

M E

THE  
BEET  
BAR

N U

EST  2015

## ALL DAY BREAKFAST 6:30am - 2pm

smashed avo | v | available vegan +\$3  
single 13 | double 22  
avocado, whipped beet & hummus feta, local authentic  
pumpkin sourdough, lemon, rocket & dukkah  
option: add eggs | add local leg ham

wonderful waffles | gf | df | vg | refined sugar free  
single 18 | double 26  
house-made guilt free waffles, vanilla coyo icecream, house-  
made berry compote, pure maple syrup & strawberries

eggs benedict 24  
your choice of bacon, local leg ham or smoked salmon on a  
toasted croissant with poached local pasture-raised free-range  
eggs, hollandaise sauce & spinach  
option: gf toast instead of croissant

sweetcorn fritters 22 | v  
house-made parmesan & sweetcorn fritters, poached local  
pasture-raised free-range egg, smashed avo, sweet chilli  
crema & rocket

bacon & egg burger 16  
bacon, local pasture-raised free-range egg, cheddar cheese,  
bbq sauce, spinach, toasted brioche bun

mushroom toast 22  
local authentic sourdough, house-made garlicky mushrooms,  
cream cheese, sundried tomato pesto & herbs  
option: add poached eggs | add avo | add halloumi

breakfast burrito 19 | available vegan +\$3  
your choice of chorizo, savoury mince or bacon with scrambled  
local pasture-raised free-range eggs, avocado, spinach,  
cheese & tomato relish

chilli sambal scramble 22 | also available vegan +\$3  
local pasture-raised free-range eggs, house-made sambal  
oelek, local smoked ham, local authentic sourdough,  
parmesan, spring onion  
option: add avo

savoury mince 24 | df | also available vegan +\$3  
house-made savoury mince, poached local pasture-raised free-  
range eggs, local authentic sourdough & rustic potato rosti  
option: add avo

pulled pork croissant 25  
toasted croissant, pulled pork, poached local pasture-raised  
free-range eggs, spinach & bearnaise sauce  
option: add avo

eggs your way 14  
local pasture-raised free-range eggs (poached | scrambled |  
fried) on local authentic sourdough

peanut butter banana toast | v  
single 13 | double 22  
authentic local sourdough, pure peanut butter, banana,  
cinnamon, local honey

raisin toast with butter  
single 6 | double 9

## LUNCH | available from 11am - 2pm

crispy chicken chipotle burger 23  
house-made southern fried chicken, southwest chipotle  
mayo, cheddar cheese, lettuce, brioche bun. comes with  
sweet potato or potato chips & sauce of choice

pulled pork burger 23  
house-made pulled pork, kale slaw, smokey mustard  
mayo, brioche bun. comes with sweet potato or potato  
chips & sauce of choice

vegan burger 23  
choose either plant-based schnitzel or plant-based burger  
patty with lettuce, tomato, avocado & bbq sauce on a  
toasted bun. comes with sweet potato or potato chips &  
sauce of choice

saigon noodle salad 24 | df | gf | vg option  
choose either house-made roasted chicken, prawns or  
garlicky mushrooms (vegan) with vermicelli rice noodles,  
mint, cucumber, red cabbage, carrot, chopped cos  
lettuce, peanuts, fried shallots, lime, thai dressing  
option: just salad as is (no protein option added) \$22 |  
crispy chicken +2

super crunch salad 24 | gf | df | vg option  
choose either house-made roasted chicken, prawns or  
garlicky mushrooms (vegan) with kale, pumpkin, sweet  
potato, red cabbage, white cabbage, carrot, red onion,  
cranberries, sunflower seeds, smokey mustard mayo  
dressing  
option: just salad as is (no protein option added) \$22 |  
crispy chicken +2 | lemon vinaigrette instead of creamy  
dressing

## sides:

sweet potato or potato fries with sauce  
single 8 | double 14

## adds:

egg 4 (local pasture-raised free-range) poached | scrambled | fried  
vegan eggs 8 (scrambled)  
bacon 6  
vegan bacon 8  
avocado 4  
halloumi 5  
rustic potato rosti 6  
premium smoked salmon 7  
garlicky mushrooms 6  
local leg ham 7  
pulled pork 7  
chorizo 7  
prawns 8  
whipped beet & hummus feta 4  
crumbled feta 3  
vegan basil pesto 2  
tomato relish 2  
hollandaise sauce 2  
 Worcestershire sauce 1

V - Vegetarian  
VG - Vegan  
GF - Gluten Free  
DF - Dairy Free  
RSF - Refined Sugar Free

