

# RUBY LANE

## ALL DAY BRUNCH MENU

kitchen open daily from 7:30-2:30

Our vision is to make a healthy lifestyle fun, social, available and inspirational. Driven by the philosophy you can have a mouth watering meal without compromising on nutrition we focus on real, wholesome food with a healthy dose of hospitality and good times

### WORKSHOPS AND DINNER EVENTS

We host monthly workshops to educate the community on a healthy life-style plus have regular unique dinner events. Check our website for what's next and join us.

### FUNCTIONS & CATERING

Whether it's a formal sit down dinner for up to 70 or a casual stand up event for up to 100, we'll provide your guests a great experience without compromising on nutrition.

Check out our take-home meals in the retail freezer — every meal sold one gets donated to charity 'one meal' for disadvantaged families

Please add a 10% surcharge on Sunday and public holidays and a 1% surcharge for all card payments

GLUTEN FREE (gf)

VEGAN OPTION (vgo)

CONTAINS NUTS (n)

Dairy free (df)

GLUTEN FREE OPTION (gfo)

VEGAN (vg)

### GET IN TOUCH

www.rubylane.com.au  
@rubylanewholefoods  
@rubylanewholefoods

connect@rubylane.com.au  
(02) 9977 7386



SCAN THIS QR CODE WITH YOUR PHONE CAMERA TO SEE PICS OF OUR DISHES

**ARTISAN SOURDOUGH** *df vg*  
**GF NONIE'S FIG AND WALNUT TOAST** *gf df vg n*  
**GF NONIE'S FOCACCIA** *gf df n*  
**RUBY'S FAMOUS PALEO BREAD** *gf df n*

A savoury low GI loaf of seasonal veg, nuts and seeds

Add smashed avo +3  
Add 2 pasture raised eggs +6

**SUPERFOOD BANANA BREAD** *gf df n* **8**

With almond meal, macadamia oil, local honey and walnuts  
Add coconut yoghurt and local honey 2.

All toasts served with cultured butter and one spread of your choice:  
house made nut butters (almond, peanut, hazelnut & cacao) house made  
berry jam, local honey, vegemite

**MORNING GLORY PORRIDGE** *gf df vg n* **18**

A warming bowl of activated buckwheat and gluten tested oats, vanilla maple  
poached pear, roasted almonds, coconut yoghurt and berry compote

**ORIGINAL ACAI BOWL** *gf df vg n* **17**

Organic acai topped with banana, strawberries, coconut, paleo hemp seed  
granola, chia seeds and mint

Add peanut butter / hazelnut cacao butter +1

**REAL FOOD PANCAKES** *gf df vg n* **20**

A triple stack of buckwheat, chia and banana pancakes topped with  
berry compote, apples, coconut yoghurt, maca crumble and a velvety cacao  
sauce

Add pana coconut ice cream or free range bacon +3 / 6

**MANLY DAILY** *gfo df vg n* **19**

Smashed avo on toasted organic sourdough with ruby's truffled cashew  
cheese, oven dried tomato chips, cherry tomatoes, greens powder, local  
herbs & lemon

On gf paleo bread / gf focaccia +3  
Add 2 Pasture raised eggs +6

**BEACH BUN** *df gfo* **15**

Free range bacon, fried pasture raised egg, rocket and ruby's bbq  
chutney on an organic charcoal bun

Add smashed avo +3  
Go DELUXE W halloumi & smashed avo +5  
On gf paleo bread / gf focaccia +3

**SMASH 'N' HASH** *gf df vgo* **22**

Sweet potato fritter topped with smashed avo, pasture raised poached  
eggs, greens, corn salsa and a chimichurri dressing  
(vegan me with a field mushroom instead of eggs)

Add free range bacon/house smoked trout +6/8

**SERIOUS EGGS BENNY** *gf df n* **23**

2 pasture raised eggs, spinach, ruby's healthy hollandaise, gremolata  
crumb and a chilli hemp oil drizzle on toasted GF focaccia with your  
choice of ham / pulled brisket / bacon / trout / mushroom

