

- BUILT FOR SPEED -

Vegetable Tortilla V, GF 12

Local Roasted Vegetables, Free range Eggs & Cheese
Served with a side salad

Chicken Tacos GF, DFO 10

Spiced Chicken, Spiced 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 + Chicken, Crispy Bacon, Sauteed
Mushrooms or Tuna

Soup of the Day: GFO, DFO, VeO 10

Seasonal Vegetables from South Melbourne Market.
Served with Toasted Buttered Sourdough & Toasted Cumin
Seeds

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

Homemade Sausage Roll: NF 13

Pork & Beef Mince, Carrot, Celery, Cheese, Bacon & Herbs
Served with a side salad

Acai Berry Bowl: DF, Ve 15

Organic Acai Berry, Blueberries, Raspberries, Almond Milk,
Banana, Cinnamon, Coconut Flakes, Granola, Coconut,
Fresh Fruits & Edible flower Confetti

Chicken & Avocado on Sourdough: 12

Chicken, Spinach, Avocado, Mustard Mayonnaise on
Toasted Sourdough. Served with a side salad

- BREAKFAST -

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

Classic Breakfast Omelette: GFO & DFO 16

Ham, Tomato, Spinach, Mushroom, Cheese,
Toasted Dukkah, Feta & Microgreens,
on Toasted Soughdough

Paleo French Toast: DF, GF 17

Homemade Paleo Banana Bread, Cinnamon,
Coconut Flakes, Homemade Chai Ice cream,
Maple syrup, Cinnamon, Sliced Bananas,
Strawberries & Edible Flower Confetti

Classic French Toast: GFO 15

Cinnamon dusted Thick cut Bread,
Coconut Flakes, Banana, Maple,
Cinnamon, Ice-cream, Edible flowers
& Strawberries

**#FEDUPMENU For Free Meals,
Images & Reviews On Instagram**



- MORE DELICIOUSNESS -

Veggie Feast: GF, DF, Ve 15

Add Eggs +3

Corn & Green Pea Fritters, Sauteed Market
Vegetables, Veggie Puree, Dukkah, Toasted
Cumin Seeds & Microgreens

The Avo Stack: GFO, V 15

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

'Daily Salads'

Choose From 2 Salads

For \$10 + Add Protein ↴

Weekdays at our front counter

Meal Upgrades:

Avocado +3

Eggs your way +3

Feta Cheese +3

Proteins: Gluten Free bread +2

Bacon +3 Grilled Tomato +2

Boiled Egg +1 Market Spinach +2

Sour Cream +1 Non-Dairy Milks +1

Smoked Salmon +4 Sautéed mushrooms +2

Tuna in Olive Oil +1 Polenta Waffles + 5

Grilled Chicken +3 Corn & Green Pea Fritters +5

FedUpProject.com.au | 210 Clarendon St, South Melbourne

Mon - Fri: 6am - 5pm | Sat: 8am - 2pm

Sarah & Tom: 0428438348

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

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

- Fresh Catering - Fast & Can be ordered Daily

Our food options boost productivity by improving the digestion rate of converting food to energy! This gets your team/ group to thinking clearer, so you can get the most out of your meeting or function!

Order Today, Ask Sarah
GF, DF, V, Ve, NF

- 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!

- COOKING BIRTHDAY PARTY -

Includes:
Mini Cooking Class
Party Host + Games
Venue Hire
Gourmet Food
2 hours Non-stop fun

**We Cater to most dietary requirements*

- 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

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