

**Raw
Cheesecake
\$8**

GF, DF, VGO

Flavours:

Rainbow: DF, GF, RSF
(Turmeric, Paleo Lemon
Curd, Beetroot, Matcha,
Spirulina)

Mocha: DF, GF, VG, RSF
(Espresso, Cacao)

Black sesame & Matcha
DF, GF, VG, RSF

Berry: DF, GF, VG, RSF
(Raspberry, Blueberry)

Base Ingredients:

Cashew Nuts
Vanilla Bean
Coconut Oil
Coconut Cream
Lemon Juice
Sea Salt
Maple

Icing/ Topping:

Raw Chocolate, Fresh
Berries, Cashew
Cream, Coconut
Crumble, Fruits

**Mini Cakes
\$8**

GF, DF, RSF

Flavours:

Mocha cake
(Espresso, Cacao)

Orange cake
(Orange)

Carrot cake
(Carrot)

Base Ingredients:

Eggs
Coconut cream
LSA (Linseed, Sunflower,
Almond)
Almond Meal
Coconut Sugar
Cinnamon
Coconut
Olive Oil
Salt
Baking Powder

Icing/ Topping:

Coconut caramel:
Coconut cream, Coconut
sugar, Fresh fruits, Dried
Fruits

**Raw Treats
\$3**

GF, DF, RSF

**Peppermint & Cacao
Protein Balls:**

GF, DF, RSF, NF

Peppermint Oil
Dates
Coconut
Cacao
Pea Protein
Coconut Oil

Matcha Protein Balls:

GF, DF, RSF

Matcha powder
Pea Protein
Cashew Nuts
Almond Butter
Coconut Oil
Vanilla Bean
Coconut

**Bars:
Cheesecake
GF, DF, VG, RSF
\$8**

Triple Chocolate:

Cashew Nuts
Vanilla Bean
Coconut Oil
Coconut Cream
Lemon Juice
Sea Salt
Maple
Cacao

Base Ingredients:

LSA (Linseed, Sunflower,
Almond), Coconut Flour,
Coconut Sugar,
Cinnamon, Coconut
Oil, Sea Salt, Cacao

Icing/ Topping:

Cashew Nut Cream,
Fresh Berries, Dried
Fruits

**Cake Balls
\$4**

GF, DF, RSF

Choc Almond Cake:

Coconut cream
LSA (Linseed, Sunflower,
Almond)
Almond Meal
Coconut Sugar
Cinnamon
Coconut
Olive Oil
Salt
Cacao
Dates
Baking Powder

Icing/ Topping:

Raw chocolate:
Cacao, Coconut oil, Maple
Bee Pollen

Paleo Lemon curd:

GF, DF, NF, V, RSF
Lemon
Orange
Vanilla bean
Coconut oil
Eggs
Honey
Maple

**Ice Cream
\$5**

GF, DF, VG, RSF

Flavours:

Fruit Salad:
Banana, Raspberry, Pine-
apple, Mango, Honey

Banana Chai:

Banana, Organic Chai,
Coconut Cream

Choc Almond Coffee:

Coconut cream, Cacao,
Almond Milk, Espresso,
Maple

**Paleo
Banana
bread
\$5**

Paleo Banana Bread:

Banana, Coconut
Oil, Eggs, Cinnamon,
Coconut Milk, LSA,
Coconut flour, Baking
Powder.

*Served w/ Paleo Lemon
Curd (optional)*

*So Naughty
But Nice*

Pots
\$5

Coconut Chia Pudding:
GF, DF, NF, VG, RSF

Coconut cream
Dates
Chia seeds
Fruits
Coconut

Bruschetta
\$10

GF

Smashed Avo:
Diced Tomato, Avocado

Chicken Waldorf:
Chicken, Walnuts, Celery,
Green Apple, Dijon
Mustard, Homemade
Mayonnaise

Salad
\$10/\$15

GF, NF

Mediterranean Veggie:
GF, NF, V, VGO

Chickpeas
Pumpkin
Potato
Sweet Potato
Feta
Spinach
Balsamic dressing

Souvlaki
\$10/\$15

NF

Open Vegetarian:
NF, V

Tabbouli, Carrot,
Shredded Lettuce,
Tomato, Mint, Cheese,
Parsley, Cous Cous,
Tzatziki

Boiled Eggs
\$3 + 1.50

Boiled eggs:
GF, DF, NF, VG, RSF

Spinach
Salt
Pepper

Bone Broth
\$5

GF, DF, NF

Chicken
Carrot
Celery
Onion
Vegetable stock
Salt
Pepper
Apple cider vinegar

Bircher muesli:
RSF, V

Fruit & nut Muesli
Fresh squeezed apple
Fresh squeezed orange
Fresh Ginger
Vanilla Greek Yogurt
Fruits
Cinnamon

Veggie Dip:
Feta, Dukkah, Sweet
Potato & Carrot Puree

Chicken Fiesta Salad:
GF, DF, NF

Roasted Capsicum
Avocado
Spinach
Lettuce
Charred Corn
Red onion
Beans
Brown Rice

Open Lamb:
NF

Lamb, Tabbouli, Carrot,
Shredded Lettuce,
Tomato, Mint, Cheese,
Parsley, Cous Cous,
Tzatziki

Paleo
Banana
bread
\$5

Paleo Lemon curd: GF, DF, NF, V, RSF
Paleo Banana Bread: GF, DF, RSF

Lemon
Orange
Vanilla bean
Coconut oil
Eggs
Honey
Maple

Banana, Coconut
Oil, Eggs, Cinnamon,
Coconut Milk, LSA,
Coconut flour, Baking
Powder.

*Served w/ Paleo Lemon
Curd (optional)*

FED UP
PROJECT
Lifestyle Eatery