers of Charred Eggplant, Zucchini, Spinach, Mushrooms, Homemade Bechamel Sauce, Slow cooked Napoli, Pasta & Cheese. Served with a side salad

Chicken Tacos GF, DFO 10

Spiced Chicken, Black beans, Charred Corn Salsa, Cheese, Cabbage, Avocado, Sour Cream & Quinoa

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

Charred Corn Salsa, Avocado, Shredded Cabbage, Cheese, Sour Cream & 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, Zucchini, Microherbs & Truffle oil
Additional Proteins Available +3: Chicken, Smoked Salmon

Nachos: DF, GF Ve 13

Organic Corn chips, Spiced Black beans, Charred Corn Salsa, Cheese, Organic Tomato Salsa, Avocado, Sour Cream & Toasted Quinoa. Additional +3: Chicken

Acai Berry Bowl: DF, Ve 15

Organic Acai Berry, Blueberries, Raspberries, Almond Milk, Banana, Cinnamon, Nut Crumble, Granola, Coconut, Fresh Fruits & Edible flowers

Vegetable Tart V 10

Ask us about today's tart on display at the counter fridge. Served with a side salad of your choice.

- 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: Almond Milk

Banana, Cinnamon, Freshly grated Nutmeg, Honey,

Fruit Salad: Coconut Milk

Banana, Raspberry, Mango, Pineapple, Honey,

Peanut Butter Coffee: Coconut Milk

Espresso, Raw Cacao, Banana, Peanut Butter

Choc Avocado: Coconut Milk

Organic Chocolate syrup, Avocado, Mint, Raw Cacao

Berry Ripe: Coconut Milk

Organic Chocolate, Blueberries, Raspberries, Cherries

The Cloud: + 2

Blueberry, Banana, Water +Whey Protein

Fed Up & Go: +2

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

Thick Shakes 10 (All Made With Love)

Banana Salted Caramel:

Caramel, Banana, Sea salt, Banana chips, Ice cream

Strawberries & Cream:

Vanilla bean, Strawberry compote, Strawberry, Ice cream

Peanut Butter Cookie:

Choc chips, Peanut butter, Cookie, Milk, Ice cream

- NUTRIENT RICH MEALS ALL DAY LONG! -

Eggs Your Own Way: NF, V, GFO 10

Add Bacon +3

Poached, Scrambled or Fried

Served with a side of Organic sourdough

Salmon Fiesta: GF, DF 18

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

The Avo Stack: NF, V 15

Sliced Avocado, Crumbled Feta, Diced Tomato, Soft Poached Eggs, Toasted Dukkah, Lemon & Microgreens, on Toasted Soughdough

Eggs Benedict: GFO 16

Soft poached eggs, Ham, Spinach & Hollandaise on Toasted Soughdough, Apple & Microgreens

Upgrade: 'Veggie Benedict' +2 or

'Salmon Benedict' +4

On Toasted Polenta waffle +5

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

Classic Breakfast Omelette: GFO & DFO 16

Ham, Tomato, Spinach, Mushroom, Cheese,

Toasted Dukkah, Feta & Microgreens,

on Toasted Soughdough

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, DF, VGO 15

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

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 I Soybean

Spaghetti I Blackbean Spaghetti

Choose: Pesto & Vegetable Sauce OR

Slow Cooked Tomato & Vegetable Sauce

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

Pancake Stack: GFO 16

Strawberries, Banana, Maple & Cinnamon Ice-cream, Edible flowers, Berries & Lemon curd

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

Classic French Toast: GFO 15

Cinnamon dusted Thick cut Bread, Lemon & Passionfruit Curd, Nut Crumble, Maple & Cinnamon Ice-cream, Edible flowers & Strawberries

- 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!*

'Summertime Salads'

Choose From 2 Salads

For \$10 + Add Protein ->

Weekdays at our front counter

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

#FEDUPMENU For Free Meals, Images & Reviews On Instagram

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