On paleo bread +2

### SPECIAL OF THE WEEK

Ask our team for what tasty things our chefs have been  
cooking this week

**EAT YOUR GREENS** *gf df vg n* **23**

Roasted broccoli with broccoli sprouts, avocado, mixed greens, pickled  
broccoli stem, brown rice & toasted almonds with a white miso lime  
and ginger dressing and a sprinkle of kale chips

Add chicken / house smoked trout +7 / 8

**MACHO TACOS / TACO BOWL** *gf df vgo n* **22**

Pulled grass fed beef brisket with corn salsa, slaw, smashed  
avocado & chimichurri on two soft corn tacos with Ruby's  
cashew cheese

(Vegan me with pulled jackfruit)

**VEGGIE BURGER / BOWL** *gf vg gfo* **23**

Chickpea turmeric & cauliflower patty with Ruby's kimchi, vegan aioli,  
pickles & spinach on a charcoal bun served with sweet potato wedges

On gf paleo / gf focaccia +3  
Bowl version with mushroom instead of bun +2

**COCO LOCO CHICKEN BURGER/ BOWL** *df gfo* **25**

Grilled free range coconut chicken with smashed avo, pickled green  
tomatoes, spinach, aioli and chilli jam on a charcoal bun with sweet  
potato wedges

On gf paleo / gf focaccia +3  
Bowl version with mushroom instead of bun +2

**SWEET POTATO WEDGES** *gf df vg* **6 / 9**

With vegan chipotle mayo

Make sure you check out our refined sugar free  
house made sweets in the cabinet  
— all prepared with love

### SIDES

**SMASHED AVO** **5**  
**FIELD MUSHROOM** **5**  
**SPINACH OR TOMATO** **3**  
**RUBY'S KIMCHI** **4**  
**HALLOUMI** **4**  
**1 OR 2 EXTRA EGGS** **4/6**  
**BACON / HAM** **6**  
**HOUSE SMOKED TROUT** **8**  
**PASTURE RAISED CHICKEN / PULLED BEEF** **7**  
**RUBY'S HOLLANDAISE** **2**

## COFFEE AND FRIENDS

**MILK COFFEES ON ORGANIC BLEND 4.3 / 5**  
Piccolo, flat white, cappuccino, latte

**BLACK COFFEES ON SINGLE ORIGIN 4.3 / 5**

**BATCH BREW FILTER COFFEE 5**

**COLD BREW FILTER COFFEE 5**

**AFFOGATO 10**  
Double shot espresso with coconut ice cream

**HOT CHOCOLATE 4.5**

**BREWED DAINTREE STICKY CHAI POT 6**

**ORGANIC CHAI LATTE 4.8**

Medicinal Reishi Mushrooms +1.5  
Almond / coconut / oat +1  
Bonsai / decaf +.5

## HEALTHY ELIXIRS

**GUT HEALING CHICKEN BONE BROTH 7**

**THE RUBY RIFLE 6.5**  
Double espresso blended with grass fed butter and MCT coconut oil

**MACA MOJO 6.5**  
A warm caffeine-free cup of get up and go! Cacao, maca, lucuma, mesquite, maple syrup all blended with grass-fed butter & himalayan salt

**GOLDEN LATTE 6**  
Ayurvedic-inspired anti-inflammatory and healing remedy, coconut milk spiced with turmeric, ginger, cinnamon and pepper, steamed with brown rice syrup and coconut oil

Add shot of coffee +0.5

**PURA VIDA ELIXIR 6**  
Immune boosting steamed orange juice with lemon, turmeric, ginger, cinnamon, pepper and brown rice syrup

**MATCHA LATTE 6**  
Organic japanese green tea jammed with antioxidants and chlorophyll, brown rice syrup, served on coconut milk

**DANDY LATTE 6**  
Caffeine free liver boost that aids digestion, dandelion chai latte with date syrup, served on almond milk

**DETOX SHOT BOARD 6**  
Fire tonic / kombucha / activated charcoal

## KOMBUCHA

A detoxifying, gut healing, anti-ageing fermented tea

**GLASS ask for todays flavour 7**

**JUG WITH LEMON BERRIES AND MINT 14**

# RUBY LANE

## SUPER SMOOTHIES

**T BOMB 12**  
Banana, tahini, cacao, cashew butter, dates, vanilla, himalayan salt, hemp protein and almond milk

**BLUEBERRY BRAIN BOOST 12**  
Blueberries, banana, cacao, hemp protein, flax seeds, walnuts, dates, coconut oil and coconut milk

