

PIZZA

Cheese (VG*,V, GF).....17.90

Homemade pizza sauce, Tasty mixture of mozzarella + Parmesan.

Margarita (VG*,V, GF).....18.90

Homemade pizza sauce, Mozzarella cheese, Sliced tomatoes, Cherry tomatoes, Topped with Fresh Basil, Drizzle of extra virgin olive oil and Sea salt.

Vege Delight (VG*,V, GF).....19.90

Homemade pizza sauce, Mozzarella cheese, Baby Spinach, Capsicum, Mushroom, Onion and tomatoes.

Chilli Chicken (GF).....22.90

Homemade Spicy Pizza sauce, Mozzarella cheese, Marinated Chicken Breast, Onion and tomatoes, Topped with Rocket.

Garlic Prawn(GF).....22.90

Tomato + Basil sauce, Mozzarella cheese, Garlic Marinated Prawns, Sliced Red chilli, Topped with Coriander.

Mega Meat(GF).....22.90

Homemade Spicy Pizza Sauce, Mozzarella Cheese, Bacon, Ham, Beef, Sausages.

Mexican(GF).....22.90

Homemade Spicy Pizza Sauce, Mozzarella Cheese, Beef, Sausages, Onion, Chilli Flakes, Jalapenos.

Hawaiian (GF).....19.90

Homemade Pizza Sauce, Mozzarella Cheese, smoked Ham , Pineapple

PEPPERONI (GF).....22.90

Homemade Spicy Pizza Sauce, Mozzarella Cheese, pepperoni Topped with Basil leaves

ACAI BOWL

The Original 'O' Bowl (V, VG, GF, DF)..22.00

Acai, Banana & Apple Juice - topped with Strawberries, Banana, Granola & Coconut Flakes

Crunch Bowl (V, VG*, GF, DF).....22.00

Acai, Banana, Cacao, Peanut Butter, Almond Milk - topped with Banana, Cacao Nibs, Granola & Honey

Summer Bowl (V, VG, GF, DF).....22.00

Mango, Acai, Banana - Topped with Mango, Strawberry, Kiwi, Passionfruit, Waffle Crumble

Snicker Acai (V, VG, GF, DF).....22.00

Acai, Banana, Peanut Butter, Cacao – Topped w. Snicker Bar, Cacao Nibs. Granola, Caramel Drizzle

Matcha Heaven (V, VG, GF, DF).....22.00

Mango, Acai, Matcha, Banana, Apple Juice - Topped with Mango, Pineapple, Kiwi, Strawberry

Add On - Any Fruit / Pea Protein / Whey Protein / Nut Butter +\$3

SMOOTHIES (V, VG, GF, DF)

Break (the) fast.....10.90

Banana, Quinoa, Cinnamon, Honey, Coconut Yoghurt, Almond Milk, Almonds

Nutty Professor.....10.90

Banana, Maca, Coconut Nectar, Almond Milk, Cacao, Peanut Butter

Golden.....10.90

Turmeric, Cinnamon, Ginger, Honey, Banana, Dates, Almond Milk

Coffee and Cacao.....10.90

Double Espresso, Dates, Cacao, Banana, Chia Seeds, Coconut Nectar, Almond Milk

Berry (the) Fast.....10.90

Strawberries, Raspberry, Blueberry, Honey Coconut Yoghurt, Almond Milk, Quinoa

Matcha Immunity.....10.90

Coconut Water, Mango, Spinach, Mint Leaves, Pineapple, Matcha

Popeye.....10.90

Kale, Spinach, Spirulina, Kiwi, Coconut Water, Apple Juice

Glow Pro.....10.90

Acai, Blueberry, Raspberry, Coconut Flesh, Honey, Coconut Water, Apple Juice

Mango Maniac.....10.90

Mango, Passionfruit, Pineapple, Coconut Nectar, Coconut Water

Refresher.....10.90

Cucumber, Mint, Kiwi, Spinach, Coconut Water
Add Pea/Whey Protein +3

JUICES

Cold Pressed Juice.....7.00

Green+ /Carrot+ /Lemon Pineapple+ /Apple Juice

Fresh Juice.....8.90

Orange /Watermelon /Orange + Watermelon

HOT DRINKS

Milk Based Coffee.....5.00

Hot Chocolate (V, GF).....5.00

Long Black.....5.00

Serves with Sparkling Water

Prana Sticky Chai.....6.00

Brewed on Bonsoy

Matcha Latte.....5.50

Brewed on MilkLab Almond & Honey

Turmeric Latte.....5.50

Brewed on MilkLab Almond & Honey

Chamellia Organic Teapot.....4.50

English breakfast, Chamomile, Peppermint, China Sencha (Green), Earl Grey, Lemongrass & Ginger, Masala Chai

