

Refreshing Breakfasts

Vanilla Chia Pudding (GF, VG)

Handmade Chia Pudding topped with handmade coconut yoghurt, mixed berries and shredded coconut - 9.8

Bircher Muesli (VG)

Our unique Bircher topped with handmade coconut yoghurt and a mix of delicious nuts, seeds and coconut - 9.8

House Muesli (VG)

Delicious house blend muesli served with shredded coconut, handmade coconut yoghurt, a side of 100% pure maple syrup and your choice of milk - 9.5

House Coconut Yoghurt (GF, VG)

Our famous handmade coconut yoghurt served with shredded coconut, nut mix and fresh pear - 9.5

Smoothie Bowls

Acai Bowl (GF, VG)

Raw&More Acai blend topped with a delicious crunchy nut mix, fresh banana and strawberries - 13.80

Tropical Bowl (GF, VG)

Refreshing Raw&More tropical blend topped with a delicious crunchy nut mix, fresh banana and strawberries - 13.80

Peanut Butter Banana Bowl (GF, VG)

Raw&More peanut butter blend with raw chocolate, topped with a delicious nut mix, fresh banana and strawberries - 13.80

Extra Toppings

Fresh Sliced Banana - 1

Fresh Sliced Strawberries - 1

Fresh Grated Apple - 1

Fresh Grated Pear - 1

Chia Seeds - 1.5

Handmade Roasted Peanut Butter - 1.5

House Coconut Yoghurt (GF, VG) – 3

Locally Baked Sourdough Toast

Two slices of toasted sourdough, generously topped with our favourite combinations of locally sourced and handmade toppings!

Smashed Avo & Fetta Delight (V)

A delightfully thick layer of avocado smash and fetta, garnished with coriander, pepitas and South Australian dukkah - 11.9

Good Gut-feeling (VG)

A thick layer of our amazing handmade hummus, avocado smash, locally produced probiotic packed sauerkraut, topped with a sprinkle of South Australian dukkah - 11.9

Roasted PB & More (VG)

A coating of our house made, roasted peanut butter, layered with fresh, sweet banana and strawberries, a sprinkle of Australian hemp seeds and a serve of 100 % pure maple on the side - 11.9

Gourmet Baked Beans (VG)

Your choice of house made hummus or avocado smash covered in our nutritious, house made baked beans, garnished with fresh coriander - 11.9

This My Jam (VG, DF)

Delicious, locally produced, small batch Jam on toast. Your choice of either Raspberry, Apricot or Fig jam - 6.5

Extra Sides

Fresh Sliced Banana - 1

Fresh Sliced Strawberries - 1

Locally produced Sauerkraut - 1

Jams (Raspberry, Apricot, Fig) - 1

100% Natural Maple Syrup - 1

Handmade Hummus - 1

Handmade Roasted Peanut Butter - 1.5

Fresh Boiled Egg - 1.5

Gourmet Baked Beans - 2.5

Avocado Smash - 2.5

Wholesome Salads

Fresh Salad Bowl (GF, V, VO)

Create your bowl by choosing from today's selection in the display fridge

2 salads (regular) - 8.3

3 salads (large) - 9.9

Wrap filled with Fresh Salad (V, VO)

Choose up to 2 *salads* from the display fridge and enjoy it wrapped in a wholemeal tortilla - 9.3

Try adding our delicious hummus to your wrap...you won't regret it - 1

Handmade Baked Goods

All items - 7.9

Add a side of fresh salad - 3.5

Some options you may find in our display fridge today are:

Baked Zucchini & Tomato Slice (GF, V)

Baked Zucchini & Capsicum Slice (GF, V, Onion Free)

Mexican Stuffed Baked Capsicum (GF, V, VO)

Stuffed Baked Field Mushrooms (GF, V, VO)

You may find some delicious baked goods from other local producers in our display fridge from time to time too, prices for these may vary and will be displayed for your convenience.

Extras

Handmade Hummus - 1

Locally produced Sauerkraut - 1

Fresh Boiled Egg - 1.5

Avocado Smash - 2.5

Fresh Juices

All Juices - 6.80

Large - 1.5

The Number 1 (GF, VG)

Pear, Cucumber, Lemon, Apple & Ice (GF, VG)

The Number 2 (GF, VG)

Pineapple, Orange, Apple & Ice

The Number 3 (GF, VG)

Beetroot, Apple, Carrot, Fresh Ginger & Ice

The Number 4 (GF, VG)

Watermelon, Apple, Orange & Ice

Make your own Fresh Juice...

