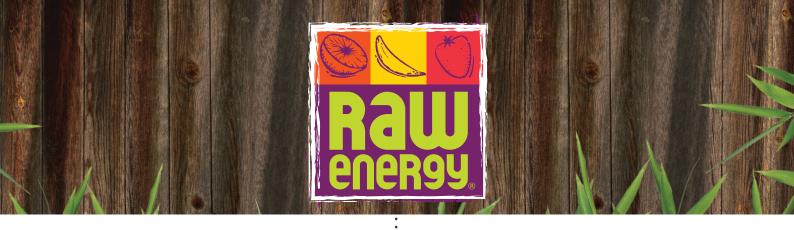


ALL DAY BREAKFAST \$ LUNCH MENU

GLUTEN FREE 🐞 VEGETARIAN 🤍 GF AVAILABLE \$1 🏥

FRESH · FAST · FUNKY



BREAKFAST ALL DAY

Gluten free bread, lavash & muesli available for only \$1 extra.

Thick Toast 💜 🗯	\$4.90
Fruit Toast / Raisin Toast All served (2 slices) with butter & your choice of jam, marmalade, honey, vegemite or peanut butter	\$5.90
Open Grill 🍑 🛍 A thick slice of toast with avocado & tomato	\$5.90
Fresh Fruit Salad 🍑 🗯 With yoghurt, honey & L.S.A.	\$10.90 \$11.90
Energy Muesli *** Toasted or natural with fresh fruit salad, yoghurt, honey & L.S.A.	\$12.90
Açai Breakfast Bowl	\$12.90
Super Bowl *** Natural muesli, yoghurt, flax seeds, pumpkin seeds, sunflower seeds, L.S.A., chia seeds, goji berries, topped with strawberries, banana, kiwi fruit & honey	\$12.90
Poached or Scrambled Eggs ***** Served on thick multi-grain toast	\$8.90

onions Mini Raw W III	\$8.90
Served with mushrooms, roma tomatoes & grilled	\$14.90
Served on thick multi-grain toast	\$8.90
ruacheu di Scrambleu Eggs 💜 👭	

1 poached egg sprinkled with cracked pepper on sourdough, layered with baby spinach & an oven baked roma tomato

Classic Bacon & Egg Roll 💜 🗯	\$9.90
Free range egg & bacon with home-made sweet t	omato &
chilli jam on turkish bread	

Gourmet Bacon & Egg Roll 💜 🏥	\$12.90
Free range egg & bacon with honey mustard aioli,	fresh

tomato, spinach leaves & cheese on turkish bread \$14.90 Brekkie Burrito

Fried eggs, 4 bean mix, bacon, avocado, cheese with a sweet chilli & tomato jam toasted in a herb & garlic lavash

Eggs Benedict

2 poached eggs on toasted sourdough with baby spinach & hollandaise sauce \$14.90 With bacon or ham With salmon \$16.90 Potato Fritter Stack 💜 🏥 \$14.90 Potato fritters layered with spinach & field mushrooms topped with a creamy basil cumin sauce

Roasted Vegetable Omelette 🍑 🏥 \$15.90 Freshly roasted vegetables & feta cheese

served with thick multi-grain toast

\$15.90 Corn & Zucchini Fritters

Corn, zucchini & chive fritters served with grilled bacon, avocado & a poached egg on a bed of baby spinach

TCH Omelette \$15.90 Ham, cheese & tomato omelette served with thick multi-grain toast

\$17.90 Smoked Salmon Sensation Smoked salmon, spanish onions, capers & poached

eggs served with dill sauce on a bed of baby spinach & toasted sourdough

Maxi Raw \$18.90

Eggs any way with bacon, roma tomatoes, mushrooms, grilled onions, baby spinach & thick toast

