



# KUNARA ORGANIC CAFÉ

Kitchen open 8.00am – 2.00pm

\*Organic Product

\*\* Gluten Free Options Available on Request

**WE DON'T USE MICROWAVES**  
*All your food is cooked and warmed in ovens rather than us using microwaves to blast the nutrients out. We keep your food nutritious and delicious just the way it should be.*

## BREAKFAST – Available all day

### TOAST & SPREADS \*\* VEG

2 slices Walter's toasted sourdough, \*butter and choice of \*honey, \*peanut butter or \*fruit jam

### BRUSCHETTA \*\*

Walter's toasted sourdough, \*organic tomatoes, \*fetta, \*onion, \*pepitas, \*herbs, \*EVO, \*balsamic glaze

### BERRY NICE CREPES GF VEG

French crepes, \*cinnamon spiced apple, \*mixed berries \*coyo, \*Paleo Hero granola

### BANANA & DATE LOAF VEG DFO

One slice each of Walter's banana & date loaf with \*butter

### AVO GOOD DAY \*\* VEG VGO

Walter's toasted sourdough, \*avocado, \*fetta, \*pepitas \*sunflower seeds, \*balsamic glaze, \*lemon wedge  
**VGO** – With Cashew Cheeze

### THE IRONMAN GF DF VG

Pesto \*mushrooms, \*avocado, \*spicy beans, \*spinach, \*tomatoes, \*seasonal roasted vegetables, cashew cheeze

## BREAKFAST- Available until 11am

### KUNARA BREAKFAST \*\*

Eumundi meats pork sausage, 2 x nitrate free bacon, \*2 x free range eggs, \*beans, \*spinach, Walter's toasted sourdough

### BACON & EGGS GF DF

2 x Nitrate free bacon, 2 x organic eggs your way \*fresh spinach, \*grilled tomato

### EGGS ON TOAST \*\* DF VEG

\*Fried, scrambled, or poached eggs, \*fresh spinach, \*house made tomato relish, Walter's toasted sourdough

### HARVEST STACK GF DF VG

\*Sweet potato, chickpea & lentil patty, \*fresh spinach, house-made cashew cheeze, \*pepitas, \*salsa, \*kimchi

### PESTO MUSHROOMS GF VEG

Pesto \*mushrooms, \*two free range poached eggs, \*wilted spinach, \*fetta, GF hemp & rosemary toast

### SMOKED SALMON BREAKFAST \*\* DF

Smoked salmon, \*Free range scrambled eggs, house made tomato relish, Walter's sourdough toast

## LUNCH – Available from 11am

8.5

### BEEF BRISKET BURGER GF

19.5

\*18-hour slow cooked pulled beef brisket, \*tasty cheese, \*caramelised onion, \*slaw, \*fresh tomato, \*mesculin lettuce, chipotle sauce, GF hemp & rosemary toasted bun

15.9

### CAJUN CHICKEN BURGER GF DF

19.5

\*Cajun spiced chicken breast, \*avocado, \*slaw, \*mesculin lettuce, \*house-made aioli, GF hemp & rosemary toasted bun

17.5

### TEMPEH BURGER GF VG DF

19.5

\*Tempeh, \*slaw, \*mesculin lettuce, \*kimchi, cashew cheeze, \*house-made aioli, GF hemp & rosemary toasted bun

9.5

### CAJUN CHICKEN TACOS DF

19

Organic cajun chicken breast, \*mesculin lettuce, \*slaw, house made aioli

18.5

### TERIYAKI TOFU TACOS DF VG

19

Organic teriyaki tofu, \*mesculin lettuce, \*slaw, \*house made aioli

23.9

### VIETNAMESE PORK BELLY SALAD DF GF

26

Free range 18-hour slow cooked pork belly, \*rice noodle salad, \*crushed peanuts, \*mint, \*coriander, \*hot & sour dressing

24

### TERIYAKI TOFU RICE BOWL GF DF VG

24

\*Teriyaki tofu, \*basmati rice, \*slaw, vegan kimchi, \*mixed salad, \*avocado, vegan aioli, \*lemon & garlic dressing

17.5

### SALMON RICE BOWL GF DF

26

Salmon, \*mixed salad, \*basmati rice, \*slaw, kimchi, wakame, \*avocado, \*corn, aioli, \*seeds, \*lemon & garlic dressing

15

### BEEF NACHOS GF

19.9

\*Corn chips, \*pulled beef, \*spiced bean mix, \*tasty cheese, \*fresh salsa, \*sour cream

17

### VEGAN NACHOS GF VG DF

19.9

\*Corn chips, \*spiced bean mix, \*cashew cheeze, \*fresh salsa, \*coyo

21

### ORGANIC ROASTED VEGGIE BOWL VG GF DF

15.9

\*Organic roasted seasonal vegetables, vegan pesto

ADD - \*Pulled beef \*Cajun chicken breast

7

ADD - \*Avocado

5

## EXTRAS

*Tasty cheese	*Free range egg	*Fresh spinach	Cashew cheeze	*Kimchi	*Grilled tomato	Walter's sourdough toast	3
*Avocado	*Fetta						5
*Spicy beans	*Pesto mushrooms	Nitrate free bacon	Smoked salmon				7
*Chicken breast	*Pulled beef						8