Choose a base:

Apple

Orange

Cucumber

Watermelon

Add up to 3:

Apple

Orange

Watermelon

Cucumber

Pineapple

Beetroot

Mint

Lemon

Carrot

Celery

Spinach

Pear

Ginger

Turmeric

Additional ingredients – 0.5

GF – Gluten Free | VG – Vegan | VO – Vegan Options | V – Vegetarian

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Fresh Basic Smoothies

All Basic Smoothies - 6.90

The Number 5 (VG)

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

The Number 6 (VG)

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

Specialty Smoothies

Green Smoothie (GF, VG)

Spinach, Celery, Pear, Banana & Ice – 7

Kermit's Revenge (GF, VG)

Spirulina, Fresh Ginger, Fresh Turmeric, Baby Spinach, Cucumber, Celery, Black Pepper & Ice - 8.3

DK (VG)

Handmade Raw Chocolate, Banana, Oats, Cashews, Dates, Almond Milk & Ice - 7.2

Charlie Brown (GF, VG)

Real Peanut Butter, Raw Chocolate, Dates, Almond Milk & Ice - 7.2

The Number 7 (GF, VG)

Mango, Pineapple, Papaya, Banana & Ice

Go Large on any Smoothie - 1.5

Blended Espresso (GF, VG)

Espresso, Dates, Almond Milk & Ice - 6.8

Raw Blended Choc (GF, VG)

Handmade Raw Chocolate, Dates, Almond Milk & Ice - 6.8

Raw Blended Mocha (GF, VG)

Handmade Raw Chocolate, Espresso, Dates, Almond Milk & Ice - 6.8

Blended Iced Chai (GF, VG)

T Bar Chai, Dates, Almond Milk & Ice - 6.8

RAW & MORE
Nourishing Cafe

Extras

Protein Powder (pea derived) - 1

Increases protein intake and helps you feel fuller for longer.

Locally Roasted Espresso Double Shot - 1

Increases attention and energy levels.

Maca Powder - 1

From the Maca Plant, native to Peru.

Increases energy and assists in balancing estrogen levels.

Chia Seeds - 1.5

Nutrient dense seed from Central and South America.

A good source of Omega-3 fatty acids, Protein and Fiber.

Handmade Roasted Peanut Butter - 1.5

Delicious! A source of Monounsaturated Fat and Protein.

Acai - 2

A native berry to Central and South America.

Full of Antioxidants, Fiber and Electrolytes.

Spirulina (Super Green) - 2

Blue-green algae containing high levels of Protein, Vitamin B1, Calcium and Iron.

Probiotics - 3

Live microorganisms to promote a healthy gut & immune system.

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South Australian Tea & Coffee

Unless otherwise noted

Regular (1 shot of coffee) - \$4

Mug Size (2 shots of coffee) - \$5

Extras

Extra Espresso Shot - 0.6

Swiss Water Decaf - 1

*Handmade Raw Chocolate – 1

Locally Roasted Coffee

Espresso - 3

Macchiato - 3.5

Piccolo Latte - 3.5

Long Black - 3.5 (available Iced)

Flat White

Latte (available Iced)

Cappuccino

Chai Latte

Matcha Latte

Turmeric Latte

Belgian Mocha

Raw Chocolate Mocha* (VG)

Belgian Hot Chocolate

Raw Hot Chocolate* (VG)



Milks

Fleurieu Un-Homogenised Full Cream

Fleurieu Reduced Fat

Bon Soy, Pureharvest Almond, Pureharvest Coco-
Quench, Zymil - 0.5

Tea by T Bar Tea Salon

Served in a pot - 4.9

English Breakfast

Peppermint

China Green Sencha

Prosperi-T (Chai)

Ginger and Lemongrass

Earl Grey

Jasmine & Dragon Eyes

Serendipi-T (Fruit Mélange)

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Thank you for supporting us at Raw&More! In doing so, you have also helped to support the following local SA businesses, who's products you will find across our menu.

Spice Girlz Condiments, **Moana SA**

Fiaje Jam Artisan Small Batch Jams, **Nailsworth SA**

Skala Bakery, **Port Adelaide SA**

Fleurieu Milk, **Myponga SA**

Rohdes RSPCA Approved Free Range Eggs, **Tarlee SA**

Coffee Barun Coffee Beans, **Sefton Park SA**

Gut Feeling Sauerkraut, **Myponga SA**

T-Bar Tea Salon, **Torrensville SA**

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