

PIZZA

Cheese^{V, VGO, GF}17.90

Housemade Pizza Sauce, Tasty mixture of
Mozzarella + Parmesan

Margarita^{V, VGO, GF}18.90

Housemade Pizza Sauce, Mozzarella Cheese, Sliced
Tomatoes, Cherry Tomatoes, topped w. Fresh Basil,
Drizzle of Extra Virgin Olive Oil and Sea Salt

Garlic Prawn^{GF}22.90

Tomato + Basil Sauce, Mozzarella Cheese, Garlic
Marinated Prawns, Sliced Red Chili, topped w.
Coriander

Mexican^{GF}22.90

Housemade Spicy Pizza Sauce, Mozzarella Cheese,
Beef, Sausages, Onion, Chili Flakes, Jalapenos

Mega Meat^{GF}22.90

Housemade Spicy Pizza Sauce, Mozzarella Cheese,
Bacon, Ham, Beef, Sausages

Hawaiian^{GF}19.90

Housemade Pizza Sauce, Mozzarella Cheese,
Pineapple, Smoked Ham

Garlic Bread on Vienna +\$5

Pepperoni^{GF}22.90

Housemade Spicy Pizza Sauce, Mozzarella Cheese,
Pepperoni topped w. Basil Leaves

Vege Delight^{V, VGO, GF}19.90

Housemade Pizza Sauce, Mozzarella Cheese, Baby
Spinach, Capsicum, Mushroom, Onion & Tomatoes

Chili Chicken^{GF}22.90

Housemade Spicy Pizza Sauce, Mozzarella
Cheese, Marinated Chicken Breast,
Onion & Tomatoes topped w. Rocket

ALL DAY MEALS

Housemade Sourdough^{V, VG, DF, GF}9.00

• Plain • Mix Grain • Fig & Raisin +\$1
W. Butter and Peanut Butter or Honey or
Housemade Jam

Vegan Buckwheat Waffle^{V, VG, DF, GF}22.00

Housemade Waffle, Date Sauce, Macadamia
Crumble, Seasonal Fruits, Ice Cream

Breakfast Burger^{VO, VGO, DFO, GF}23.00

Smoked Bacon, Fried Eggs, Grilled Halloumi,
Avocado, Mixed Leaf Lettuce, Sliced Cheese,
Hash Brown, Beetroot Relish, Housemade Aioli
VGO - Mixed Leaf Lettuce, Beetroot Relish,
Avocado, Housemade Aioli, Seasoned Sliced Tofu,
Sliced Tomato, Hash Brown

Green Eggs w. Beans^{V, VGO, DFO, GF}20.00

Scrambled Mix Herb Eggs, Smokey Beans
w. Sourdough
• Smokey Chorizo +\$3
VGO - Seasoned Scramble Mix Tofu w. Smokey Beans,
Sourdough

Avo w. ^{V, VGO, DFO, GF}22.00

Tomato or Mushroom

Warmed Tomatoes or Garlic Thyme Mushroom,
Zucchini Ribbons + Snow Pea Tendrils w. Basil
Oil, Danish Feta, Sliced Avocado, Dukkah on
Sourdough Toast

• Poached Egg +\$3

VGO - Seasoned Scrambled Tofu

Granola Bowl^{V, VG, DF, GF}22.00

Berry Yoghurt, Housemade Granola,
Loaded w. Seasonal Fruits, Poached Pear

Burrito Bowl^{VO, VGO, DF, GF}25.00

Grilled Chicken, Smokey Beans, Hummus,
Spinach, Brown Rice, Salsa, Taco Pickle, Avocado,
Lemon Wedge
VGO - Smokey Beans, Mushroom, Cauliflower,
Hummus, Spinach, Brown Rice, Salsa, Taco Pickle,
Avocado, Lemon Wedge