BABYCHINO.....2.50

w. Marsh Mellow

PUPPICHINO w. Doggy Treat.....3.50

Large, XShot, Decaf, Syrup, MILKLAB Almond/Macadamia/Coconut, BONSOY, ADC Oat +50c

COLD DRINKS

Milk Shake 7 / Make it Thick Shake +\$1

Mango/ Banana/ Strawberry/ Chocolate/ Coffee/ Caramel/ Vanilla/ Mixed Berries

Iced Latte.....6.00

Iced Long Black.....5.50

Iced Coffee.....8.00

Cold Brew.....5.50

Organic Cola.....5.50

Cola, Cola Sugar Free, Lemonade, Ginger Beer

Probiotic Kombucha.....5.50

Ginger Lemon, Lemon Lime Mint, Peach

Coca Cola Range.....5.00

330ml

San Pellegrino Sparkling Water.....8.00

500ml



GLUTEN FREE

C A F E & S H O P P E

Our Philosophy

At 80 20, enjoyable, healthy food is at the core of everything we do.

Food is our fuel and we believe everyone benefits from clean, natural and unprocessed whole foods.

But, sometimes in life, you deserve a treat (or two). We make sure you don't need to compromise.

Our team handcrafts nutrient boasting smoothies, raw desserts and damn good coffee.

Life is about balance, and we're here to bring it all to life with food that is wholesome, enjoyable and sometimes even a bit indulgent.

Life's about 80% mindfulness + 20% indulgence. We're 100% behind you.

10% surcharge applies on weekends and 15% on public holidays.

GF - Gluten Free VG - Vegan
V - Vegetarian DF - Dairy Free

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TAKEAWAY DEALS

WEEKDAYS ONLY w. Medium COFFEE

Sandwich.....14.90

Chicken / Vegetarian / HCT / Smoked Salmon +1

B&E Roll / Wrap.....11.90

Add Hashbrown +\$3

Croissant.....9.90

Plain / Cheese +\$1 / HCT +\$3 / Cheese & Tomato +\$2

ALL DAY MEALS

Sourdough (GF).....9.00

Choice of Toast - Plain/Mix Grain/ Raisin w/ Butter, Peanut Butter +1, House made Jam +1, Honey +1

Mighty Breakfast (GF, DF*).....34.00

Sourdough, Smoked Bacon, Free Range Eggs, Grilled Chorizo, Avocado, Halloumi, Hash Brown, Greens, Garlic Thyme Mushroom, Warmed Tomato

Breakfast Burger (V*, VG*, GF).....20.00

Smoked Bacon, Fried Eggs, Grilled Halloumi, Avocado, Mixed Leaf Lettuce, Sliced Cheese, Beetroot Relish, Homemade Aioli

Vegan O - Mixed Leaf Lettuce, Beetroot Relish, House made Tomato Relish, Seasoned Scramble Tofu, Sliced Tomato, Avocado

Granola Bowl (V, VG, GF, DF).....22.00

Berry Yoghurt, House made Vegan & Gluten Free Granola, Loaded with Seasonal Fruits, Poached Pear & Almond/Soy Milk

Chia Spiced Quinoa Porridge.....20.00 (VG, V, DF)

With Poached Pears, Seed & Nut Mix

Avo w/ Tomato or Mushroom.....20.00 (V* VG*, GF DF*)

Warmed Tomatoes or Garlic Thyme Mushroom, Sliced Avocado, Danish Feta, Zucchini Ribbons + Snow Pea Tendrils w/ Basil Oil, Dukkah on Sourdough Toast. Add Poached Egg +\$3

Vegan O - Seasoned Scrambled Mixed Herb Tofu

Vegan Buckwheat Waffle.....22.00 (V, VG, GF, DF)

House made Waffle, Date Sauce, Macadamia Crumble, Seasonal Fruits, Vegan & Gluten Free Ice Cream

French Toast (GF).....22.00

Brioche, Caramelized Banana, Mixed Berries, Strawberries, Maple Syrup, Berry Jelly, Icing Sugar, Mascarpone w.Nutty Crumble & Ice Cream

Green Eggs with Beans.....20.00 (V*, VG*, DF*, GF)

Scrambled Herb Eggs, Smokey Beans w/ Sourdough. Add Smokey Meat +\$3

Vegan O - Mixed Herb Scrambled Tofu w/ Vegan Beans

Eggs Benedict (V*, VG*, DF*, GF).....22.00

Sourdough, Spinach, Poached Eggs, Hollandaise, Sliced Avocado. Served with Bacon / Leg Ham / Mushroom / Pulled Lamb +2 / Smoked Salmon +2 / Pulled Beef +2

