

HELLO	BREAKFAST BOWLS			SMOOTHIE BOWLS	
<p>NOOK IS AN AUSSIE INSPIRED CAFE.</p> <p>WE SELL FOOD AND DRINK THAT MAKES YOU FEEL GOOD AND IS GOOD FOR YOU.</p> <p>OUR MENU IS TOTALLY GLUTEN FREE AND HAS HEAPS OF VEGAN OPTIONS.</p> <p>THINK FRESH JUICE, SUPERFOOD SMOOTHIES, POKE BOWLS, ACAI BOWLS AND MORE.</p>	UNTIL 11:30			ALL DAY	
	<p style="text-align: center;">BANANA BREAD</p> <p>toasted banana bread, coconut yoghurt, blueberry compote, maple syrup, banana and toasted almonds</p> <p style="text-align: center;">7</p> <p style="text-align: center;">gluten free, vegan contains: almonds</p>	<p style="text-align: center;">HOLY GRANOLA</p> <p>our house granola, coconut yoghurt, berry compote, blueberries, banana, coconut</p> <p style="text-align: center;">7</p> <p style="text-align: center;">gluten free, vegan contains: almonds, oats</p>	<p style="text-align: center;">PEA + COURGETTE FRITTERS</p> <p>pea and courgette fritters, spinach, avocado, coconut yoghurt, chilli jam, savoury seeds, coriander, soft boiled egg</p> <p style="text-align: center;">10</p> <p style="text-align: center;">gluten free, dairy free contains: egg, soy, sesame, sulphites</p>	<p style="text-align: center;">BERRY ACAI</p> <p>acai, mixed berries, banana, coconut milk, topped with berries, banana, coconut + house granola</p> <p style="text-align: center;">9</p> <p style="text-align: center;">gluten free, vegan contains: almonds, oats</p>	<p style="text-align: center;">CACAO ACAI</p> <p>acai, cacao powder, sea salt, oat milk topped with berries, banana, cacao nibs, coconut + house granola</p> <p style="text-align: center;">9</p> <p style="text-align: center;">gluten free, vegan contains: almonds, oats</p>
	<p style="text-align: center;">KALE + CHICKPEA SAVOURY PANCAKE</p> <p>a savoury pancake made with kale, chickpea, cumin, served with tomato salsa, mango chutney, avocado and a fried egg</p> <p style="text-align: center;">10</p> <p style="text-align: center;">gluten free, dairy free contains: egg, soy, sesame, sulphites</p>	<p style="text-align: center;">ALMOND + RASPBERRY PORRIDGE</p> <p>oats, oat milk, raspberry compote, banana, fresh raspberries, toasted flaked almonds, maple syrup</p> <p style="text-align: center;">7</p> <p style="text-align: center;">gluten free, vegan contains: oats</p>	<p style="text-align: center;">BANANA PANCAKES</p> <p>banana pancakes served with coconut yoghurt, caramelised mango, raspberry compote, toasted coconut flakes</p> <p style="text-align: center;">9</p> <p style="text-align: center;">gluten free, vegan</p>	<p style="text-align: center;">SALTED CARAMEL</p> <p>tahini, dates, maca, banana, oat milk + sea salt topped with berries, banana, coconut flakes, cacao nibs + house granola</p> <p style="text-align: center;">9</p> <p style="text-align: center;">gluten free, vegan contains: almonds, oats, sesame</p>	<p style="text-align: center;">GREEN GODDESS</p> <p>spinach, spirulina, avocado, mango, banana, coconut milk topped with berries, banana, coconut flakes + house granola</p> <p style="text-align: center;">9</p> <p style="text-align: center;">gluten free, vegan contains: almonds, oats</p>
	<p>ADD NUT BUTTER peanut butter 1.5 or almond butter 2</p>			<p>ADD NUT BUTTER peanut butter 1.5 or almond butter 2</p>	

