

SWEETS & TREATS

BAKED GOODS

FRESHLY BAKED MUFFINS 5
Made from organic flour, coconut & apple with a daily selection of fruit.
See board for today's flavour

FRESHLY BAKED PLAIN CROISSANT 6

HOME BAKED COOKIES 6
Anzac • Maui • Oat choc chip
Gingerbread

TRADITIONAL APPLE PIE 13.5
Made with organic flour, caramelised apples, baked with a hint of cinnamon, orange & lemon zest

WALNUT CHOC BROWNIE (GF) 9
Made from dark Belgian chocolate, walnuts & coconut flour

CARROT CAKE (DF,GF) 9
Almond meal, sultanas, spices & loads of carrot, topped with candy walnuts & vanilla soft cheese

FLOURLESS ORANGE CAKE (V,GF,DF) 9
Made with almond meal, poppy seeds & wholesome steamed oranges

BANANA BREAD (V,DF,GF) 8
Almond meal, coconut, rice bran oil, banana & cinnamon

BAKED PROTEIN BALLS 5.5
Peanut butter, dates, oats, protein & honey

RAW PROTEIN BALLS (V,DF,GF) 5.5
Dates, almonds, linseed, chia, raw cacao & vanilla bean rolled in coconut

RAW PALEO BLISS BAR (DF,GF) 8
A nutritious baked blend of almonds, pistachio, pepitas, sunflower seeds, coconut, cranberries, honey & maple syrup

RAW LEMON CHEESECAKE (V,GF,DF) 9
Cashews & coconut cream, almonds, dates & a zesty mango passionfruit compote.

RAW RASPBERRY CHOC SLICE (V,DF,GF) 9
Made with bursting raspberries, honey & coconut on a nutty base with a dark Belgian chocolate & coconut milk ganache

RAW VEGAN CARAMEL SLICE (V,GF,DF) 9
Almond & cashew filling on a nutty base with a layer of vegan dark chocolate & coconut milk ganache

Don't forget to check our specials board for new items that are not on our menu!

**V: VEGAN / GF: GLUTEN FREE
DF: DAIRY FREE / (NUT FREE)
VEG: VEGETARIAN**

Dietary requirements can be met for menu items upon request

OUR CAFE HOURS

MONDAY 6:00am - 4:30pm
TUESDAY 6:00am - 4:30pm
WEDNESDAY 6:00am - 4:30pm
THURSDAY 6:00am - 4:30pm
FRIDAY 6:00am - 4:30pm
SATURDAY 6:30am - 5:00pm
SUNDAY 6:30am - 5:00pm

CONTACT US

**17 AVALON PARADE,
AVALON BEACH NSW 2107
TEL / 02 9973 3233
@nourished.avalon**

www.nourishedcafe.com.au

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ALL DAY MENU

ARTISAN SOURDOUGH TOAST 10
Choice of Wholemeal, Quinoa soy linseed, Turkish bread, Fruit loaf or Gluten free with condiments

EGGS ON TOAST 16
Scrambled, poached or fried free-range eggs, served on toast of your choice

SIGNATURE BANANA BREAD (V,GF,DF) 15.5
House made from almond meal, coconut & banana. Served with grilled banana & seasonal berries

SMASHED AVOCADO ON TOAST (VEG) 18
Vine ripened tomato, feta cheese, avocado, sumac, olive oil & pomegranate molasses served on toast

BACON & EGG ROLL 13
Three fried free-range eggs, two rashers of bacon, your choice of tomato, BBQ sauce or aioli on a milk bun

AVALON ROLL 19
Smashed avocado, grilled halloumi, rocket & two poached eggs on a milk bun

SPANISH OMELETTE 24
Chorizo, Spanish onion, vine ripened tomatoes, roasted bell peppers, feta cheese & baby herbs served with toast

RIGHT START OMELETTE (VEG,DF) 25
Egg white omelette filled with kale, spinach, vine ripened tomatoes & avocado served with toast

PALEO POWER BREAD (GF) 27
Freshly baked in house, made from cashews, almonds & roast vegetables. Served with avocado, feta & poached eggs

BIG BREAKFAST 27
Two poached eggs, bacon, grilled halloumi, roasted field mushroom, grilled tomato, wilted spinach & kale with sourdough toast
VEG option: Avocado instead of bacon

MUSHROOM MADNESS (VEG,DF) 26
Sourdough topped with field mushrooms, wilted kale, baby spinach, with two poached eggs & pesto

BUTTERMILK PANCAKES 21.5
Pancakes drizzled with maple syrup, grilled banana, mixed berries & ice cream

REUBEN SANDWICH 18.5
House made braised beef, swiss cheese, Russian dressing, sauerkraut & fresh slaw

SIDES

Grilled Tomato • Spinach • Tasty Cheese 4

Avocado • Halloumi • Field mushrooms 5
Bacon • Two free-range eggs

Grilled Chicken • Smoked Trout or Salmon 7

Regular lightly battered chips 7
Large lightly battered chips 12
Sweet Potato chips 12

BOWLS

PALEO MUESLI BOWL (DF,GF) 18
Mix of nuts, seeds & dried fruits toasted in coconut oil, served with coconut yoghurt & fresh seasonal fruit

BIRCHER KICKER (V) 16
Oats in apple juice, topped with natural yoghurt & seasonal fruit

ACAI SMOOTHIE BOWL (V,GF) 17.5
Acai, banana, apple juice, topped with coconut, berries, paleo muesli & desiccated coconut

Our mission is simple: seasonal food that is healthy and naturally delicious. Our venue sits at the heart of a vibrant and friendly community. We cater to all dietary requirements including vegan, vegetarian, gluten free, dairy free and nut free.

