



# Welcome to the Living Café!

Since opening in 2011, The Living Café has been at the forefront of raw and plant-based cuisine. We had a simple founding vision which we still live by today. We do not serve dairy, red meat, refined sugars, preservatives, artificial additives or colourings in any of our meals. We offer a small amount of white meat and fish. We source high quality, organic produce where possible and combine the freshest ingredients to bring you delicious and healthy meals that we like to call food for the soul.



## Starters

### Avocado Cucumber Soup

Avocado, cucumber, chilli, lemon, lime, coriander (served hot or cold).

**R V GF NF** - 8.9

### Veggie Nori Roll

Our infamous nori roll packed with delicious raw veggies served with raw cashew mayo, balsamic orange dressing, red pepper sauce.

**R V GF** - 13

Add Chicken - 14

Add Smoked Salmon - 14.5

### Raw Mexican Nachos

House made raw tortilla chips with salsa, cashew sour cream and guacamole.

**R V GF** - 11.9

### Raw 'Goats Cheese' Rolls

A creamy raw cheese wrapped in cucumber with sweet mint dipping sauce.

**R V GF** - 11.5



*"Plant-based food is at the heart of our menu"*

## Salads

### Living Salad

Our signature house salad. Bursting with flavour and packed with nutrients. Served with flaxseed crackers.

**R V GF NF** - 18.5

### Vietnamese Style Chicken Salad

Asian inspired salad with shredded chicken, cabbage, carrot, fresh herbs and chilli lime dressing.

**GF NF** - 19.5

### Cauliflower, Almond & Mint Salad

A Middle Eastern salad with roasted cauliflower, dates, fresh herbs, toasted almonds and rocket with a cumin spiced pomegranate dressing.

**V GF** - 22.5

## RAW MAINS



### Pad Thai Noodles

Zucchini noodles with a fragrant and creamy Pad Thai sauce.

**R V GF** - 16

### Tomato, Basil 'Ricotta' Pizza

Sundried tomato sauce, macadamia 'ricotta' and fresh basil on a crispy raw pizza base.

**R V GF** - 18

### Zucchini Lasagne

Layers of zucchini with taco 'meat', macadamia cheese, creamy cashew mayo, pesto & fresh tomatoes.

**R V GF** - 18.5

### Taco Boats

Build your own raw walnut 'meat' taco with crunchy lettuce shells, guacamole, mango salsa & creamy cashew mayo.

**R V GF** - 17

## Sourdough Toasts

### Avocado & Dukha

Avocado, dukha & pomegranate.

**V** - 13

### Truffled Mushroom

Assorted mushrooms, dill, truffle.

**V** - 8.5

### Strawberry, Basil & Goats Cheese

Drizzled with Balsamic vinegar & maple syrup

**VG** - 8.5

## Wholewheat Wraps

### Grilled Tofu & Guacamole

With Mexican salsa.

**V NF** - 16

### Honey Glazed Chicken

With raw sweet chilli sauce & raw cashew mayo.

- 16

## Signature Burgers

Served with raw cashew mayo, coleslaw & sweet potato wedges. *GF bun available* - 3

### Spiced Chicken - 17

### Sesame Crusted Tofu

**V GF** - 15.5

### Herbed Salmon - 19

### Herbed Mushroom with Cucumber Pickles

**V** - 20



*New vegan burger options!*

## Brown Rice Bowls

Served with shredded lettuce, tomato salsa, avocado and gazpacho sauce.

### Chicken

Mexican or pesto sauce.

**GF** - 17

### Wild Barramundi

Mexican or pesto sauce.

**GF** - 18

### Kale, pomegranate & black sesame

Kale, edamame, avocado, pomegranate, nori, coriander & black sesame with an orange, tamari dressing.

**V GF NF** - 20



## Wholemeal Pizza 10"

With homemade base. *GF base* - 3

### Indiana Chicken

Chicken, rocket, onion, goats cheese, marinara sauce, macadamia cheese. - 21

### Veggie Delight

Roasted pumpkin, sautéed veggies, marinara sauce, pumpkin seeds, macadamia cheese, goat cheese.

**VG (V without goats cheese)** - 18.5

### Margarita

Marinara sauce, macadamia cheese, goat cheese.

**VG (V without goats cheese)** - 15

(R) Raw, (V) Vegan, (VG) Vegetarian, (GF) Gluten Free, (NF) Nut Free. If you have special dietary requirements please speak to our friendly staff. Many of our dishes are naturally dairy and gluten free but we also offer delicious gluten free bread options. Bamboo straws are available on request.

# WEEKEND BRUNCH

Sat & Sun 9am to 9.30pm



## Breakfast Bowl

A hearty bowl packed with protein and healthy fats. Smoked salmon, eggs, avocado, cherry tomatoes, chives drizzled with olive oil.