POKE BOWLS		BROTH BOWLS	
11:30- 15:30		11:30- 15:30	
<p style="text-align: center;">SHOYU SASHIMI SALMON</p> <p>organic sashimi salmon in shoyu dressing, broccoli edamame, kimchi, spring onions and pickled ginger</p> <p>on sticky brown rice and spinach with mayo + nori + sesame</p> <p style="text-align: center;">11.5</p> <p style="text-align: center;">gluten free, dairy free contains: fish, soy, sesame, sulphites, mustard</p>	<p style="text-align: center;">BANG BANG CHICKEN</p> <p>bang bang chicken, broccoli, sweetcorn salsa, rainbow slaw and pickled red onions</p> <p>on sticky brown rice and spinach with bang bang satay sauce + spicy peanuts</p> <p style="text-align: center;">10.5</p> <p style="text-align: center;">gluten free, dairy free contains: peanuts, soy, sesame, sulphites, mustard</p>	<p style="text-align: center;">MUG OF MISO BROTH</p> <p>served with nori + sesame, spring onions</p> <p style="text-align: center;">4.50</p> <p style="text-align: center;">gluten free, vegan contains: soy, sesame, sulphites</p>	
<p style="text-align: center;">NORI + GINGER TOFU</p> <p>nori + ginger marinated tofu, sweet potato, sweetcorn salsa, rainbow slaw and pickled shiitake mushrooms</p> <p>on sticky brown rice, citrus kale, spicy mayo + spicy peanuts</p> <p style="text-align: center;">9.5</p> <p style="text-align: center;">gluten free, vegan contains: peanuts, soy, sesame, sulphites, mustard</p>	<p style="text-align: center;">STICKY SESAME TOFU</p> <p>sticky ginger + soy sesame tofu, edamame, sweet potato, corn salsa+ pickled cucumber</p> <p>on sticky brown rice, citrus kale, mayo + nori sesame</p> <p style="text-align: center;">9.5</p> <p style="text-align: center;">gluten free, vegan contains: soy, sesame, sulphites, mustard</p>	<p style="text-align: center;">MISO SESAME AUBERGINE</p> <p>miso sesame aubergine, broccoli, carrot ribbons, bok choy, spring onions,</p> <p>brown rice noodles, hot miso broth, nori + sesame sprinkle, spring onions</p> <p style="text-align: center;">9.5</p> <p style="text-align: center;">gluten free, vegan contains: soy, sesame, sulphites</p>	<p style="text-align: center;">TERIYAKI BAKED SALMON</p> <p>teriyaki baked salmon, broccoli, carrot ribbons, bok choy, spring onions,</p> <p>brown rice noodles, hot miso broth, nori + sesame sprinkle, spring onions</p> <p style="text-align: center;">10.5</p> <p style="text-align: center;">gluten free, dairy free contains: fish, soy, sesame, sulphites</p>

