



## ALL DAY MENU

### Buckwheat Waffles

*Housemade organic buckwheat waffles served with Banana, coconut yoghurt, house made berry chia Jam and caramaelized Buckinis*

Half \$18 Full \$23

Extras \$2

House made Nutella or Maple Syrup

### Chocolate Waffles

*Housemade organic buckwheat waffles served with house made Vegan Nutella, coconut yogurt and fresh fruit.*

Half \$20 Full \$25

### Berry Smoothie Bowl

*Organic local berries, banana and nut milk blended, topped with house caramelised muesli berry chia jam and fruits.*

\$18.90

### Chia seed Pudding

*served with fresh fruit and housemade Jam*

\$12

### Housemade Beans on Toast

*Gluten free Toast with Scrambled Tofu & Avocado*

\$18.90

### Barefoot Burger

*Chickpea pattie, sweet + spicy slaw, roast pumpkin, satay peanut sauce, pickles and aioli served between a kumara GF Sourdough bun*

\$20.90

### VEGAN CHEESE PLATTER

*Chef's choice of cheese, crackers, seasonal fruit, House made Kale pesto, Toasted walnuts and relish*

\$35

### ALL SIDES

\$10

*Warm Marinated olives*

*Maple roasted Cashews*

*Foxnuts*



### Crumbed Portobello mushroom with Mashed potato

*Served with sugo and truffle oil and dash of vegan parmesan*

\$30

### Stuffed Capsicum with Lentil Bolognese

*Served with rice and house made kale pesto*

\$25.50

### Yellow Dahl

*Served with rice, coconut yogurt and salad*

\$25

### Warm Tofu with Spicy Garlic sauce

*Served with rice and pickled carrots*

\$25

### Toasted Sandwich

*Please ask staff for today's special*

\$19.90

### Smavo

*Smashed avocado on seeded toast with a drizzle of chilli oil  
Gluten free option available for \$1.50*

\$20

### Nourish Bowl

*Organic falafel balls, organic rainbow quinoa, organic brown rice, organic house slaw and roast pumpkin. Served with hummus, tahini lemon dressing & cashew dukkha.*

\$23.90

### ADD ONS:

*Kale Pesto \$3*

*Extra Organic Falafel Balls \$5*

<https://www.facebook.com/barefooteats/>

[https://www.instagram.com/barefoot\\_eatery/](https://www.instagram.com/barefoot_eatery/)

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### Operating hours

8 A.M – 8 P.M

MON – SUN

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