GF NF - 18.5

## Mediterranean Omelette

Organic eggs, sautéed veggies, balsamic reduction, goat cheese.

VG GF NF - 17

## Breakfast Burrito

Scrambled egg, eggplant 'bacon', spinach, mushroom ragout, raw cashew mayo, sweet chili sauce, Mexican sauce

VG - 16.5

## 6th Avenue Rosti

Herbed sweet potato rosti with smoked salmon, asparagus, poached egg & wasabi aioli.

NF - 19.5

## Paleo Granola Crunch with Coconut Yoghurt

Mixed nuts & seeds, dates, coconut, mixed berries, apple, coconut yogurt.

R V GF - 11

## Fresh Berry Waffles

With coconut yoghurt

V GF NF - 17.5

## Chia Pudding

With Seasonal Fruits

R V GF - 10

## Sides

Tofu - 4

Sautéed Greens - 7

Sweet Potato Wedges - 7

Chicken - 6

Wild Barramundi - 7

Smoked Salmon - 9

Avocado - 3.9

Organic Egg - 3

Any Sauce - 2

Homemade Ketchup - 2

Sourdough Toast - 2

Gluten Free Toast - 3



## Good for Your Gut

Housemade ferments and bone broth to support good gut health.

## Kimchi

R V GF NF - 3

## Sauerkraut

R V GF NF - 3

## Chicken Bone Broth

Hormone & antibiotic free. GF NF - 5

## Raw Desserts

### Blueberry Cheesecake

R GF - 9.5

### Chocolate Ganache Tart

R GF - 9.5

### Chocolate Cheesecake

R GF - 9.5

### Carrot Cake

R V GF - 11.5

### Tiramisu

R V GF - 9.5

### Mocha Mint Square

R GF - 7.5

### Raspberry Brownie

R GF - 7.5

## More Desserts

### Acai Bowl

Kiwi, banana, blueberry, chia seeds, cacao nibs, strawberries and nuts.

R V GF - 15

### Chocolate Avocado Mousse

Topped with raspberries and cacao nibs.

R V GF NF - 10

### Fresh Berry Waffles

With coconut yoghurt.

V GF - 17.5

## Fresh Juice 450ml

### Green Vitality - 8.9

Cucumber, celery, spinach, parsley, lemon, ginger.

### Cold & Flu Buster - 8.9

Pineapple, lemon, ginger, apple, pear, cucumber, celery.

### Beet Blast - 8.9

Beet, carrot, celery, spinach, ginger, parsley, lemon.

### Carrot Zinger - 8.9

Carrot, Apple, Ginger.

### Fresh Thai Coconut - 4.9

## Kombucha 270ml

Guava - 7.5

Ginger - 7.5

Number 1 - 7.5

Check our dessert fridge for specials!

## Smoothies 350ml

Add bee pollen, green mix, protein powder, chia seeds - 1

### Turmeric Tropicana - 9

Mango, pineapple, coconut milk, turmeric.

### Chocolate Monkey - 9

Cashew milk, banana, medjool dates, organic raw cacao powder.

### Hulk - 9

Mixed berries, orange, banana, protein, organic brown rice, vitamin C, flaxseed oil.

### Whapao - 12.5

Banana, spirulina, mango, hazelnut milk, raw cacao, rice protein, cacao butter, coconut oil.

## Water

San Pellegrino 500ml - 5.9

Acqua Panna 750ml - 7.5

## Coffee & Matcha

Honey, xylitol and coconut palm sugar are available upon request. Milk option: Hazelnut, almond or soy.

### Soy Cappucino

Hot - 5.9, Cold - 6.9

### Soy Latte

Hot - 5.9, Cold - 6.9

### Soy Mocha

Hot - 5.9, Cold - 6.9

### Flat White

Hot - 5.9, Cold - 6.9

### Long Black

Hot - 5.9, Cold - 6.9

### Machiato - 3.9

### Espresso - 3.9

### Extra Shot - 1.9

### Matcha Latte

Hot - 6.9, Cold - 7.9

## Organic Tea Caffeine free

Chamomile Soothes & Calms - 5.9

Hibiscus Heart Health - 5.9

Lemongrass Metabolism - 5.9

Peppermint Digestion - 5.9

Raspberry Women's Health - 5.9

Digestive Digestive Aid - 5.9

Shalom Calm & Tranquility - 5.9

Berry Blush Antioxidant - 5.9

Puritea Detox Toxin Buster - 5.9

Sencha Rose Antioxidants - 7.5

Myrtle Dawn Refreshing - 5.9



If you like what you see and enjoy what you taste, please tag us on social media!



@livingcafeasia

www.thelivingcafeasia.com