GF Gluten Free DF Dairy Free VG Vegan VEG Vegetarian VGO Vegan Option Available \*\* Gluten Free Option Available



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## FOR THE KIDS

<b>SAY CHEESE</b> ** VEG	8	<b>KIDS AVO ON TOAST</b> ** DF VG	9
Open *cheese toastie, *tomato sauce, Walter's sourdough		*Smashed avocado, Walter's toasted sourdough	
<b>HUMPTY DUMPTY</b> ** DF (Only available until 11am)	8	<b>BANANA CREPES</b> GF VEG	10
*Free range scrambled egg, Walter's toasted sourdough		French crepe, *maple syrup, *banana, koko twist	
<b>VEGAN NACHOS</b> GF VG	10	<b>BEEF BRISKET BURGER</b> **	12
*Corn chips, *spiced bean mix, *cashew cheeze		*Pulled beef brisket, *tasty cheese, lettuce, *tomato sauce	
<b>BEEF NACHOS</b> GF	12	<b>CHICKEN BURGER</b> **	12
*Corn chips, *spiced bean mix, *cheese, *pulled beef		*Chicken breast, *tasty cheese, lettuce, *aioli	

## SOMETHING TO DRINK

**COLD** – All served with Mt Beerwah ice

### SMOOTHIES

<b>Holy Cacao</b>	9.95
*Dates, *banana, *cinnamon, *cacao & milk of choice	
<b>Hulk</b>	9.95
*Banana, *dates, *spinach, spirulina, & milk of choice	
<b>Working Bee</b>	9.95
*Banana, *honey, *cinnamon & milk of choice	

### JUICES

<b>Sunrise (Blended)</b>	9.95
*Mango *strawberries *orange juice *ginger (Blended)	
<b>Green Goddess (blended)</b>	9.95
*Kale *spinach *apple juice *lemon *cayenne pepper	
<b>Orange Juice</b>	8.95
Freshly squeezed organic orange juice (seasonal)	
<b>Beetroot Chia – Cleanse Kitchen cold pressed</b>	8.95
Apple, beetroot, lemon, ginger, mint, chia seeds	
<b>Dawn Patrol – Cleanse Kitchen cold pressed</b>	8.95
Orange, carrot, ginger, turmeric	
<b>Ginger Snap – Cleanse Kitchen cold pressed</b>	8.95
Apple, lemon, ginger, coconut water	
<b>Daily Green – Cleanse Kitchen cold pressed</b>	8.95
Apple, spinach, lime, mint, lettuce, cucumber, celery	

### OTHER

Iced long black (double shot)	5.5
Iced coffee/chocolate/chai/mocha	6.5

### ACAI BOWL

 GF DF VEG VGO

Acaiflow, *Paleo Hero granola, *chia seeds, *seasonal fruits	Sm 13.5
	Lg 16

### KOKO TWIST

 GF DF VG

Cup	5
Milkshake (Chocolate, banana, Berry, Passionfruit)	9

**Dairy milks** \*Barambah full cream - \*Barambah lite - \*Barambah lactose free

**Non-dairy milks** Bonsoy – Bon Almond – Oatly – \*Coco Quench No extra charge 😊

**Syrups** \*Caramel – \*Vanilla – \*Hazelnut 1.5

**Other extras** \*Barambah Pure Cream 1.5

\*Honey \*Extra Shot Coffee \*Decaf \*Maple syrup 50c

Uplifting or Grounding Mushroom \*Collagen \*Hemp \*Spirulina \*Raw Cacao 1.5

### HOT

	Small (1 shot)	Medium (1.5 shots)	Large (2 shots)
Espresso	4		
Long black	4	4	5
Macchiato	4		
Piccolo	4		
Latte	4.5	5	5.5
Flat White	4.5	5	5.5
Cappuccino	4.5	5	5.5
Mocha	5	5.5	6
Dirty Chai	5	5.5	6
Bulletproof			6.5
(Long black *butter *MCT oil)			
Koko Affogato			6.5
Babyccino	1.5		
Hot chocolate	4.5	5	5.5
Raw Cacao	4.5	5	5.5
Chai latte (Sunshine Chai)	4.5	5	5.5
Dandelion latte (100% root)	6	6.5	7
Turmeric latte (Lucy Locketts vegan)	6	6.5	7
Mermaid or Velvet Latte	6	6.5	7
Trio (Turmeric, Mermaid & Velvet)	6.5		
Beetroot Collagen latte	6	6.5	7

### \*LOVE TEAS (Loose Leaf)

<b>Pot for One</b>	5
English Breakfast	
Earl Grey	
Rooibos	
Green	
Lemongrass & ginger	
Chamomile & vanilla	
Peppermint	
Digestive	
<b>Sticky Chai Masala</b>	6.5

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