

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 Passionfruit Mango, Strawberry, Kiwi, Waffle Crumble

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

Acai, Banana, Peanut Butter, Cacao- Topped w. Snicker Bar, Cacao Nibs, 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

Tummy Kutter.....10.90

Baby Spinach, Banana, Blueberries, Oats, 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, 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 Brewed on Bonsoy.....6.00

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 w. Marshmallow.....2.50

PUPPICHINO w. Doggy Treat.....3.50

Large, XShot, Decaf, Syrup, MILKLAB Almond/ Macadamia/Coconut, BONSOY +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 330ml.....5.00

San Pellegrino Sparkling Water.....8.00

500ml

TAKEAWAY DEALS

WEEKDAYS ONLY w. Medium COFFEE

Sandwich.....13.90

Chicken / Vegetarian / HCT / Smoked Salmon +1

B&E Roll11.90

Add Hashbrown +\$3

Croissant.....9.90

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



GLUTEN FREE

C A F E & S H O P P E

At Gluten Free Cafe & Shoppe, we are proud to be the first 100% gluten-free café in Canberra.

Our partnership with Gluten Free 4U ensures that we only offer the best gluten-free baked goods, including bread, cakes, slices, donuts and flour.

Our priority is to provide a safe and comfortable environment without compromising on taste or quality.

Whether you're looking for a quick snack on the go or a relaxed and cozy café experience, Gluten Free is the perfect place for anyone looking to enjoy gluten-free food in Canberra.

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

VG - Vegan V - Vegetarian DF - Dairy Free

ALL DAY MEALS

Mighty Breakfast (GF, DF*).....34.00
Sourdough, Smoked Bacon, Free Range Eggs, Beef Sausage, Avocado, Halloumi, Hash Brown, Wilted Greens, Garlic Thyme Mushroom, Warmed Tomato

Breakfast Burger (V*, VG*, GF).....20.00
Smoked Bacon, Fried Eggs, Grilled Halloumi, Avocado, Mixed Lettuce, Sliced Cheese, Beetroot Relish, Homemade Aioli

Vegan O - Mixed Lettuce, Beetroot Relish, House made Aioli, 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

Apple Almond Coconut Bircher.....20.00 (VG, V, DF)
With Fresh Fruits, Berries & Quinoa

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

House made Sourdough.....9.00
Choice of Toast - Plain / Multi grain / Raisin w/ Butter, Peanut Butter +1, House made Jam +1, Honey +1

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 Pulled Lamb +\$2 / Smoked Bacon / Leg Ham / Mushroom / Smoked Salmon +\$2

Vegan O - Mushroom, Pumpkin Mixed Seasoned Tofu, House made Tahini, Sliced Avocado

Burrito Bowl (V*, VG*, GF, DF).....24.00
Chicken - Smokey Beans, Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

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

Grilled Lime Fish (GF, DF).....26.00
Barramundi/Salmon, Garden Salad, Baby Carrots, Hummus, Broccolini and Potato Wedges

Risotto.....20.00
Choose from: Pumpkin & Peas / Chili Chicken & Mushroom +2 / Spicy Prawns +2

Linguine.....22.00
Choose from: Chili Mushroom Asparagus / Spicy Prawn +2 / Chili Chicken & Mushroom +2

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 Delight, Cherry Tomato, Hummus, Pine nuts + Currants

Super Salad (V, VG, GF, DF).....22.00
Quinoa Delight, Brown Rice, Alfalfa, Avocado, Kale, Spinach, Carrot, Seed Nut Mix, Beetroot, Apple, Turmeric Cauliflower, Goji Berries

Signature Bowl (V, VG, GF, DF).....\$22.00
Miso Coated Sweet Potao + Eggplant, Roasted Cauliflower, Quinoa Delight, Avocado, Cucumber, Seasoned Tomato, Red Cabbage Beetroot Hummus, Poached Egg & Alfalfa

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 Lettuce

Chicken (GF).....22.00
Morrocco Spiced Chicken, Avocado, Tomato, Mixed Lettuce, Sliced Cheese & House Made Aioli

Vegan (V, VG, GF, DF*).....22.00
Oven Baked Vegan Pattie, Tomato, Avocado, Mixed Lettuce, House Made Aioli

Halloumi Burger (GF, V).....22.00
Grilled Halloumi, Spiced Mushroom, Avocado, Sliced Tomato, House Made Aioli, Mixed 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 Sauce

Sliced Season Potato.....10.00 (V, VG, GF, DF)
House Made Baked Potato w. Herbs & Spices w. House Made Aioli

KIDS MENU

Buckwheat Waffle (V, VG, DF, GF).....14.00
House made Waffle, Date Sauce & Ice Cream

French Toast (DF*, GF).....12.00
Milk Loaf, Maple Syrup, Caramel Drizzle, Ice Cream

Croissant.....8.00
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.....\$5.00

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

Grilled Sausages.....\$5.00

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