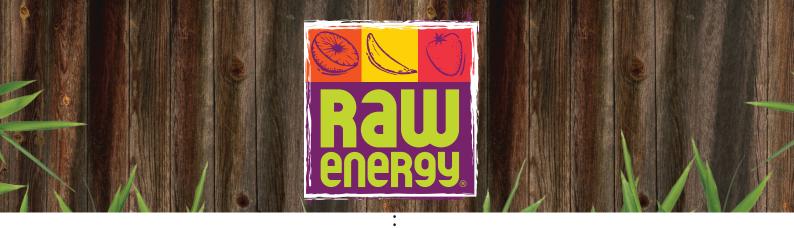
Tomato, mushrooms, spinach, avocado,

egg, onions	
Bacon, ham	\$3.50 ea
Chicken tune smoked salmon turkey	¢ ፍ በበ _{ດດ}

For little people

\$2.50ea

Mini Milkshakes	\$3.90
Raw's Ironman Special 💜 🗯	\$5.90
Baked beans with toast fingers	
Humpty Dumpty 💜 🟙	\$5.90
Mini scrambled eggs on toast	
Funky Fruit Sticks 🌃 🟙	\$5.90
Fresh fruit pieces on skewers with a yoghurt dipper	
Cheesy Soldiers 💜 🏙	\$5.90
Thick toast with grilled cheese cut into fingers	
Mini Jacks 💜	\$5.90
Little pancakes served with strawberries & syrup	



LUNCH ALL DAY

GLUTEN FREE 👯 VEGETARIAN 🍑 GF AVAILABLE \$1

Raw Energy uses locally grown produce wherever seasonally possible & can happily cater for your dietary requirements.

Three Cheese Lentil Triangle \$6.9

Sautéed lentils & vegetables mixed with fresh herbs, feta, cheddar & parmesan. Served with sour cream & sweet chilli sauce

Side Salad 🌃 👸 \$6.90

Mesculin, tomato, cucumber, carrot, beetroot, alfalfa sprouts, capsicum served with exotic moroccan dressing (great with pattie, pie or roll)

Soup Du Raw \$9.90

Ask about our daily yummy, healthy soups made with fresh seasonal ingredients served with crispy toast

Mexican Roll Up 💜 🏥 \$12.90

Gluten free 5 bean & sweet corn patty with a crisp green salad, avocado, sour cream & sweet chilli sauce all wrapped in a herb garlic lavash

Raw Mediterranean 💜 🗯 \$12.90

Layered grilled eggplant, zucchini, roast capsicum, olives, mushrooms & ricotta. Served on baby spinach & topped with napoli & shaved parmesean

Vegetable & Pesto Ricotta Lasagne ❤️ \$12.90

Roasted vegetable, napoli sauce & pesto ricotta layered in lasagne sheets & topped with melted cheese

Meaty Raw \$17.90

A large garden salad with morrocan dressing & your choice of tuna, turkey, ham, tofu, chicken or smoked salmon

15% surcharge applies on public holidays

ASK ABOUT OUR DAILY SPECIALS

BURGERS & WRAPS

Choose from:

1. Herb & garlic lavash, rye roll or breadless

GF, turkish bread, sourdough \$1.00 extra

2. Toasted or not

All served with soy mayonnaise, crispy garden salad, caramelized onion, cheese & moroccan dressing.

Mexican 5 bean, sour cream & sweet chilli	\$12.90
Macadamia & lentil 💉 🐞	\$12.90
Organic beef burger	\$14.90
Moroccan chicken	\$13.90
Marinated tofu with sweet chilli 💜 🗯	\$12.90

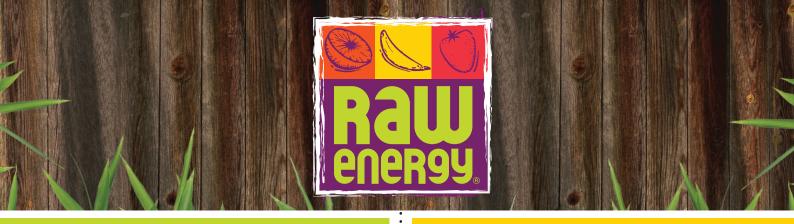
SANDWICHES

Your choice of herb & garlic lavash, wholemeal multi-grain, white, rye

GF, turkish bread, sourdough \$1.00 extra

or, turkish si cuu, sour uough prioo extra	
Ham, cheese & tomato or pineapple	\$7.90
Avocado , garlic feta spread, tomato & spanish	\$7.90
onion 💜 🗯	
Pesto, roasted vegetables, red onion & swiss	\$11.90
cheese 💜 🗯	
Tuna , olive & sundried tomato tapenade, avocado,	\$11.90
feta cheese & rocket	
Turkey, cranberry sauce, avocado, mung beans,	\$11.90
alfalfa & swiss cheese 🗯	
Chicken, avocado, brie, honey mustard aioli &	\$11.90
fresh cos lettuce 🗯	
Smoked Salmon, cream cheese, spanish onion,	\$11.90
capers & dill sauce 🗯	
Salad Galore with avocado garlic feta spread 💜 👑	\$10.90
& fresh garden salad	
Add turkey, ham, smoked salmon, chicken	\$13.90

