



# 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, chili, lemon, lime, coriander (served hot or cold).

**R V GF NF** - 10

### Pumpkin Soup

Pumpkin, sweet potato, carrot, onion.

**V GF NF** - 10

### Veggie Nori Roll

Packed with delicious raw veggies, raw cashew mayo, with balsamic dressing & red pepper sauce.

**R V GF** - 13.5

Add Free Range Chicken - 15

Add Smoked Salmon - 16

### Raw Mexican Nachos

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

**R V GF** - 11.9

### Raw 'Goats Cheese' Rolls

Wrapped in cucumber with sweet mint dipping sauce.

**R V GF** - 12



*"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** - 20

### Vietnamese Style Chicken Salad

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

**GF NF** - 20

### Cauliflower, Almond & Mint Salad

A Middle Eastern salad with roasted cauliflower, dates, fresh herbs, almonds, rocket & pomegranate.

**V GF** - 22.5

## RAW MAINS



### Pad Thai Noodles

Zucchini noodles with a fragrant and creamy Pad Thai sauce.

**R V GF** - 16.5

### Raw Roasted Broccoli Mushroom Pizza

(Marinara or Pesto Sauce)

A crispy raw pizza base with cashew mayo & macadamia cheese.

**R V GF** - 20.5

### Zucchini Lasagne

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

**R V GF** - 20

### Taco Boats

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

**R V GF** - 18

## Sourdough Toasts

### Avocado & Dukkah

Avocado, dukkah & pomegranate.

**V** - 13.5

### Truffled Mushroom

Assorted mushrooms, dill, truffle.

**V** - 9.5

## Wholewheat Wraps

### Grilled Tofu & Guacamole

With Mexican salsa.

**V NF** - 17

### Honey Glazed Chicken

With raw sweet chilli sauce & raw cashew mayo.

- 18

## Signature Burgers

Served with coleslaw & sweet potato wedges. Option:

Lettuce Bun. **GF** bun - 3

**Spiced Chicken** - 18.5

**Herbed Salmon** - 20

**Sesame Crusted Organic**

**Tofu** - 18 **V GF**

Check out the boards for our weekly specials



## Brown Rice Bowls

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

### Chicken

Mexican or pesto sauce.

**GF** - 18.5

### Wild Barramundi

Mexican or pesto sauce.

**GF** - 19.5

### 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) - 19.5

### Margarita

Marinara sauce, macadamia cheese, goat cheese.

**VG** (**V** without goats cheese) - 17

(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 gluten free but we also offer delicious gluten free bread options. Bamboo straws are available on request.

**Prices subject to service charge and GST.**

# WEEKEND BRUNCH

Served all day Sat & Sun



## Breakfast Bowl

Smoked salmon, poached organic egg, avocado, cherry tomatoes, chives, drizzled with olive oil.

GF NF - 19.5

## Mediterranean Omelette

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

VG GF NF - 18.5

## Breakfast Burrito

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

VG - 17.5

## 6th Avenue Rosti

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

GF NF - 20.5

## Paleo Granola Crunch with Coconut Yoghurt

Mixed nuts & seeds, dates, coconut, mixed berries, apple, hazelnut milk.

R V GF - 12

## Fresh Berry Waffles

With coconut yoghurt

V GF NF - 18.5



## Good for Your Gut

Housemade ferments and bone broth to support good gut health.

## Kimchi

R V GF NF - 4

## Sauerkraut

R V GF NF - 4

## Chicken Bone Broth

Hormone & antibiotic free. GF NF - 6

## Raw Desserts

Please see our dessert fridge for our full range of raw cheesecakes, cakes, brownies, power balls, raw chocolates and truffles.

## More Desserts

### Acai Bowl

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

R V GF - 16.5

### Chocolate Avocado Mousse

Topped with raspberries and cacao nibs.

R V GF NF - 11.5

### Fresh Berry Waffles

With coconut yoghurt.

V GF NF - 18.5

## Fresh Juice 450ml

### Green Vitality - 9

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

### Cold & Flu Buster - 9

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

### Beet Blast - 9

Beet, carrot, celery, ginger, lemon.

### Carrot Zinger - 9

Carrot, apple, ginger.

### Fresh Thai Coconut - 5

## Fermented Drinks (270ml)

### Guava Kombucha - 7.5

### Ginger Kombucha - 7.5

### No.1 Kombucha - 7.5

## Organic Wine by Glass

### Sauvignon Blanc - 13.5

### Rosé - 14

### Pinot Noir - 15

Prices subject to service charge and GST.

## Smoothies 350ml

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

### Turmeric Tropicana - 11.5

Mango, pineapple, coconut milk, turmeric.

### Chocolate Monkey - 9.5

Cashew milk, banana, medjool dates, raw cacao.

### Hulk - 9.5

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

### Whapow - 12.5

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

## Water

### San Pellegrino 500ml - 5.9

### Acqua Panna 750ml - 7.9

## Coffee & Lattes

Honey, xylitol and coconut palm sugar are available upon request. Organic milk option: Soy, hazelnut or homemade almond. For iced add - 1

### Cappuccino - 6

### Latte - 6

### Mocha - 6

### Flat White - 6

### Long Black - 6

### Machiato - 4

### Espresso - 4

### Extra Shot - 2

### Matcha Latte - 7

## Organic Tea Caffeine free

### Chamomile Soothes & Calms - 6.5

### Hibiscus Heart Health - 6.5

### Lemongrass Metabolism - 6.5

### Peppermint Digestion - 6.5

### Raspberry Women's Health - 6.5

### Digestive Digestive Aid - 6.5

### Shalom Calm & Tranquility - 6.5

### Berry Blush Antioxidant - 6.5

### Puritea Detox Toxin Buster - 6.5

### Sencha Rose Antioxidants - 8.5

### Myrtle Dawn Refreshing - 6.5

## Sides

### Organic Tofu - 7

### Sautéed Tempeh - 7

### Sautéed Greens - 7.5

### Sweet Potato Wedges - 7.5

### Chicken - 6.5

### Wild Barramundi - 7.5

### Smoked Salmon - 9

### Avocado - 4

### Organic Egg - 3.5

### Any Sauce - 2

### Homemade Ketchup - 2

### Sourdough Toast - 2

### Gluten Free Toast - 3

If you've enjoyed your food today, please tag us on social media! @livingcafeasia | www.thelivingcafeasia.com

