

# Breakfast

served to 11.30am (Fri to Sun)

## House Pancakes / 18

Buckwheat, coconut & almond meal pancakes - see board for current toppings

## House Granola / 14

house granola of dates, coconut, buckwheat kernels, cranberries, nuts & seeds topped with fresh seasonal fruit natural yogurt or coyo

## Protein Power Pancakes / 16.50

banana, peanut butter, egg + protein powder topped with berry compote + coyo

## Antioxidant Acai Bowl / 17

acai, raspberries, blueberries, strawberries, banana + coconut water topped with fresh fruit + raw granola

## Toast with spread / 7

organic sourdough with choice of peanut butter, vegemite, honey, gf seeded +1, fruit toast +1

## Poached eggs on toast / 12

2 slices of sourdough with poached eggs

## House beans on toast / 12

2 slices of sourdough with house slow-cooked lima beans

## All day Breakfast Bowl / 16

egg, miso mushrooms, spinach, beans, avocado, zucchini, tomatoes, sourdough + pepitas

## Add-ons

Smoked salmon +6, avocado +4, hummus +4, miso mushrooms +4, house beans +4, poached egg +2, gf bread

# Kiddies

## Pancakes /10

maple syrup, berries, coyo  
toast + spreads

## Toast /5

1 slice sourdough + choice spreads – peanut butter, vegemite, honey

## Boiled egg + soldiers /

1 slice sourdough + boiled egg

# Add-ons

avocado +2, banana +2, house beans +2, egg +2, gf +1, fruit toast +1

# Kids drinks + smoothies

Smoothie banana or mixed berries + milk choice /7

Kids hot chocolate + milk choice / 4

Babyccino

# See display fridge for grab + go options

Granola cups, freshly baked muffins, raw vegan slices, bliss balls and more



hunters  
harvest.

1/92 Charles Street Seddon

[huntersharvest.com.au](http://huntersharvest.com.au)

03 9939 7450

# Bowls

## **Tandoori Chicken / 17.5**

warm tandoori spiced chicken breast, brown rice, charred cauliflower, fried okra, Bombay sweet potatoes, raita, avocado/, kasundi, cucumber + corn chips

## **Hawaiian Poke / 13**

salad mix, avocado, seaweed, edamame, pickled ginger, brown rice, sesame soy dressing + veg sriracha mayo \* add smoked salmon +6, teriyaki salmon +6, spiced beef +5, lemon chicken +4, scrambled tofu +4 or miso mushroom +4

## **Mediterranean Bowl / 18**

massaged kale, roast chickpeas, cherry tomato, cucumber, roast pumpkin, zoodles, cauliflower, pearl couscous, babaganoush, dukkah nuts & seeds + feta with herb & garlic vinaigrette \*choice of falafel or lemon chicken

## **Oodles of Noodles / 17.50**

mixed wombok, cabbage + carrot slaw, edamame, beansprouts, rice noodles, mint, snowpeas, broccoli, shallots, avocado with sweet soy + slivered almonds \*choice of spiced beef, scrambled tofu or teriyaki salmon +1

## **Rainbow Veggie Roast / 14**

Spinach, roast pumpkin, sweet potato, beetroot, charred zucchini, cabbage, peas, broccoli, hummus + mixed nuts & seeds with mushroom gravy \* add smoked salmon +6, teriyaki salmon +6, spiced beef +5, lemon chicken +4, scrambled tofu +4 or miso mushroom +4

## **Spring Clean / 17.50**

Massaged kale, rocket, snowpeas, zoodles, micro greens,, edamame,, baked sweet potato, cucumber, avocado, sauerkraut + goji berries with green goddess dressing \*choice of lemon chicken, miso mushrooms or teriyaki salmon +1

## **All day Breakfast Bowl / 16**

egg, miso mushrooms, beans, avo, zucchini, tomatoes, sourdough + pepitas

# Grab + Go salads

## **Regular / 8    Large / 13**

See display fridge for today's salads; mix + match your salads, choose your dressing + add in any extras you like!

## Extras

smoked salmon +6, teriyaki salmon +6, spiced beef +5, lemon chicken +4, miso mushrooms +4, falafel +4, tofu scramble +4, feta cheese +4, hummus +4, avocado +4, soft boiled egg +2, cauli rice +3, brown rice +2

## **Sweet potato fries / 5.8**

+ vegetarian sriracha mayo

## **Veggie spring rolls / 9.5**

5 spring rolls, lettuce + sweet chilli

## **Chips + dips / 7**

choice of guacamole, babaganoush or hummus + corn chips  
2 toppings +3  
3 toppings +5

## **Banana bread / 4.5**

toasted with choice of nutalex or honey

## **Miso Broth / 5**

rich in essential minerals. provides the gut with beneficial bacteria that help us to stay healthy, vibrant + happy



1/92 Charles Street Seddon  
huntersharvest.com.au  
03 9939 7450

## Sweets

**raw slices / 5.5 - 7.5**

**bliss balls/ choc chip cookies /4**

**mini baked loaves/ cups / 4.5**

## Smoothies

**\*Cheeky choc / 12**

**Bowl / 17**

cacao, banana, avocado, pink himalayan salt, dates + almond mylk  
#add peanut butter or espresso coffee +1

**\*All the berries / 12**

**Bowl / 17**

acai, raspberries, blueberries, strawberries, banana + coconut water

**\*Spice up your life / 12**

**Bowl / 17**

Chunana chai, banana, chia seeds, coconut +almond mylk

**Tropicool / 12**

mango, pineapple, dragonfruit, passionfruit, lime + coconut mylk

**Green dream / 11**

kale, spinach, cucumber, banana, mango +passionfruit

**Up and at 'Em / 13**

banana, double espresso shot, cinnamon, vanilla vegan protein, peanut butter + almond mylk

**Mellow yellow / 12**

turmeric, lemon, ginger, honey, cinnamon, coconut water

**^Ultimate detox blended juice / 13**

activated charcoal, lemon, ginger, mint, cucumber, pineapple + coconut water

**^do not have within 2hrs of taking medication as charchol can interfere with absorption**

**\*Smoothie bowl topped with house granola + fresh fruit**

**Kids smoothies / 7**

Banana, Mixed Berried, Chocolate

## Hot Drinks

**coffee**

small/ 4 large/ 5 extra shot /0.5

**bullet proof coffee / 6**

"performance coffee" black coffee spun with organic grass fed butter or coconut oil + MTC oil

**chunana chai latte / 5**

authentic slow brew chai made with whole spices

**dandi latte / 5**

a caffeine free alternative. roasted dandelion root

**matcha latte / 5**

antioxidant rich green tea with smooth vanilla notes

**hot chocolate / 5**

mork original dark blend hot chocolate

**golden latte / 5**

anti-inflammatory latte – turmeric, ginger, cinnamon, nutmeg,

black pepper + coconut oil

**organic soy, almond, oat, coconut mylk +0.5, decafe +0.5**

## Teas

**green + jasmine / 4** cleanser + energy lifter

**lemongrass + ginger / 4** immune boosting + soothing

**chamomile blossoms / 4** clarity + calm

**chai tea / 4** soul warming

**peppermint bliss / 4** invigorating + digestion

**english breakfast / 4** antioxidants booster



**hunters  
harvest.**

1/92 Charles Street Seddon

[huntersharvest.com.au](http://huntersharvest.com.au)

03 9939 7450