

MENU

AVALONS ORGANICS CAFE

Served Everyday from 7am

Toast

- Wholemeal Miche or Soy and Linseed served with Apricot/Strawberry/Raspberry Jam, Organic Local Honey, Peanut Butter or Vegemite (*GF Option Available*) 6.5
- Fig, Rasin and Walnut Sourdough served with Jam and Butter 7.5

GF Banana Bread

- Toasted and topped with Coconut Yoghurt, Market Fresh Berries and Organic Raw Honey 9

Market Fruit Bowl

- Seasonal Fruits over Natural Greek Yoghurt, topped with Housemade Toasted Granola & Organic Raw Honey 18

Smashed Avocado on Sourdough

- With Cherry Tomato Bruschetta, Feta, Rocket and Housemade Pesto. 12
- +Add Free Range Poached Egg +3

Wild Mushrooms on Sourdough

- A mix of Swiss Brown, Enoki and Oyster Mushrooms sauteed with Butter and Garlic 14
- +Add Free Range Poached Egg +3

Brekky Roll

- Free Range Egg, Bacon, Double Cheddar, Housemade Hashbrown, Pesto Aioli, Tomato Relish, and Rocket on a Toasted Panini Roll 12

Eggs your Way

- Two Free Range Eggs on Sourdough Cooked just how you like it. 10

Eggs Benedict

- Two Free Range Poached Eggs, Spinach, Housemade Hollandaise, with your choice of Bacon or Smoked Salmon on Sourdough 19

Pancake Stack

- Your Choice of: 16
- Blueberry
 - Lemon & Ricotta
 - Chocolate Chip
- Topped with Pistachio or Vanilla Ice Cream and Canadian Maple Syrup.

Crab Omelette

- Spanner Crab Omelette with Beurre Noisette 23

Shakshuka

- A Mediterranean Style Breakfast with Two Eggs Poached in a Sauce of Tomato, Onion, Garlic, Eggplant and Capsicum. Served w/ Sourdough. 16
- + Chorizo +3

Beef Burger

- Beef Patty, Cheddar, Lettuce, Tomato, Bacon, Avocado, Caramelised Onion, Pickles and Chipotle Aioli served with Handcut Fries 18

Bowl of Handcut Fries

- Organic, handcut Sebago Potatoes Served with your choice of Chipotle mayo, Pesto Aioli or Garlic Aioli 11

Ham Foccacia

- Triple Smoked Ham, Cheese, Tomato, Spinach, Wholegrain Mustard and Aioli 9.5

Organic Roast Pumpkin Foccacia

- Organic, Oven-Roasted Pumpkin, Feta, Sun-dried Tomato, Spinach, Pesto and Aioli 11

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 Cacao, 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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