ADD AVOCADO OR SEAWEED SALAD

avocado 2.00 seaweed salad (contains sesame) 3.00

SUPERFOOD SMOOTHIES		COLD PRESS JUICE		DRINKS	
ALL 7		MADE BY US		BLENDSMITHS BLENDS	RIVER ROASTERS COFFEE
<p style="text-align: center;">ACAI BANG</p> <p>acai, blackberries, banana, coconut milk</p> <p>acai - high in antioxidants, benefits include skin health, brain health and immune health, nutrient dense</p>	<p style="text-align: center;">BANOFFEE PIE</p> <p>tahini, dates, maca, banana, oat milk</p> <p>maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing</p> <p style="text-align: center;">contains: sesame</p>	5		<p style="text-align: center;">HOT - 4 ICED - 4.5</p> <p>our blendsmiths blends are served on oat milk</p>	<p>espresso, americano, macchiato</p> <p style="text-align: center;">2.5</p> <p>flat white, cortado</p> <p style="text-align: center;">3</p> <p>cappuccino, latte,</p> <p style="text-align: center;">3.25</p> <p>blendsmiths hot chocolate</p> <p style="text-align: center;">3.5</p> <p>blendsmiths mocha</p> <p style="text-align: center;">4</p> <p>alternative milk</p> <p style="text-align: center;">0.5</p> <p>all served as double espresso</p>
<p style="text-align: center;">CHAI BABY</p> <p>chai mix - ginger, cinnamon, nutmeg, cardamom, almond butter, dates, banana, oat milk</p> <p>chai - high in antioxidants, great for digestion</p> <p style="text-align: center;">contains: almonds</p>	<p style="text-align: center;">DO YOU EVEN LIFT BRO?</p> <p>vanilla pea protein, banana, cinnamon, dates, oat milk</p> <p>pea protein powder - rich in iron, amino acids, improved muscle growth, heart health</p>	<p style="text-align: center;">ORANGE</p> <p>Carrot Orange Fennel Lemon Ginger</p>	<p style="text-align: center;">RED</p> <p>Pear Beetroot Apple Cucumber Ginger Lime</p>	<p style="text-align: center;">BEETROOT + GINGER</p> <p>beetroot powder, ginger, cinnamon, coconut sugar, black pepper</p> <p style="text-align: center;">JAPANESE MATCHA</p> <p>ceremonial japanese matcha green tea, cinnamon, coconut sugar</p> <p style="text-align: center;">TURMERIC + CINNAMON</p> <p>turmeric, cinnamon, ginger, star anise, black pepper, coconut sugar</p> <p style="text-align: center;">PUMPKIN SPICE</p> <p>pumpkin spice, cinnamon, ginger, black pepper, coconut sugar</p>	<p style="text-align: center;">BREW TEA CO</p> <p>english breakfast earl grey lemon + ginger moroccan mint green tea decaffeinated</p> <p style="text-align: center;">2.5</p>
<p style="text-align: center;">NUTTY CHOCOLATE</p> <p>cacao, almond butter, banana, maple syrup, oat milk, sea salt</p> <p>cacao - high in antioxidants + iron, improves blood sugar levels, contains: almonds</p>	<p style="text-align: center;">MAD ABOUT MANGO</p> <p>mango, banana, maca, toasted coconut, coconut milk</p> <p>maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing</p>	<p style="text-align: center;">GREEN</p> <p>Apple Cucumber Mint Ginger Celery Lemon Spinach</p>		<p style="text-align: center;">CHAI BY MIRA</p> <p style="text-align: center;">HOT - 4 ICED - 4.50</p> <p>our chai is served on oat milk</p>	<p style="text-align: center;">ICED COFFEE</p> <p>iced americano iced chocolate</p> <p style="text-align: center;">3 3.5</p> <p>iced latte iced mocha</p> <p style="text-align: center;">3.25 4</p>
<p style="text-align: center;">MILLIE MACA</p> <p>spinach, spirulina, maca, tahini, dates, banana, coconut milk</p> <p>spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12 contains: sesame</p>	<p style="text-align: center;">50 SHADES OF GREEN</p> <p>spinach, avocado, banana, mango, spirulina, coconut milk</p> <p>spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12</p>	<p>OUR MENU IS TOTALLY GLUTEN FREE, DAIRY FREE AND HAS HEAPS OF VEGAN OPTIONS.</p>		<p style="text-align: center;">CLASSIC</p> <p>ginger, cardamom, cinnamon, nutmeg, clove, coconut sugar</p> <p style="text-align: center;">GINGERBREAD</p> <p>ginger, cinnamon, nutmeg, clove, coconut sugar</p> <p style="text-align: center;">COCONUT</p> <p>dessicated coconut, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar</p> <p style="text-align: center;">CACAO</p> <p>cocoa powder, ginger, cardamom, cinnamon, pepper, nutmeg, clove, coconut sugar</p>	