Mighty Breakfast^{VO, VGO, DFO, GF}35.00

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

Spiced Quinoa Porridge^{V, VG, DF, GF}21.00

Serve w. Poached Pears, Fresh Strawberry,
Seed Nut Mix

Eggs Benedict^{VO, VGO, DFO, GF}23.00

Sourdough, Poached Eggs, Hollandaise,
Sliced Avocado, Spinach
• Pulled Beef • Bacon • Smoked Salmon
• Pulled Lamb • Leg Ham • Mushroom
VGO - Seasoned Scrambled Tofu, Pumpkin,
Mushroom, Tahini, Sliced Avocado

We only use free-range chicken and 700g free range eggs

Linguine^{VO, VGO, DFO, GF}24.00

• Spicy Prawn • Provençal Beef
• Chicken Pesto w. Garlic Mushroom
• Ratatouille (Red Capsicum, Zucchini, Eggplant)

Soft Tacos (3pcs)^{VO, VGO, DFO, GF}24.00

Cooked Beans, Salsa, Lettuce, Avocado, Taco veg,
Jalapeno, Smokey Sour Chipotle Crema,
Lemon Wedge
• Halloumi • Pulled Lamb • Pulled Beef
• Chicken • Seasoned Tofu

Risotto^{VO, VGO, DFO, GF}22.00

• Spicy Prawn • Chili Chicken Mushroom
• Ratatouille (Red Capsicum, Zucchini, Eggplant)

Grilled Lime Fish^{DF, GF}26.00

Garden Salad, Baby Carrots, Hummus, Broccolini,
Potato Wedges, Lemon Wedge
• Barramundi • Salmon

Chicken Serenade^{DF, GF}26.00

Grilled Free Range Boneless Chicken on Roasted
Vegetable Canvas w. Risotto, Grilled Broccolini,
Lemon Wedge

French Toast^{V, DFO, GF}22.00

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

BITE SIZE MEALS

Avocado Twist^{VO, VGO, DFO, GF}17.00

Sourdough, Bacon, Chili, Avocado, Medley Tomato,
Parsley, Danish Feta, Balsamic Glaze, Spanish Onion

• Poached Egg +\$3

VGO - Seasoned Scramble Tofu

Nachos^{V, VGO, DFO, GF}18.00

Avocado, Salsa + Smokey Beans, Jalapenos,
Sour Cream, Mexican Cheese w. Housemade Sauce
• Pulled Beef +\$5 • Grilled Chicken +\$5

Brekky Roll^{GF}16.00

Double Bacon, Double Egg, Cheese, Housemade
Tomato Relish
• Hash Brown +\$3

Sliced Seasoned Potato^{V, VG, DF, GF}11.00

Housemade Baked Potato Wedge w. Herbs & Spices
w. Housemade Aioli, Lemon Wedge

Loaded Potato^{VO, VGO, DFO, GF}15.00

Housemade Baked Potato Wedge Loaded w. Mexican
Cheese, Diced Bacon w. Housemade Aioli,
Lemon Wedge

Smashed Avo & Feta^{VO, VGO, DFO, GF}15.00

Avocado, Danish Feta, Poached Egg & Lemon Wedge
on Sourdough
• Hash Brown +\$3

BURGERS

Serves with House Baked Potato Wedges

Beef^{DFO, GF}23.00

Housemade Brisket Patty, Beetroot Relish, Tomato,
Cheese, Mixed Leaf Lettuce, Housemade Aioli
• Double meat +\$6

Chicken^{DFO, GF}23.00

Moroccan Spiced Chicken, Mixed Leaf Lettuce
Tomato, Avocado, Sliced Cheese, Housemade Aioli
• Double meat +\$6

Vegan^{V, VG, DF, GF}23.00

Oven Baked Vegan Pattie, Beetroot Relish, Mixed
Leaf Lettuce, Tomato, Avocado, Housemade Aioli