**CHOC COFFEE DATE 12**  
Espresso shot, banana, cacao, vanilla, dates, hemp protein, coconut milk

**FACE LIFT 12**  
Avocado, cucumber, banana, mint, coconut water, super greens and collagen

**SALTED CARAMEL 11**  
Banana, dates, peanut butter, brown rice malt syrup, himalayan salt, almond milk, topped with caramel sauce

**ACAI SMOOTHIE 11**  
Organic acai, banana, biodynamic apple juice and coconut water

**CLASSIC BANANA, BERRY OR MANGO SMOOTHIE 9.8**  
Cinnamon, coconut yoghurt, local honey and cow's milk

Add collagen or hemp protein +2/1.5

## ORGANIC COLD PRESSED JUICES

**RUBY TUESDAY 9.8**  
Apple, Raspberry, Passionfruit, Rhubarb

**SUPER GREEN 9.8**  
Apple, Spinach, Cucumber, Celery, Lettuce, Lemon, Ginger

**BEETROOT ENERGISER 9.8**  
Carrot, beetroot, apple, celery, lemon & ginger

**IMMUNE 9.8**  
Orange, Carrot, Pineapple, Celery, Turmeric, Lemon

**ORANGE / APPLE 9**

## ICED DRINKS

**SPARKLING WATER Unlimited for your table 4**

**WATERMELON, APPLE & RASPBERRY FRAPPE 9**

**ICED COFFEE 9**  
Double shot of espresso, vanilla, cows milk and salted caramel pana ice cream

**ICED CHOCOLATE 9**  
Home made cacao sauce, cows milk, salted caramel pana ice cream and choc fudge brownie chunks

**WHOLE FRESH COCONUT 7**

**ORGANIC COLA / GINGER BEER / LLB 6**

**SPARKLING KREOL APPLE CIDER VINEGAR 7.5**  
Mango or passionfruit

## ORGANIC TEA

**GINGER GLOW 5**  
Ginger, lemongrass, hibiscus, marigold flowers

**CALMING 5**  
Chamomile, liquorice root, hibiscus, lavender, peppermint, rose petals

**DETOX 5**  
Mate green, rosehip seed, ginger, rooibos, fennel, spearmint, liquorice root, cinnamon, hibiscus, nettle, chamomile, dandelion root, cardamom seed, spirulina

**MASALA CHAI 5**  
Black tea, cinnamon, cardamom, cloves, ginger, star anise

**PEPPERMINT TEA 5**

**GREEN JASMINE TEA 5**

**ENGLISH BREAKFAST / EARLY GREY 5**

## COCKTAILS USING MANLY SPIRITS

**GIN & KOMBUCHA 12**  
Botanical gin with kombucha and mint

**WATERMELON MARGARITA 16**  
Tequila, watermelon juice, manzanilla, lime

**ESPRESSO MARTINI 16**  
Vodka, kahlua, double shot coffee, vanilla

**RUBY'S APEROL SPRITZ 14**  
Aperol with biodynamic prosecco, soda and orange

## ALL AUSTRALIAN WINE LIST

### SPARKLING

**BOX GROVE PROSECCO 2016 VIC 11 / 45**

**TAMBURLAINE 50**  
Preservative free premium cuvee sparkling Margaret River WA vg

### WHITE

**TAMBURLAINE 40**  
Pinot Gris Orange NSW vg

**TAMBURLAINE 11 / 45**  
Sauvignon Blanc Margaret River WA vg

**TAMBURLAINE 50**  
Preservative free Chardonnay Margaret river WA vg

### RED

**TAMBURLAINE 11 / 45**  
Cabernet Sauvignon Margaret River WA vg

**TAMBURLAINE 50**  
Preservative Free Shiraz Margaret river WA vg

## BEER

**HEAPS NORMAL non-alcoholic 8**  
Quiet XPA - refreshing and balanced

**4 PINES 9**  
Kolsch 4.6% Brookvale NSW

**O,BRIEN 9**  
Gluten free premium lager 4.5% VIC

**WILLIE SMITHS 11**  
Organic apple cider 5.4% TAS