

# Vitalo

## All day menu

### Toasts

Artisan sourdough (white), Fruit Toast	7.00
Buckwheat & pumpkin seed (GF) or Paleo Bread (GF)	8.00
<i>all served with cultured butter and choice of condiment or sides</i>	

### All Day Brekkie

<b>FP's BREAKFAST TACOS</b>	9.00 each or 2 for 17.00
<i>(No variations, contains coriander)</i>	

**Vegetarian** - Potato, mushroom, guacamole and tomato salsa (V, DF)  
**Bacon & Egg** - with guacamole and tomato salsa (DF)  
**Chorizo & Egg** - with guacamole and tomato salsa (DF)

<b>QUINOA AND RICE FLAKE PORRIDGE (GF, DF, VEGAN)</b>	15.00
Made with almond milk, topped with roasted pineapple and lime compote and sweet dukkha	

<b>BUTTERMILK PANCAKES</b>	16.00
<b>OPTION 1:</b> 2 Pancakes served with our house made whipped honey butter, strawberries, honey and house made dukkha	
<b>OPTION 2:</b> 2 Pancakes served with Nutella, ice cream and strawberries	

<b>2 EGGS YOUR WAY ON SOURDOUGH (GF AVAIL.)</b>	12.00
<i>Build your own with SIDES! (see below)</i>	

<b>MEDITERRANEAN AVO TOAST (VEG, GF AVAIL.)</b>	18.00
Smashed avo, cherry tomatoes, fetta and herbs on sourdough	
ADD egg/s	3.00
or cured salmon	5.00

<b>NOURISH BOWL (GF, VEG)</b>	22.90
Sauteed greens, pumpkin, 2 poached eggs, toasted almonds and labna	

<b>MIKE'S ONE PAN BREAKKIE (GF AVAIL.)</b>	22.00
2 slices sourdough, 2 poached eggs, bacon, chorizo, mushrooms, hash browns and grilled tomato	

<b>BACON AND EGG ROLL (WRAP AVAIL.)</b>	10.00
Double smoked bacon, free range egg, cheddar cheese and BBQ sauce on a milk bun	
<i>PIMP IT UP!</i> Add Avo or hash brown	2.00

<b>ACAI SMOOTHIE BOWL (GF, DF, V)</b>	18.00
With house made granola, seasonal fruit and coconut	

### Bit Bigger than Brekkie

<b>SLOW COOKED BEEF BRISKET SLIDERS</b>	15.00
2 beef brisket sliders, mayo, cabbage, caramelized onion and tomato jam and shoestring fries	

<b>WARM CAULIFLOWER AND CHICKPEA SALAD (VEG, GF)</b>	22.90
with mixed herbs, nuts, pomegranate and tahini dressing.	
Add chicken, lamb or beef brisket	6.00

<b>ARABIAN DELIGHT (GF, VEG)</b>	22.90
Tabouli, 2 house made falafel and hommus served with our house made GF flat bread	

### Keep It Fresh - Wraps

<b>Bacon and Egg</b> (add your choice of sauce)	10.00
Add avo or hash brown	2.00

<b>Mediterranean Chicken Wrap</b>	13.00
Chicken, tzatziki, tabouli, spinach	

<b>Chicken and Sweet Potato Wrap (DF)</b>	11.00
Chicken, sweet potato, aioli, spinach, Spanish onion	

<b>Vegetarian Falafel Wrap (Veg, DF)</b>	13.00
House made falafel, hommus, tahini sauce, lettuce, tomato, pickle	

### Vital Kids

- Kid's Buttermilk Pancake 10.00  
Served with Nutella, ice cream and strawberries
- Cheese Toastie 8.00
- Lamb & Chicken Rice (GF) 10.00
- Mini Chicken Wrap 8.00  
Chicken, mayonnaise, lettuce, cucumber
- Shoestring Fries (GF, Veg) 5.00

### Sides

Honey, vegemite, peanut butter, jam	
Avocado, 2 Hash Browns, Garlic mushrooms	4.00
Cured Salmon, Haloumi, Chorizo, Bacon	5.00
Egg, Sauteed kale, Sauteed spinach, Feta	3.00
Chunky Chips with aioli (GF)	8.00
Mediterranean spiced Lamb, Garlic chicken breast	6.00
Slow cooked Beef Brisket	6.00

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### Hot Drinks

#### SACRED GROUNDS COFFEE

	SMALL	LARGE
Espresso	3.50	N/A
Macchiato	3.50	N/A
Piccolo	3.50	N/A
Cappuccino	4.00	4.50
Flat White	4.00	4.50
Latte	4.00	4.50
Long Black	4.00	4.50
Mocha	4.50	5.00
Chai Latte	5.00	5.50
Turmeric Latte	5.00	5.50
Hot Chocolate	4.00	4.50
Filter Coffee	5.00	5.50
Bulletproof Coffee	N/A	5.50

Add 0.50: Extra Shot, Decaf, Alternate Milk (Almond, Coconut, Soy), Collagen, Cacao

#### LOOSE LEAF TEA

English Breakfast, Earl Grey, Peppermint, Jasmine Green, Ginger and Lemongrass, Chamomile and Elderflower 4.00

### Cold Drinks

Iced Latte	5.00
Iced Coffee	6.00
Iced Chocolate	6.00
Iced Mocha	6.50

### Fresh Juice

- **GREEN NOT MEAN** Apple, celery, cucumber and mint 7.00
- **FRUITYLICIOUS** Watermelon, apple and orange
- **DETOX** Celery, carrot, beetroot and ginger
- **MAKE YOUR OWN!**

### Smoothies

9.00

- **TROPICAL FRAPPE (DF)**  
Mango, Pineapple, Passionfruit, coconut water
- **SUNRISE FRAPPE (DF)**  
Strawberry, Mango, Kiwi, Pineapple, coconut water
- **BLUEBERRY CINNAMON**  
Blueberries, toasted muesli, cinnamon, dried fruit and nuts, banana, yoghurt, milk
- **COOKIES AND CREAM SHAKE**  
Oreo biscuit crumble, ice cream, banana, milk
- **ACAI SMOOTHIE (DF)**  
Organic acai berry, organic guarana, banana, coconut water
- **THE HULK (DF)**  
Pineapple, cucumber, green apple, celery, kale, mint, lemon, coconut water
- **NA NA NA (DF)**  
Banana, almond milk, maple, cinnamon, chia  
+ add cacao 0.50  
+ add coffee shot 0.50
- **VITAWEIS (DF)**  
Mango, coconut cream, passion fruit, maple

### Bottled

Bottled Water, Coke, Coke Zero, Sprite	2.50
Bundaberg drinks, San Pellegrino Sparkling	3.50
Organic Kombucha	5.00

### Kids

<b>KIDS MILK SHAKES</b>	4.00
chocolate, strawberry, caramel or vanilla	
<b>KIDS SMOOTHIES</b>	5.00
mango or banana	

Please see our display fridge for GF, DF and Vegan desserts

vitalo.com.au • vitalocafe  

WELLBEING AND OUTSTANDING NOURISHMENT

Veg = Vegetarian V = Vegan GF = Gluten Free DF = Dairy Free • 10% surcharge applies on public holidays