Halloumi^{V, GF}23.00

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

ADD ONS

• Grilled Salmon
• Grilled Chicken +\$8
• Smoked Salmon

• Wilted Greens
• Avocado +\$5
• Scrambled Tofu

Free Range Eggs
Scramble +\$6
Fried +\$5
Poached +\$5

• Hash Brown
• Danish Feta +\$3

• Grilled Halloumi
• Grilled Chorizo +\$6
• Smoked Bacon

• Garlic Thyme Mushroom +\$6
• Seasoned Warmed Tomatoes

Gluten free cafe & shoppe is a part of Eighty/twenty the cafe

Our core belief is that **food is fuel**, and we focus on **clean, natural**, and **unprocessed** ingredients. We offer a balanced mix of smoothies, raw desserts, and great coffee bring you the best of both worlds—**nutritional, enjoyable**

Life's about **Eighty %** mindfulness + **Twenty %** indulgence. We're **100%** behind you

GLUTEN  FREE

C A F E & S H O P P E

SALADS

Japanese Salad ^{V, VG, DF, GF} 22.00 Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccolini, Miso - Tahini, Pickled Ginger, Nori + Nigella Seeds	Green Nourish Bowl ^{V, VGO, DF, GF} 22.00 Grilled Zucchini, Cauliflower, Broad Beans, Kale, Asparagus, Semi Dried + Capsicum Pesto, Pepitas, Poached Egg, Chili Salt VGO - Seasoned Scrambled Tofu
Chermoula Lamb ^{DF, GF} 28.00 Pulled Lamb in Chermoula Spices, Hummus, Pumpkin, Quinoa Delight, Cherry Tomato, Pine Nuts, Parsley	Nutritional Bowl ^{VO, VGO, DF, GF} 24.00 Cauliflower, Red Chili, Spanish Onion, Asparagus, Quinoa Delight, Wilted Greens, Grilled Chicken, Miso - Tahini, Seed Nut Mix VGO - Diced Seasoned Tofu
Super Salad ^{V, VG, DF, GF} 22.00 Quinoa Delight, Brown Rice, Alfalfa, Avocado, Wilted Greens, Beetroot, Apple, Cauliflower, Taco veg, Carrot, Goji Berries, Seed Nut Mix	
• Grilled Chicken (200g) +\$8 • Grilled Salmon (100g) +\$8	

SMOOTHIES

Break (the) Fast ^{V, VGO, DF, GF} 10.90 Banana, Quinoa, Cinnamon, Honey, Coconut Yoghurt, Almonds, Almond Milk	Popeye ^{V, VG, DF, GF} 10.90 Kale, Spinach, Spirulina, Kiwi, Coconut Water, Apple Juice
Nutty Professor ^{V, VG, DF, GF} 10.90 Banana, Maca, Coconut Nectar, Cacao, Peanut Butter, Almond Milk	Glow Pro ^{V, VGO, DF, GF} 10.90 Organic Acai, Blueberry, Raspberry, Coconut Flesh, Honey, Coconut Water, Apple Juice
Golden ^{V, VGO, DF, GF} 10.90 Turmeric, Cinnamon, Ginger, Honey, Banana, Dates, Almond Milk	Berry (the) Fast ^{V, VGO, DF, GF} 10.90 Raspberry, Blueberry, Coconut Yoghurt, Quinoa, Honey, Almond Milk
Coffee and Cacao ^{V, VG, DF, GF} 10.90 Double Espresso, Dates, Cacao, Banana, Chia Seeds, Coconut Nectar, Almond Milk	Matcha Immunity ^{V, VG, DF, GF} 10.90 Mango, Spinach, Mint Leaves, Pineapple, Matcha, Coconut Water
Mango Maniac ^{V, VG, DF, GF} 10.90 Mango, Passionfruit, Pineapple, Coconut Nectar, Coconut Water	Refresher ^{V, VG, DF, GF} 10.90 Cucumber, Mint Leaves, Kiwi, Spinach, Coconut Water
•Organic Acai •Pea Protein •Whey Protein •Peanut Butter +\$3	

