

Light Breakfasts

Acai Bowl (GF, V, Vg) - \$11.50

Cold Acai, fresh fruits and cashews blended together and topped with a delicious crunchy nut and coconut mix!

Tropical Smoothie Bowl (GF, V, Vg) - \$11.50

A refreshing tropical fruit mix combined with cashews and topped with a delicious crunchy nut and coconut mix!

Bircher Muesli (V, Vg) - \$9.80

Our unique Bircher topped with amazing handmade coconut yoghurt and a selection of delicious nuts and coconut!

Vanilla Chia Pudding (GF, V, Vg) - \$9.80

Fresh chia pudding topped with mixed berries and shredded coconut!

Choc Chia Pudding (GF, V, Vg) - \$9.80

Fresh chia pudding combined with raw cacao and topped with a cacao crackle mix and shredded coconut

Muesli (V, Vg) - \$9.50

Delicious handmade muesli served with your choice of milk, shredded coconut, coconut yoghurt and a side of natural maple syrup

Coconut Yoghurt (V, Vg) - \$9.50

Handmade coconut yoghurt served with shredded coconut, nut mix and sliced pear

Feeling Fruity? Add fruit for \$1 each

Fresh Banana
Fresh Apple
Fresh Pear
Dried Cherries

Tell us what you think!

Leave a review at
www.facebook.com/RawAndMore1



Wholesome Lunches

Baked Zucchini and Tomato Slice (GF, Vg) - \$7.80

Wholesome baked slice packed with the goodness of tomatoes and zucchini!

Add a side of fresh salad (1 Salad) for \$3.50!

Stuffed Mexican Baked Capsicum (GF, Vg) - \$7.80

Fresh quinoa stuffed capsicums loaded with beans, herbs and a hint of chili!

Add a side of fresh salad (1 Salad) for \$3.50!

Regular Fresh Salad (GF, Vg, VO) - \$7.80

Choose up to 2 salads from the display fridge!

Large Fresh Salad (GF, Vg, VO) - \$9.80

Choose up to 3 salads from the display fridge!

Wrap filled with Fresh Salad (Vg, VO) - \$8.80

Choose up to 2 salads from the display fridge!
(GF on request)

Boost your Salad or Wrap!

Delicious Handmade Hummus (GF, V, Vg) - \$1.00

South Australian Sauerkraut (GF, V, Vg) - \$1.00

Fresh Boiled Egg (GF, Vg) - \$1.00

All salads are made fresh, on site, using quality produce that is sourced locally where possible!

The Sweet Stuff

Check the display fridge for daily flavours!

Raw Cakes (GF, V, Vg) - \$6.80

Raw Slice (GF, V, Vg) - \$4.50

Raw Protein Balls (GF, V, Vg) - \$3.40

Raw Fudge (GF, V, Vg) - \$2.50

Coconut Ice cream (GF, V, Vg) - \$4.50

Ask for flavours of the day!

Coconut Yoghurt (GF, V, Vg) - \$4.50

Topped with crunchy nut mix!

All product information, including ingredients, for Just Rawsome products is available at www.justrawsome.com.au

Specialty (Made to Order)

Ask our friendly staff about getting your hands on our handmade specialty products!

Dairy-Free Yoghurt (GF, V, Vg)

350g - \$12.00, 500g - \$15.00

Coconut Yoghurt
Cashew Yoghurt

Dips (GF, V, Vg) - 350g - \$6.00

Hummus
Pesto
Beetroot Dip

Dairy-Free Coconut Ice Cream (GF, V, Vg) - 500g - \$16.00

Original
Cashew
Macadamia
Chocolate

GF – Gluten Free | V – Vegan | VO- Vegan Options | Vg – Vegetarian

We take great care during the production of all of our food and beverages however some may still contain small traces of nuts and/or date stones. If you have any known allergies please discuss with us when ordering.

Locally Roasted Coffee

Espresso - \$3.00
Macchiato - \$3.50
Long Black - \$3.50
Flat White - \$3.80
Latte - \$3.80

Cappuccino - \$3.80
Chai Latte - \$4.00

Dirty Chai Latte - \$5.00

Matcha Latte - \$4.00

Turmeric Latte - \$4.00

Belgian Mocha - \$4.20

Belgian Hot Chocolate - \$4.00

Belgian Mint Hot Chocolate - \$4.00

Belgian Orange Hot Chocolate - \$4.00

Affogato (using our dairy-free coconut ice-cream) - \$6.50

Mug Size (\$1)

Decaf (\$1)

Regular Milk

Reduced Fat Milk

Soy – (Bon Soy) (50c)

Almond Milk (50c)

Coconut Milk (50c)

Lactose Free – (Zymil) (50c)

Tea

Cup \$3.70, Pot \$5.90

English Breakfast

Peppermint

China Green

Sencha

Ginger and Lemongrass

Earl Grey

Jasmine & Dragon Eyes

Serendipi-T (Fruit Mélange)

Prosperi-T (Chai)

Chocola-T



Fresh Juice

Regular \$6.50 | Large \$8.30

The Number 1 (GF, V, Vg)

Pear, Cucumber, Lemon, Apple & Ice

The Number 2 (GF, V, Vg)

Pineapple, Orange, Apple & Ice

The Number 3 (GF, V, Vg)

Beetroot, Apple, Carrot, Ginger & Ice

The Number 4 (GF, V, Vg)

Watermelon, Apple, Orange & Ice

Fresh Smoothies

Regular \$6.50 | Large \$8.30

The Number 5 (V, Vg)

Banana, Oats, Cashews, Dates, Almond Milk & Ice

The Number 6 (V, Vg)

Mixed Berries, Oats, Dates, Cashews, Almond Milk & Ice

The Number 7 (GF, V, Vg)

Pineapple, Papaya, Strawberry, Peaches, Banana & Ice

Fresh Specialty Smoothies

Green Smoothie (GF, V, Vg) - **\$6.70 | \$8.50**

Pear, Spinach, Celery, Banana & Ice

Kermit's Revenge (GF, V, Vg) - **\$8.00 | \$9.80**

Super Greens, Ginger, Turmeric, Baby Spinach, Mixed Lettuce,
Cucumber, Celery, Black Pepper & Ice

DK's Dinner (V, Vg) - **\$6.90 | \$8.70**

Handmade Raw Chocolate, Banana, Oats, Cashews, Dates,
Almond Milk & Ice

Charlie Brown (GF, V, Vg) - **\$6.90 | \$8.70**

Real Peanut Butter, Raw Chocolate, Dates, Almond Milk & Ice

Blended Espresso (GF, V, Vg) - **\$6.50 | \$8.30**

Espresso, Dates, Almond Milk & Ice

Raw Iced Choc (GF, V, Vg) - **\$6.50 | \$8.30**

Handmade Raw Chocolate, Dates, Almond Milk & Ice

Raw Iced Mocha (GF, V, Vg) - **\$6.50 | \$8.30**

Handmade Raw Chocolate, Espresso, Dates, Almond Milk & Ice

Boost your Juice or Smoothie!

Protein Powder (Pea derived) - \$1.00

Locally Roasted Espresso - \$1.00

ACAI - \$1.00

MACA Powder - \$1.00

Chia Seeds - \$1.00

Super Greens - \$2.00

Probiotics - \$3.00

**Check out www.justrawsome.com.au/rawmore for any
upcoming events at Raw&More!**

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