FRESH · FAST · FUNKY



JUICE IT UP

Small \$5.50 Medium \$6.00 Large \$6.90

Alex – apple, pineapple, rockmelon, strawberry, lime Coolangatta gold - pineapple, pear, strawberry, lime Mooloolaba sunrise – orange, pineapple,

watermelon, lime

Tropical twist - orange, pineapple, ginger

Coolum crusher - watermelon, apple, strawberry, mint

Apple zinger – apple, pear, lime, ginger

Cold & flu buster – orange, carrot, apple, lemon, ginger

Inner cleanser – carrot, apple, celery, parsley

Liver cleanser – beetroot, pear, carrot, lemon

V6 – carrot, beetroot, celery, apple, lemon, ginger

Aragona - apple, rockmelon, pineapple, ginger, mint

Summer zest – orange, pineapple, apple, lime

Mint magic – apple, pineapple, ginger, mint

Green with envy - apple, pear, kale, cucumber, celery, parsley, spinach

Iceman - apple, pineapple, grapefruit, lime, mint

BOOST ME UP

Small \$7.00 Medium \$7.50 Large \$8.00

Detox – apple, celery, carrot, beetroot, liver detox Stressbuster - grapefruit, apple, pineapple, lemon, stress

Revitalizer – beetroot, orange, carrot, apple, spirulina Re-energizer – pear, pineapple, watermelon, strawberry, mint, energy booster

BOOSTER EXTRAS

Liver detox	\$2.00	Spirulina	\$2.50
Protein powder	\$1.50	Stress relief	\$2.00
Wheatgerm	\$1.50	Vit C powder	\$1.50
Cough & cold	\$2.00	L.S.A.	\$1.50
Energy booster	\$2.00		

SMOOTH IT DOW

All smoothies \$7.90

Guavarama - guava, strawberry, pineapple, yoghurt, milk, honey, ice

Banana classic - banana, wheatgerm, ice cream, cinnamon, milk, honey, ice

Raw NRG - mango, strawberry, banana, L.S.A., maca powder, fresh orange juice, honey, ice

Mooloolaba magic - mango, banana, sunflower seeds, pumpkin seeds, milk, honey, ice

Mango tango - mango, pineapple, coconut, passionfruit, soy milk, honey, ice

Raining berries - blackberries, raspberries, strawberries, passionfruit, ice cream, milk honey, ice

Big kahuna - banana, egg, dates, L.S.A., nuts, ice cream, milk honey, ice

Brekkie on the run - muesli, strawberry, banana, L.S.A., ice cream, milk, honey, ice

Yogi bear – banana, peanut butter, protein powder, ice cream, milk, honey, ice

Jungle juice – açai berries, pineapple, passionfruit, strawberries, banana, apple juice, honey, ice

Goji-a-go-go – goji berries, raspberries, blueberries, banana, fresh apple juice, honey, ice

Eenie meenie greenie \$8.90 - banana, avocado, silverbeet, kale, parsley, celery, spirulina, apple, pear

Standard Coffee

Medium \$4.10 Large \$4.60 Small \$3.60

Speciality Coffee

Speciality Coffee	
Black (short/long)	\$3.00
Machiato/Piccolo	\$3.50
Pot of tea	\$3.60
Hot chocolate	\$4.50
Iced coffee/chocolate	\$5.00
Soy chai (loose leaf)	\$5.50
Mochaccino	\$4.50
Affogato	\$4.50
L.S.D.	\$3.90
Flavoured latte	\$5.00
(french vanilla, caramel, hazelnut)	
Milkehakos	\$ 5 በበ

\$5.00 Milkshakes (vanilla, chocolate, strawberry, lime, banana, caramel)

Soy, decaf, coconut milk, almond milk, zymil, extra shot

\$0.50ea