KIDS MENU

Croissant ^{GF} 7.00 • Jam • Plain • Ham Cheese +\$2 • Cheese +\$1 • Ham Cheese Tomato +\$3	Buckwheat Waffle ^{V, VG, DF, GF} 14.00 Housemade Waffle, Fresh Strawberry, Nutty Drizzle & Ice Cream
Nutty Strawberry ^{V, VGO, DFO, GF} 12.00 Diced Fresh Strawberry topped w. Housemade Macadamia Crumble and Caramel Drizzle	Jacked Up Banana Bread ^{V, VGO, DFO, GF} 17.00 Banana Bread, Ice Cream, Macadamia Crumble, Nutty Drizzle, Fresh Banana & Strawberry
	French Toast ^{DFO, GF} 14.00 Brioche, Maple Syrup, Fresh Strawberry, Ice Cream

ACAI BOWL

The Original 'O' Acai ^{V, VG, DF, GF} 22.00 Organic Acai, Banana & Apple Juice Topped w. Fresh Strawberry, Banana, Granola & Coconut Flakes	Snicker Acai ^{V, VG, DF, GF} 24.00 Organic Acai, Banana, Peanut Butter, Cacao, Almond Milk Topped w. Snicker Bar, Cacao Nibs, Housemade Granola, Caramel Drizzle
Matcha Heaven Acai ^{V, VG, DF, GF} 22.00 Organic Acai, Matcha, Banana, Apple Juice Topped w. Mango, Fresh Strawberry, Housemade Granola	Crunch Acai ^{V, VGO, DF, GF} 22.00 Organic Acai, Banana, Cacao, Peanut Butter, Almond Milk Topped w. Banana, Housemade Granola, Honey Drizzle, Cacao Nibs
Summer Acai ^{V, VG, DF, GF} 22.00 Organic Acai, Banana, Mango, Coconut Water Topped w. Mango, Fresh Strawberry, Passionfruit, Macadamia Crumble	
•Fruit •Pea Protein •Whey Protein •Peanut Butter +\$3	

HOT DRINKS

Milk Based Coffee ^{VGO, GF} 5.00	
Hot Chocolate ^{VGO, GF} 5.00	
Long Black 5.00 Serves with Sparkling Water	
Sticky Chai ^{VGO, GF} 6.00 Brewed on Bonsoy	
Matcha Latte ^{VGO, GF} 6.00 Brewed on MilkLab Almond & Honey	
Turmeric Latte ^{VGO, GF} 5.50 Brewed on Milk Lab Almond & Honey	
Chamellia Organic Teapot 5.00 English breakfast, Chamomile, Lemongrass & Ginger, China Sencha (Green), Earl Grey, Masala Chai, Peppermint	
BABYCHINO w. Marsh Mellow 2.50	
PUPPICHINO w. Doggy Treat  3.50 Lactose Free	
• Large Shot • Bonsoy • Decaf • X Shot • Fresh Lactose Free • Syrup • Milk Lab Alternative	+70c

JUICES

Cold Pressed Juice 7.00 • Carrot+ • Green+ • Lemon Pineapple+	
Fresh Juice 8.90 • Apple • Watermelon • Orange • Orange Watermelon	

COLD DRINKS

Milk Shake 7.00 • Coffee • Mixed Berries • Vanilla • Banana • Mango • Strawberry • Caramel • Chocolate Make it Thick Shake +1	
Cold Brew/ Iced Long Black 5.50	
Karma Cola (Organic) 5.50 • Cola • Ginger Beer • Lemonade • Cola Sugar Free	
Coca Cola Range 330ml 5.00	
Probiotic Kombucha (Remedy) 5.50 • Peach • Ginger Lemon • Lemon Lime Mint	
San Pellegrino 250ml/750ml 5.00/10.00	
Iced Latte 6.00	
Iced Coffee/ Chocolate/ Mocha 8.00	
Iced Soy Chai/ Almond Matcha 8.00	
Iced Soy Strawberry Matcha 8.50	

TAKEAWAY DEALS

Croissant ^{GF} 9.90 • Jam • Plain • Ham Cheese +\$2 • Cheese +\$1 • Ham Cheese Tomato +\$3	
B&E Roll / Wrap ^{GF} 12.90 • Hash Brown +\$3	
Sandwich ^{GF} 13.90 • Chicken +\$1 • Smoked Salmon +\$1 • Vegetarian • Ham Cheese Tomato with 8oz COFFEE	