

## bread & spreads

All served with cultured butter and your choice of spread

**MRS JONES SOURDOUGH (df vg)** 8.5

**NONIES GF FIG & WALNUT (gf df n)** 9

**NONIES GF FOCACCIA (gf df n)** 9

**RUBY'S FAMOUS PALEO BREAD (gf df n)** 10

A low GI loaf of goodness, full of seasonal veg, nuts and seeds

Add smashed avo + 3

**SUPERFOOD BANANA BREAD (gf df n)** 8.5

Add coconut yoghurt & honey + 3

Spreads - organic peanut butter, aussie almond butter, ruby's hazelnut cacao butter, local honey, berry chia jam, vegemite

## light & sweet

**TROPICAL ALKALISER BOWL (gf df vg n)** 17

A blended smoothie bowl with mango, pineapple, banana, baobab, coconut & lime topped with fresh seasonal fruit, ruby's wheat free house granola & mint

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

Organic acai, topped with banana, strawberries, coconut. ruby's wheat free house granola & mint

Add peanut butter / choc hazelnut +1

**RUBYS BIRCHER (wheat free df vg)** 18

Gluten tested oats soaked with apples & topped with summer berries, super seed mix, coconut yoghurt, davidson plum & passionfruit coulis

**RED VELVET PANCAKES (gf df vg)** 20

Buckwheat banana pancakes with a hint of beetroot powder, topped with coconut yoghurt, maca crumble, berry compote and ruby's cacao sauce

Add coconut ice cream / bacon + 3 / 6

## bit on the side

avocado	5	xtra egg / 2 eggs	4/6
halloumi	5	low nitrate bacon	6
mushroom	5	dbl smoked ham	6
kimchi	4	smoked trout	8
spinach	4	chicken breast	7
tomato	3	rubys hollandaise	2

baked sweet potato wedges & chipotle 6 / 9

## nourishing meals

**SMASH N HASH (gf df vgo)** 22

A delicious sweet potato fritter topped with smashed avo, 2 poached eggs, fresh corn salsa, chimichurri and local herbs (vegan me with mushroom instead of eggs)

**MANLY DAILY (gfo dfo vgo)** 19

Toasted sourdough with avocado, citrus ricotta, tomato confit, dehydrated tomato chips, greens powder & local herbs

On gf paleo bread / gf focaccia + 3  
Add 1 or 2 eggs + 4 / 6

**SERIOUS EGGS BENNY (gfo df)** 23

Two pasture raised eggs, spinach, ruby's healthy hollandaise, gremolata & a drizzle of chilli oil on sourdough or gf focaccia ...with your choice of ham, bacon, smoked trout or mushrooms

On gf paleo bread + 2

**BEACH BUN (gfo df)** 15

Free range bacon, fried egg, rocket and rubys bbq chutney on a charcoal sourdough bun

Add smashed avo + 3  
Go deluxe with avo & halloumi + 6  
On gf bun / gf paleo bread + 2 / 3

**WAGYU BEEF BURGER / BOWL (gfo dfo)** 26

Coppertree farms grass fed wagyu beef with slaw, smoked eggplant aioli, pickled onion & smoked cheddar on a charcoal sourdough bun with sweet potato wedges

On gf bun / paleo bread + 2 / 3  
Bowl option with mushroom +2

**FINGER LIME FISH TACOS (gf df vgo)** 26

Cone bay barramundi with avocado, mango salsa, pickled onion, coriander & finger lime on 3 blue corn tortillas (vegan me with jackfruit)

**CHICKEN TABBOULEH BOWL (gf df)** 26

Grilled free range chicken with quinoa tabbouleh, mixed herbs, zucchini ribbons & a greek style white bean toum sauce

**GREEN FALAFEL BOWL (gf df vg)** 22

Broccoli falafel, white slaw, greens, avocado, kimchi, beetroot & hummus with tahini lemon dressing & a sprinkle of wattle seed bush dukkah

Add chicken / smoked trout + 6 / 7

**PUMPKIN LENTIL SALAD (gf dfo vgo)** 20

Roast pumpkin, black lentil, rocket, herbed ricotta, lemon sweet sour dressing, pepita popcorn, mixed herbs, roasted almonds