Vegan O - Mushroom, Pumpkin Mixed

Seasoned Tofu, House made Gravy, Sliced Avocado

Burrito Bowl (V*, VG*, GF, DF).....24.00

Chicken - Chicken Chipotle Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

Vegan O - Chipotle Spiced Beans, Mushroom, Cauliflower, Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

Grilled Lime Fish (GF, DF).....26.00

Barramundi/Salmon. Garden Salad, Babby Carrots, Hummus, Broccolini and Potato Wedges

Risotto (GF).....20.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant)/ Chili Chicken & Mushroom / Spicy Prawns

Linguine (GF).....22.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant) / Spicy Prawn / Creamy Chicken Pesto / Provencal Beef

Braised Beef Cheek (DF, GF).....28.00

Slow Cooked Fresh Beef Cheek w. Risotto, Gravy, baby carrots, Grilled Broccolini

SALADS

Green Nourish Bowl.....20.00 (V* VG*, GF, DF*)

Grilled Zucchini, Cauliflower, Broad Beans, Kale, Asparagus, Semi Dried +Capsicum Pesto, Pepitas, Poached Egg, Chili Salt

Vegan O - Seasoned Scrambled Tofu +2

Japanese Salad (V, VG, GF, DF).....22.00

Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccolini, Miso, Tahini, Pickled Ginger, Nori + Nigella Seeds

Chermoula Lamb (GF, DF).....28.00

Pulled Lamb in Chermoula Spices, Pumpkin, Quinoa, Cherry Tomato, Hummus, Pine nuts + Currants

Super Salad (V, VG, GF, DF).....22.00

Quinoa, Brown Rice, Alfalfa, Avocado, Kale, Spinach, Carrot, Seed Nut Mix, Beetroot, Apple, Turmeric Cauliflower, Goji Berries

Nutritional Bowl (V, VG, GF, DF).....22.00

Turmeric Cauliflower, Red Chili, Spanish Onion, Quinoa Delight Asparagus, Kale, Spinach Grilled Chicken Tahini, Currants, Seed Nut Mix

BURGERS

Serves with House Baked Potato Slices

Beef (GF).....22.00

House made Brisket Patty, Beetroot Relish, Tomato, Cheese, House made Aioli, Mixed Leaf Lettuce

Chicken (GF).....22.00

Morocco Spiced Chicken, Avocado, Tomato, Mixed Leaf Lettuce, Sliced Cheese & House Made Aioli

Vegan (V, VG, GF, DF*).....22.00

Oven Baked Vegan Pattie, Tomato, Avocado, Mixed Leaf Lettuce, House Made Aioli

Halloumi Burger (GF, V).....22.00

Grilled Halloumi, Spiced Mushroom, Avocado, Sliced Tomato, House Made Aioli, Mixed Leaf Lettuce, Beetroot Relish

BITE SIZE MEALS

Nachos (V* VG*, GF, DF*).....18.00

Smashed Avocado, Salsa + Beans w/ House Sauce, Jalapeños, Sour Cream. Mexican Cheese Add Braised Beef / Grilled Chicken +\$5

Avocado Twist (V*, VG*, GF, DF).....17.00

Chilli, Diced Avocado, Lime Salsa, Parsley, Diced Bacon, Danish Feta on Sourdough. Add Poached Egg +\$3

Smashed Avo & Feta (V*, GF).....15.00

Smashed Avocado, Danish Feta, Poached Egg & Lemon on Sourdough

Brekky Roll (GF).....15.00

Double Bacon, Double Egg, Cheese, House made Tomato Relish

Sliced Season Potato.....10.00 (V, VG, GF, DF)

House Made Baked Potato w. Herbs & Spices w. Gravy

Loaded Potato (GF).....15.00

House made baked potato wedge loaded with Mexican Cheese, Bacon & Gravy

KIDS MENU

Buckwheat Waffle (V, VG, DF, GF).....14.00

House made Waffle, Date Sauce & Ice Cream

French Toast (DF*, GF).....12.00

Brioche, Caramel Drizzle, Strawberry, Ice Cream

Croissant.....8.90

Plain Croissant w. Jam / Ham & Cheese +\$2 / HCT +\$3

Jacked Up Banana Bread.....15.00 (V*, VG*, GF, DF*)

Banana Bread, Ice Cream, Macadamia Crumble, Choc Sauce, Fresh Banana & Strawberry

ADD ONS

Grilled Chicken / Grilled Salmon / Smoked Salmon.....\$9.00

Smoked Bacon.....\$6.00

Grilled Halloumi / Seasoned Warmed Tomatoes / Garlic Thyme Mushroom.....\$6.00

Avocado / Spinach + Kale / Scrambled Tofu / Housemade Gravy.....\$5.00

2 Free Range Eggs (Poached/Scramble +1/Fried).....\$5.00

Grilled Chorizo.....\$5.00

Hash Brown / Danish Feta.....\$3.00