

Avalons Organics

Mother's Day All Day

Complimentary mango bellini for mums with any meal purchase

BREAKFAST MENU ALL DAY FROM 6:30AM

Brekky Roll	14
Free Range Egg, Bacon, Double Cheddar, Housemade Hashbrown, Pesto Aioli, Tomato Relish, & Rocket on a Toasted Panini Roll	
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, Banana, or Chocolate Chip, Topped w. Pistachio or Vanilla Ice Cream & Canadian Maple Syrup	
GF Banana Bread	9
Toasted and topped with Coconut Yoghurt, Market Fresh Berries & Organic Raw Honey	
Smashed Avocado on Sourdough	13
W. Cherry Tomato Bruschetta, Feta, Rocket and Housemade Pesto. Add a Free Range Poached Egg for \$3	
Ham Focaccia	11
Triple Smoked Ham, Cheese, Tomato, Spinach, Wholegrain Mustard & Aioli	
Organic Roast Pumpkin Focaccia	11
Organic, Oven-Roasted Pumpkin, Feta, Sundried Tomato, Spinach, Pesto & Aioli	

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Mother's Day Lunch

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LUNCH MENU FROM 11AM

Flash Fried Zucchini flowers 22

w. Hummus, Muhummara & Tabouleh

Pan seared Snapper Fillet 28

w. Heirloom Tomato Confit & Pesto

Chargrilled Eye Fillet 35

w. Paris Mash, Peas & Bearnaise

Beef Burger 20

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

DESSERTS

Rhubarb & Pear Crumble 15

w. Vanilla Ice Cream

Churros 15

w. Chocolate Dipping Sauce

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Drinks Menu

Served from 6am

FROM THE BARISTA

	Reg	Lrg
Organic Coffee	3.5	4.5
Brewed Chai Latte	4	5
Mocha	4	5
Hot Chocolate	4	5
Iced Coffee	4	5
Bonsoy - +50c		
Almond, coconut, oat milk - +1		
Black Tea - English Breakfast, Early Grey & Chai		4
Herbal Tea - Sencha Green, Peppermint, Chamomile, Lemongrass & Ginger, Hibiscus - all served in a pot		4

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.

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Drinks Menu

Served from 6am

ORGANIC COLD PRESSED JUICE

8

Vital Greens

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

Immunity

Carrot, Orange, Lemon, Turmeric & Ginger

Heartbeat

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 each

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

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Drinks Menu

Served from 11am

WINE, SPARKLING & COCKTAILS

Le Monde Pinot Grigio (2019) (Friuli, Italy)	10 / 42
Oscars Folly Pinot Noir (Yarra Valley, Vic)	10 / 38
Bouchard Aine & Fils Rosé (Burgundy, France)	9 / 37
Villa Sandi Prosecco (Veneto, Italy)	10 / 40
Mango Bellini	10

BEER

Stone & Wood	9
Byron Bay Lager	8