



MENU

BAREFOOT EATERY

GF OPTION AVAILABLE FOR EXTRA \$1.50

ORGANIC PLANT BASED MENU

OPEN 7 DAYS A WEEK

BUCKWHEAT WAFFLES(GF)

HOUSE-MADE ORGANIC BUCKWHEAT WAFFLES SERVED WITH FRESH FRUITS, MAPLE SYRUP, COCONUT YOGURT AND HOUSE-MADE GRANOLLA

\$24.9

BERRY SMOOTHIE BOWL(GF)

ORGANIC LOCAL BERRIES, BANANA AND DATES, TOPPED WITH FRESH FRUITS AND HOUSE-MADE GRANOLLA

\$20.5

MILLET PORRIDGE(GF)

ORGANIC MILLETS COOKED IN NUT MILK, LIGHTLY SWEETEND WITH HOUSE-MADE CHAI SYRUP, TOPPEED WITH FRESH FRUITS AND HOUSE-MADE GRANOLLA

\$18.9

BIG BREAKFAST

SOURDOUGH TOAST, HOUSE-MADE SAUSAGES, SCRAMBELED TOFU, MIXED BEANS, SALAD AND GREENS

\$28.5

SMAVO

\$23.5

SMASHED AVOCADO ON SOURDOUGH, GREENS, TOAST WITH A DRIZZLE OF CHILLI OIL

TOASTIE

SCRAMBLED TOFU

\$16.5

SOURDOUGH, TOFU WITH CREAMY SAUCE

MUSHROOM

\$16.5

SOURDOUGH CHILLI PESTO WITH CREAMY MUSHROOMS

BEANS

\$16.5

SOUGHDOUGH, HOUSE-MADE BEANS WITH HINT OF SPICE

SIDES

BAREFOOT BURGER(GF)

\$23.5

BLACK BEAN PATTIE, MESCULN, COLE SLAW, ROAST PUMPKIN, ROAST MUSHROOM, RELISH AND HOUSE-MADE AIOLI SERVED BETWEEN A KUMARA GF SOURDOUGH BUN

LOADED NACHOS(GF)

25.5

GF CORN CHIPS SERVED WITH HOUSE MADE BEANS, RED ONION, SOUR CREAM AND JALAPENOS

BUDDHA BOWL (GF)

\$25

GF GRAINS, GREENS, BEANS, ROASTED VEGETABLES, SESAME SEEDS, FINISHED WITH A DRIZZLE OF TAHINI DRESSING

FALLAFEL

\$11

WITH HUMMUS

NUGGETS

\$11

VEGETABLES

\$11

ROSTED