



OUR STORY

Welcome to Barefoot, we're excited to share our love of creating local organic foods with you.

You will find many raw goodies on our menu as well as consciously created whole-foods including toasted sandwiches, house made waffles, nourish bowls and salads, cold pressed juices and indulgent smoothies! All created to allow you to shine.

We're naked and bare, in a good way! We're entirely plant-based, dairy free, gluten free, refined sugar free, and free of any additives. We use as many organic ingredients where possible and consciously create real food to spread high vibes.

Our mission is to offer the most authentic and nutritious foods, and show how fun and delicious it can be! We keep everything close to home to ensure ultimate freshness and quality. This supports our local growers, suppliers and is beneficial for you and our beautiful earth.

Barefoot is also the home of Greenroots Juicery where we continually fill our to go fridge with freshly cold-pressed organic juices, elixirs, shots and tonics. Check it out for new flavours rotating daily!

We make everything from scratch, including our organic house nut mylk, veggie patties, traditional chai and turmeric teas, dips, spreads, and everything in our treat cabinet. To make a lot of our plant based foods we use a variety of tree nuts. To be safe, we recommend anyone with a severe nut allergy does not dine with us. We try to be as allergy friendly as possible, however please be very clear with our staff with any allergies you have so we can do our very best to serve you pure goodness.

Let yourself recharge. Make space in the day for you. Enjoy!

With love and gratitude,
The Barefoot Team x

Please order and pay at the counter





BAREFOOT MENU

100% PLANT BASED - NATURALLY GLUTEN FREE

BREAKFAST 8am – 12pm

ORGANIC FERMENTED TOAST	10.00
Organic and fermented gluten free Cassava and seed loaf. Comes with virgin coconut oil. Choose from house berry chia jam or local peanut butter. Add extra spread (Nutella + 3.0, berry chia jam or peanut butter + 2.0)	
BUCKWHEAT WAFFLES	S 14.50 L 18.00
Made with crushed almonds and organic flours. Served with banana, coconut yogurt, house made nutella, berry chia jam and caramelized buckinis. Add pure maple syrup +3.0 or Blackcurrants +2.0.	
TOASTED SANDWICH	17.00
House veggie seed pattie, organic pickled beetroot, roast pumpkin, salad greens, dukkah spice mix, house made aioli. Served between local fermented organic seed toast.	
SHROOM BENEDICT	19.50
Savoury cajun waffles with Portobello mushrooms, organic kale pesto, spinach and organic house cashew hollandaise.	
SMASHED AVO	19.50
Avocado and pea smash with house-made mango and turmeric sriracha on local organic fermented seed loaf. Served with salad greens, lemon and herb dressing. Add house-made Kale Pesto + 2.0	
ACAI BOWL	15.50
Antioxidant loaded organic acai, berries, banana, date, topped with house made caramelised buckini, coconut, banana, and seasonal fruit. Add on peanut butter +2.0 or house nutella +3.0.	
MATCHA BOWL	16.50
Antioxidant loaded matcha, banana, organic greens, mint, topped with house made sprouted granola, coconut, banana, kiwi and blackcurrants.	

LUNCH 12pm – 3pm

TOASTED SANDWICH	17.00
House veggie seed pattie, organic pickled beetroot, roast pumpkin, salad greens, dukkah spice mix, house made aioli. Served between local fermented organic seed toast.	
BAREFOOT BURGER	18.00
A kumera hemp hash, veggie seed pattie, house cashew cheese, pickled slaw, house aioli, crispy lettuce and tomatoes in a GF sourdough bun.	
BAREFOOT BURGER COMBO	23.50
Barefoot Burger with a side salad and kale chips.	
NOURISH BOWL	21.50
Our famous seasonally changing nourish bowl. House-made falafel balls, roasted root vegetables, cashew dukkha, herb salad, rainbow quinoa tabouli, beet pickle, organic brown rice, topped with house-made kale pesto, aioli and hummus. Served with lemon tahini dressing. Add organic hemp hearts + 2.0	
SMASHED AVO	19.50
Avocado and pea smash with house-made mango and turmeric sriracha on local organic fermented seed loaf. Served with salad greens, lemon and herb dressing. Add house-made Kale Pesto + 2.0	
RAW NOODLE SALAD	15.50
Fresh organic salad made with spirals of carrot and beetroot noodles, coriander, ginger, peanuts and seeds, served with salad greens and lemon tahini dressing.	



ESPRESSO COFFEE			
Short Espresso, Long Black, Americano			4.00
Latte	S	5.00	L 6.00
Flat White	S	5.00	L 6.00
Cappuccino	S	5.00	L 6.00
Machiato	S	5.00	L 6.00
Piccalo	S	5.00	L 6.00

ORGANIC TEAS	
Black Breakfast Tea	5.00
Pure Green	5.00
Pure Peppermint	5.00
Pure Ginger	5.00
House Brew Chai	5.50
We use a organic loose leaf wet chai blend made with fresh ginger and ayurvedic spices. Comes standard black or infuse into mylk of your choice + 1.0.	
Immunity Turmeric Brew	5.50
We use brew fresh turmeric and ginger root with indian spices to create a delicious immune boosting and digestive soothing blend.	
Morning Detox (Storm and India)	5.50
Earthy green tea, zesty lemongrass, and orange peel kissed by warming spices to uplift and revitalise your day.	
Afternoon Detox (Storm and India)	5.50
An intriguing blend of fermented earthy pu'erh organic rooibus, strawberries and a hint of vanilla.	