# M E T H E B E E T N U

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## ACAI & PROTEIN BOWLS

sml 15 | reg 17.5

vg | gf | df | refined sugar free | pure organic acai

each handmade bowl comes with your choice of granola: almond & sultana granola (contains honey & gluten) | caramelised buckinis (gf & vg) | swiss muesli (vg but contains gluten)

paradise acai bowl

blended base: unsweetened acai, mango & banana. toppings: granola, watermelon, banana, strawberries, coconut yoghurt & passionfruit.

berry acai bowl

blended base: unsweetened acai, strawberries & banana. toppings: granola, strawberries, raspberries, banana, coconut yoghurt & passionfruit.

cookies & cream protein bowl (not gf)

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, banana, strawberries, coconut yoghurt, crushed sugar-free choc bickies & naturally sweetened choc sauce.

caramel crunch protein bowl

blended base: bio fermented vanilla protein powder, cacao, banana & coconut cream. toppings: granola, banana, pure peanut butter, coconut yoghurt, crushed peanuts & naturally sweetened caramel sauce.

mango weiss acai bowl

sml 16 reg 18.5

blended base: unsweetened acai, mango & banana. toppings: granola, strawberries, banana, coyo coconut icecream, mango & passionfruit.

strawberry sundae acai bowl

sml 16 reg 18.5

blended base: unsweetened acai, strawberries & banana. toppings: granola, strawberries, banana, coyo coconut icecream, naturally sweetened choc sauce & crushed peanuts.

option: add a scoop of coyo coconut icecream to your bowl +\$3

## COFFEE & SPECIALTY

sml 5 | reg 6 | lrg 7

cappucino | latte | flat white | long black | iced latte | iced long black | cold brew | chai latte | iced chai latte | hot chocolate | iced chocolate | espresso 3 | piccolo latte 4 | babycino 3

sml 6 | reg 7 | lrg 8

mocha | dirty chai | matcha latte | iced matcha latte

milk options

misty mountain full cream | misty mountain skim | misty mountain lactose free | milk lab coconut | milk lab almond | milk lab soy | milk lab oat | milk lab macadamia

syrups & extras

vanilla | hazelnut | caramel | white chocolate | ice-cream | coconut sugar | extra shot

tea - T2

sml 4 | reg 5 | lrg 6 | dine-in pot 6

also available iced, just ask

english breakfast | early grey | sencha green | lemongrass & ginger | peppermint

\\self-serve table water in drinks fridge

\\15% surcharge on PH's

## SMOOTHIES

regular 9 | large 10

snickers

cacao powder, roasted peanuts, dates, banana & milk of choice

breakfast

banana, rolled oats, honey, cinnamon & milk of choice

yo berry

strawberries, banana, coconut yoghurt, honey & milk of choice

mango passion

mango, passionfruit, coconut yogurt, honey & milk of choice

## SUPER SMOOTHIES

regular 11 | large 12

crunchy nut protein

bio fermented vegan vanilla protein, roasted peanuts, cacao nibs, honey, banana & milk of choice

espresso proteini

bio fermented vegan vanilla protein, espresso, cacao powder, banana, dates & milk of choice

vanilla caramel protein

bio fermented vegan vanilla protein, naturally sweetened caramel sauce, banana & milk of choice

tropical punch

mango, pure unsweetened acai, passionfruit, pineapple & coconut water

smoothie milk options:

misty mountain full cream | misty mountain lactose free milk | misty mountain skim milk | coconut milk | soy milk | almond milk | oat milk

## FRESH JUICE

reg 8.6 | lrg 9.6 | kids 7.6

total greens - green apple, cucumber, celery, ginger

body booster - orange, carrot, pineapple, turmeric

signature beet - beetroot, carrot, green apple, ginger

tutti fruity - pineapple, green apple, orange, watermelon

milkshakes - made with dairy milk & icecream

reg 8.5 | lrg 9.5 | kids 7.5

vanilla | chocolate | caramel | strawberry | salted caramel | coffee +\$0.5 | thickshake add \$1

## VIETNAMESE STYLE ICED COFFEE

standard vietnamese iced coffee

sml 6.5 | reg 7.5 | lrg 8.5

coffee, condensed milk & full cream milk

vanilla almond iced coffee \*vegan\*

sml 8.3 | reg 9.3 | lrg 10.3

coffee, coconut condensed milk, vanilla syrup & almond milk

creamy caramel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, caramel syrup & full cream milk

hazel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, hazelnut syrurp & full cream milk

options:

condensed milk | coconut condensed milk (vegan) +\$0.5