

MENU

AVALONS ORGANICS CAFE

Served Everyday from 7am

Toast

Wholemeal Miche or Soy and Linseed 6.5
served with Apricot/Strawberry/Raspberry
Jam, Organic Local Honey, Peanut Butter or
Vegemite (*GF Option Available*)

Fig, Rasin and Walnut Sourdough served 7.5
with Jam and Butter

GF Banana Bread 9

Toasted and topped with Coconut Yoghurt,
Market Fresh Berries and Organic Raw
Honey

Market Fruit Bowl 18

Seasonal Fruits over Natural Greek Yoghurt,
topped with Housemade Toasted Granola &
Organic Raw Honey

Smashed Avocado on Sourdough 12

With Cherry Tomato Bruschetta, Feta, Rocket
and Housemade Pesto.

+Add Free Range Poached Egg +3

Wild Mushrooms on Sourdough 14

A mix of Swiss Brown, Enoki and Oyster
Mushrooms sauteed with Butter and Garlic

+Add Free Range Poached Egg +3

Brekky Roll 12

Free Range Egg, Bacon, Double Cheddar,
Housemade Hashbrown, Pesto Aioli, Tomato
Relish, and Rocket on a Toasted Panini Roll

Eggs your Way 10

Two Free Range Eggs on Sourdough
Cooked just how you like it.

Eggs Benedict 19

Two Free Range Poached Eggs, Spinach,
Housemade Hollandaise, with your choice
of Bacon or Smoked Salmon on Sourdough

Pancake Stack 16

Your Choice of:

- Blueberry
- Lemon & Ricotta
- Chocolate Chip

Topped with Pistachio or Vanilla Ice Cream
and Canadian Maple Syrup.

Crab Omelette 23

Spanner Crab Omelette with Beurre Noisette

Shakshuka 16

A Mediterranean Style Breakfast with Two Eggs
Poached in a Sauce of Tomato, Onion, Garlic,
Eggplant and Capsicum. Served w/ Sourdough.

+ Chorizo +3

Beef Burger 18

Beef Patty, Cheddar, Lettuce, Tomato, Bacon,
Avocado, Caramelised Onion, Pickles and
Chipotle Aioli served with Handcut Fries

Bowl of Handcut Fries 11

Organic, handcut Sebago Potatoes Served
with your choice of Chipotle mayo, Pesto
Aioli or Garlic Aioli

Ham Foccacia 9.5

Triple Smoked Ham, Cheese, Tomato,
Spinach, Wholegrain Mustard and Aioli

Organic Roast Pumpkin Foccacia 11

Organic, Oven-Roasted Pumpkin, Feta, Sun-
dried Tomato, Spinach, Pesto and Aioli

Fill Me Up...

+ Free Range Egg 3

+ Bacon 4

+ Avocado 4

+ Sauteed Spinach 3

+ Wild Mushrooms 4

+ Housemade Hashbrown 4

+ Chorizo 3

GF, DF & Vegan Options Available On Request



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DRINKS

avalons ORGANICS CAFE

Served Everyday From 6am

FROM THE BARISTA

	Reg	Lrg
Organic Coffee	3.5	4.5
Brewed Chai Latte	3.5	4.5
Mocha	4	5
Hot Chocolate	4	5
Iced Coffee	4	5

Bonsoy +50c
Almond, Coconut, Oat milk +1

Black Tea - English Breakfast, Earl Grey & Chai

Herbal Tea - Sencha Green, Peppermint,
Chamomile, Lemongrass & Ginger,
Hibiscus,

All Served in a Pot

SUPERFOOD LATTES 6

Incan Warrior

A Great Source of Natural Energy, Raw Peruvian
Cocoa, Maca, Cinnamon, Reishi, Chaga, Lions Mane,
Cordyceps, Shitake and Maitake Mushrooms

Sweet Earth

Powerful Beetroot and Raw Peruvian Cacao with
Cinnamon and Nutmeg. High in Antioxidants and
Boosts Sexual Health.

Spicy Gold

Spicy Tumeric, Cardamom and Ginger with Black
and Cayenne Pepper, help to Reduce Inflammation
and Stress.

Matcha Green

Antioxidant Rich, Soft and Warming. A Great
alternative to your morning coffee.

ORGANIC COLD PRESSED JUICE 8

Vital Greens

Celery, Cucumber, Apple, Lemon, Ginger,
Kale & Parsley

Immunity

Carrot, Orange, Lemon, Tumeric & Ginger

HeartBeet

Beetroot, Carrot, Apple & Parsley

Glow

Pineapple, Apple & Mint

SUPERFOOD SMOOTHIES 10

Grasshopper

Spinach, Avocado, Mango, Cucumber, Spirulina,
Ginger, Lemon and Coconut Water

Daily Grind

Coffee, Raw Cacao, Dates, Banana, Almond Butter,
LSA Mix, Greek Yoghurt, and Milk

Early Bird

Mixed Berries, Banana, Oats, Cinnamon, Greek
Yoghurt, and Milk

Cheeky Monkey

Banana, Cinnamon, Peanut Butter, Dates, Chia
Seeds and Milk

Step it Up...

+1 ea

Raw Sprouted Brown Rice Protein, Spirulina, Maca
Powder, Raw Cacao, Hemp Seeds, MCT Oil, LSA
mix, Mushrooms Blend, Ashwagandha, Ginseng,

Bonsoy +50c
Almond, Coconut, Oat milk +1

Don't forget to tag us in your photos! @avalonsorganics



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