SPECIALTY LATTES			
Ayurvedic Chai	S	6.0	L 7.0
House Ayurvedic Chai brewed with black tea, fresh organic ginger root, cardamon, cinnamon, nutmeg, star anise, clove, coconut sugar with steamed mylk of your choice.			
Golden Latte	S	6.0	L 7.0
House brew of fresh organic turmeric root, ginger root, vanilla, cinnamon, cardamon, nutmeg, black pepper, coconut sugar served with steamed mylk of your choice.			
Matcha Latte	S	6.0	L 7.0
Premium Japanese matcha with steamed mylk of your choice for an antioxidant boost.			
Raw Choc Mug	S	6.0	L 7.0
A delicious blend of organic raw cacao, vanilla bean, spices with steamed mylk of your choice.			



ICED DELIGHTS	
Iced Chocolate Milkshake	14.0
Raw cacao, house-made nutella, vanilla, hazelnut, cashew butter, our chocolate sauce, coconut milk.	
Iced Berry Milkshake	14.0
Strawberries, berry chia jam, rose extract, house cashew ice cream, vanilla, our raspberry sauce, coconut milk.	
Iced Coffee Milkshake	14.0
Coffee, house cashew ice cream, vanilla, our chocolate sauce, macadamia milk.	





SMOOTHIE & BOWLS (ALL DAY)

ORGANIC BOWLS

SPROUTED CRUNCHY GRANOLA 14.50

Raw and activated house sprouted and dehydrated organic buckini, coconut and seed granola sweetened with date, cranberries and spices. Topped with banana, slithers of green apple, and a dollop of organic coconut yoghurt. Served with a side of organic house cashew mylk. Add Pure Maple 3.0, Black Currants 2.0

ACAI BOWL 15.50

Antioxidant loaded organic acai, berries, banana, date, topped with house made caramelised buckini, coconut, banana, and seasonal fruit. Add on peanut butter +2.0 or house nutella +3.0.

MATCHA BOWL 16.50

Antioxidant loaded matcha, banana, organic greens, mint, topped with house made sprouted granola, coconut, banana, kiwi and blackcurrants.

ORGANIC SMOOTHIES

CHOC NUT - 10

Raw cacao, banana, vanilla, date, cinnamon, orange, cacao nibs, nut mylk.

WILD GREENIE - 12

Kale, leafy greens, banana, passionfruit, coconut, lemon, ginger root, turmeric root.

PURPLE HAZE - 12

Berries, blackcurrants, banana, chia seeds, vanilla, raw fermented protein, date, coconut.

PEANUT BUTTER JELLY - 12

Raspberries, peanut butter, banana, coconut flakes, chia seeds, date, nut mylk.

HEMP POWER - 13

Hemp protein, banana, maca root, raw cacao, coconut flakes, tahini, date, orange, nut mylk.

SHINE ON - 13

Passionfruit, mango, raw fermented protein, vanilla, banana, turmeric root, coconut flakes, dates, nut mylk.

KIDS SMOOTHIE- 7

Berries, banana, date, nut mylk.



GREENROOTS
JUICERY

COLD PRESSED ORGANIC JUICES

Rose Tonic - 7	Turmeric Tonic - 7	Wellness Shot - 5.5
Beet Bliss - 8		Sun Rising - 8.5
Beetroot, carrot, green apple, lemon, ginger.		Carrot, tangelo, turmeric root, green apple, ginger root, lemon.
Garden City - 8.5		Awaken - 8
Kale, silverbeet, green apple, bok choy, lemon.		Tangelo, orange, green apple, lemon, beet.
Berry Ade - 8.5		Sparkling Citrus Juice- 8
Raspberries, green apple, lemon, beetroot, acai.		Orange, tangelo, green apple, lemon.
Kombucha - 7		Immunity Box - 5 for 39
Blueberry and Cinnamon.		Choose any 5 drinks from the menu for a big antioxidant boost!



BAREFOOT CATERING MENU

100% PLANT BASED - NATURALLY GLUTEN FREE

NOURISHING FOOD

SAVOURY OR SWEET MUFFINS	<p>6 Muffins 40.00 12 Muffins 80.00</p>
<p>BAREFOOT NOURISH PLATTER</p> <p>Raw organic veggies, house-made dips including carrot and beetroot hummus, kale pesto, apple chutney, aioli and seed falafel balls</p>	<p>Serves 8-10 89.00 Serves 10-15 129.00 Serves 20 159.00</p>
<p>RAW NOODLE SALAD</p> <p>Fresh organic salad made with spirals of carrot and beetroot noodles, coriander, ginger, peanuts and seeds, served with salad greens and lemon tahini dressing.</p>	<p>Serves 8-10 79.00 Serves 10-15 109.00 Serves 20 139.00</p>

SWEET TREATS

<p>FRUIT PLATTER WITH SWEET DIPS</p> <p>Seasonal fruits served with handcrafted berry chia jam, house-made nutella and coconut yogurt including buckwheat and almond waffle pieces</p>	<p>Serves 8-10 79.00 Serves 10-15 109.00 Serves 20 139.00</p>
<p>SWEET SLICES PLATTER</p> <p>A selection of handcrafted organic gluten free vegan and raw slices</p>	<p>Serves 8-10 99.00 Serves 10-15 129.00 Serves 20 159.00</p>

REVITALISING DRINKS

<p>SPARKLING JUICE & KOMBUCHA</p> <p>Offered by the liter with fresh fruits</p>	<p>Per Liter 19.00</p>
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