



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 🌿	\$5.90
All served (2 slices) with butter & your choice of jam, marmalade, honey, vegemite or peanut butter	
Open Grill 🌿 🌱 🌾	\$5.90
A thick slice of toast with avocado & tomato	
Fresh Fruit Salad 🌿 🌱 🌾	\$10.90
With yoghurt, honey & L.S.A.	
Energy Muesli 🌿 🌱 🌾	\$11.90
Toasted or natural with fresh fruit salad, yoghurt, honey & L.S.A.	
Açai Breakfast Bowl 🌿 🌱 🌾	\$12.90
Açai berries blended with fresh apple juice, banana & strawberry. Served with toasted muesli, fresh banana, strawberry & coconut	
Super Bowl 🌿 🌱 🌾	\$12.90
Natural muesli, yoghurt, flax seeds, pumpkin seeds, sunflower seeds, L.S.A., chia seeds, goji berries, topped with strawberries, banana, kiwi fruit & honey	
Poached or Scrambled Eggs 🌿 🌱 🌾	\$8.90
Served on thick multi-grain toast	
Served with mushrooms, roma tomatoes & grilled onions	
Mini Raw 🌿 🌱 🌾	\$14.90
1 poached egg sprinkled with cracked pepper on sourdough, layered with baby spinach & an oven baked roma tomato	
Classic Bacon & Egg Roll 🌿 🌱 🌾	\$8.90
Free range egg & bacon with home-made sweet tomato & chilli jam on turkish bread	
Gourmet Bacon & Egg Roll 🌿 🌱 🌾	\$9.90
Free range egg & bacon with honey mustard aioli, fresh tomato, spinach leaves & cheese on turkish bread	
Brekkie Burrito 🌱 🌾	\$12.90
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

With bacon or ham

With salmon

\$14.90

\$16.90

Potato Fritter Stack 🌿 🌱 🌾

Potato fritters layered with spinach & field mushrooms topped with a creamy basil cumin sauce

\$14.90

Roasted Vegetable Omelette 🌿 🌱 🌾

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

\$15.90

TCH Omelette 🌱 🌾

Ham, cheese & tomato omelette served with thick multi-grain toast

\$15.90

Smoked Salmon Sensation 🌱 🌾

Smoked salmon, spanish onions, capers & poached eggs served with dill sauce on a bed of baby spinach & toasted sourdough

\$17.90

Maxi Raw 🌱 🌾

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

\$18.90

Extras

Tomato, mushrooms, spinach, avocado, egg, onions

Bacon, ham

Chicken, tuna, smoked salmon, turkey

\$2.50ea

\$3.50ea

\$5.00ea

for little people

mini RAW

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

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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 \$6.90

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 parmesan

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


Ham, cheese & tomato or pineapple  \$7.90


Avocado, garlic feta spread, tomato & spanish onion   \$7.90



Pesto, roasted vegetables, red onion & swiss cheese   \$11.90

Tuna, olive & sundried tomato tapenade, avocado, feta cheese & rocket  \$11.90

Turkey, cranberry sauce, avocado, mung beans, alfalfa & swiss cheese  \$11.90

Chicken, avocado, brie, honey mustard aioli & fresh cos lettuce  \$11.90

Smoked Salmon, cream cheese, spanish onion, capers & dill sauce  \$11.90

Salad Galore with avocado garlic feta spread   \$10.90 & fresh garden salad

Add turkey, ham, smoked salmon, chicken or tofu \$13.90

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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 tonic

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 DOWN

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

COFFEE & TEA

Standard Coffee

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

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)

Milkshakes \$5.00

(vanilla, chocolate, strawberry, lime, banana, caramel)

Soy, decaf, coconut milk, almond milk, zymil, extra shot \$0.50ea

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