Please chat to our staff if you need more information. We source all our food ingredients from the Sydney basin and serve Australia's favourite coffee brand, Ministry of Coffee - Australia. Our food and drinks are also available to take away.

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ALL DAY MENU

MAINS

GOODNESS BALLS (V,GF,DF) <i>Any three balls with a salad</i> Falafel / Brown Rice / Beetroot	21.5
SWEET CORN ROSTI (DF) Bacon or smoked trout, smashed avocado, vine ripened tomatoes, mixed greens & two poached eggs	27
NACHOS (GF) Spiced beans, slow cooked with tomato, onion, sweet corn, herbs & chilli, served with organic corn tortilla chips, avocado, grilled lime, cheese & natural yoghurt	25
ROASTED CAULIFLOWER (V,GF,DF) Cauliflower, pumpkin hummus, nuts, seeds & garden salad dressed with pomegranate molasses <i>Suggested add-ons:</i> - Chicken / Smoked Trout - Grilled Halloumi	24 7 5
SOBA NOODLE BOWL (V,DF,GF) Organic soba noodles with mushrooms, spinach & kale, broccolini, snow peas, sesame seeds & house made tamari dressing <i>Suggested add-ons:</i> - Grilled Chicken - Grilled Ocean Trout	22 7 12
SMOKED TROUT BRUSCHETTA Smoked trout with salsa, mixed greens & fried capers on toasted sourdough	24
FISH & CHIPS Lightly battered barramundi, lemon & tartare sauce served with your choice of battered chips and house salad	27
BURGERS	
VEGAN BURGER (V) Beetroot & black bean patty, pumpkin hummus, avocado, house made turmeric, ginger sauerkraut & spinach on a vegan bun	21
FREE RANGE CHICKEN BURGER Grilled chicken with avocado, pesto, fresh tomato, slaw & lettuce on a milk bun	21
BLACK ANGUS BEEF BURGER 200g patty with caramelised onion, pickles, tasty cheese, fresh tomato, lettuce on a milk bun with aioli & BBQ sauce	21

SALADS

CHICKEN SUPER SALAD (GF,DF) Grilled chicken, mixed greens, avocado, roasted sweet potato, cherry tomatoes, toasted nuts & seeds, with house dressing	23
LIFE AQUATIC SALAD (GF) Grilled ocean trout with kipfler potatoes, avocado, vine ripened tomato, Spanish onions, capers and baby spinach with house dressing & aioli	27
HEARTY LAMB SALAD Slow cooked lamb shoulder, quinoa, vine ripened tomato, red bell peppers, rocket, feta, pumpkin hummus & pomegranate molasses	27
SUPERBOWL (GF,DF,V) Superfood salad of mixed greens, pumpkin, quinoa, broccolini, goji berries & seed mix, served with avocado, house made turmeric, ginger sauerkraut & green tahini with house made dressing	25

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HOT & COLD DRINKS

SMOOTHIES

THE CLASSICS Banana, Mixed Berry or Mango	11
ACAI POWER Acai, banana & apple juice	13
ANTIOXIDANT Mango cheeks, mango sorbet, strawberry & apple juice	11
PEANUT BUTTER SMOOTHIE Peanut butter, banana, raw cacao, protein & oat milk	13
AVOCADO SMOOTHIE Avocado, spinach, chia seeds, banana, almonds, honey & coconut water	13
MANGO TANGO Mango, coconut milk, pineapple & passionfruit	13
GREEN POWER Avocado, spinach, mango, banana, power greens & coconut water	13
ADD-ONS Coconut • Oat • Almond • Soy Espresso shot • Protein • Ginger	2
FRUIT JUICE * <i>*Subject to seasonal availability</i>	
CLEANSER Carrot, beetroot, celery & apple	10
IMMUNE BOOSTER Carrot, orange, ginger & beetroot	10
GREEN SUPREME Kale, apple, celery & pineapple	10
SUMMER OF GEORGE Pineapple, watermelon, apple, lemon & mint	10
CREATE YOUR OWN MIX <i>(Choose four)</i>	10

Apple, beetroot, carrot, celery, ginger, kale, lemon, orange, parsley, mint, pineapple, watermelon

ICED DRINKS

FRESH COCONUT	7
ICED COFFEE Espresso over ice, topped with milk, vanilla syrup & ice cream	8.5
ICED CHOCOLATE OR MOCHA Blended chocolate gelato, milk & ice with Belgian chocolate or espresso	8.5
AFFOGATO Vanilla bean ice cream with two shots of espresso	8.5
MILKSHAKES Chocolate • Strawberry • Vanilla • Caramel	9

HOT DRINKS

TEA English Breakfast • Earl Grey • Chamomile Green • Peppermint • Chai Lemongrass & Ginger	5 REG LRG
COFFEE Espresso • Piccolo Latte • Macchiato Long Black • Latte • Flat white • Cappucino	4.5 / 5.5
MOCHA	5 / 6
HOT CHOCOLATE	5 / 6
SPECIALTY LATTES Chai Latte • Matcha Latte • Turmeric Latte	5.5 / 6.5
EXTRAS Coconut • Oat • Almond • Soy Espresso Shot	0.5 1
FLAVOURED SYRUPS Vanilla • Caramel • Chai • Hazelnut	0.5
BABYCCINOS <i>complementary with love</i>	

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