Add chicken / smoked trout + 6 / 7

## coffee & friends

<b>COLD DRIP FILTER COFFEE</b>	<b>5</b>
<b>BEACH BREW</b> A hydrating coffee! Cold brew with coconut water, fruit and ice	<b>6</b>
<b>WHITE COFFEES</b> On allpress blend	<b>4.5/5</b>
<b>BLACK COFFEES</b> On rotating single origin	<b>4.5/5</b>
<b>ICED LATTE / ICED LONG BLACK</b>	<b>5</b>
<b>HOT CHOCOLATE</b>	<b>4.5</b>
<b>ORGANIC CHAI LATTE</b>	<b>5</b>
<b>BREWED STICKY CHAI POT</b>	<b>5</b>
<b>AFFOGATO</b> Dbl espresso & coconut ice cream	<b>9</b>
ADD MCT OIL / MEDICINAL REISHI	<b>2</b>
ALMOND / OAT / COCONUT MILK	<b>1</b>
EXTRA SHOT / DECAF / SOY	<b>0.5</b>
<b>ORGANIC TEAS</b>	<b>5</b>
<b>Green</b> - sencha green and jasmine blend	
<b>Ginger Glow</b> - ginger, lemongrass, marigold & hibiscus	
<b>Calming</b> - chamomile, liquorice root, hibiscus, lavender, peppermint & rose petals	
<b>Detox</b> - mate, fennel, rosehip seed, dandelion, nettle, spearmint, rooibos & ginger	
<b>English Breakfast, Early Grey, Peppermint</b>	

## healthy elixirs

<b>HEALING CHICKEN BONE BROTH</b>	<b>7</b>
<b>RUBY RIFLE</b> Double shot espresso blended with grass fed butter & MCT oil	<b>6.5</b>
<b>MACA MOJO</b> Caffeine free mojo boost with cacao, maca, mesquite, salt & maple blended with grass fed butter (vegan me with almond milk)	<b>6.5</b>
<b>PURA VIDA</b> Immune boosting orange, lemon, ginger, turmeric, cinnamon & pepper warmed with local honey	<b>6</b>
<b>DANDY LATTE</b> Dandelion chai latte for a caffeine free liver boost on almond milk	<b>6</b>
<b>TURMERIC LATTE</b> Anti-inflammatory remedy of turmeric, ginger, cinnamon & pepper on coconut milk	<b>6</b>
<b>MATCHA LATTE</b> Organic Japanese green tea jammed with anti-oxidants on coconut milk	<b>6</b>

## super smoothies

<b>12</b>
<b>BLUEBERRY BRAIN BOOST</b> Blueberries, banana, cacao, vegan protein, flax seeds, walnuts, dates, coyo & coconut milk
<b>T BOMB</b> Banana, cacao, dates, tahini, almond butter, vanilla, salt, vegan protein & almond milk
<b>FACELIFT</b> Avocado, cucumber, mint, banana, mango, greens powder, collagen & coconut water
<b>BLUE DREAM</b> Mango, banana, blue spirulina, honey & coconut milk
<b>SALTED CARAMEL</b> Banana, peanut butter, dates, brown rice syrup, himilayan salt and almond milk
<b>ACAI SMOOTHIE</b> Organic acai, banana, apple juice & mint
<b>CLASSIC BANANA OR MANGO 10</b> with milk, coconut yoghurt, cinnamon & honey

## cold pressed juice

<b>9.8</b>
<b>RUBY TUESDAY</b> apple, raspberry, elderberry, lemon
<b>THE GREEN</b> cucumber, celery, apple, spinach, lemon
<b>IMMUNE</b> carrot, apple, ginger, turmeric
<b>ROOT ENERGY</b> beetroot, carrot, apple, lemon, ginger
<b>STRAIGHT ORANGE OR APPLE 9</b>

## iced drinks

<b>SPICED ELDERBERRY SPRITZER 9</b> with orange & rosemary
<b>ICED MATCHA / CHAI 6</b>
<b>ICED COFFEE / ICED CHOCOLATE 9</b>
<b>WATERMELON RASPBERRY FRAPPE 9</b>
<b>WHOLE COCONUT 7</b>
<b>KREOL SPARKLING</b> mango or passionfruit <b>7</b>
<b>ORGANIC SODAS</b> cola, ginger beer, llb <b>6</b>

## de - tox

<b>KOMBUCHA GLASS 7</b>
<b>KOMBUCHA JUG</b> with lemon, berries, mint <b>14</b>
<b>DE - TOX SHOT BOARD 6</b> trio of fire tonic, charcoal & kombucha shots
<b>FIRE TONIC SHOT</b> immunity + digestion <b>3</b>

## refined sugar free treats

	<b>add coconut ice cream to any sweet</b>	<b>3</b>
	<b>DARK CHOCOLATE PISTACCHIO BAR W CASHEW CREAM</b> gf df vg n	<b>10</b>
	<b>PEANUT BUTTER CHOC CHIP COOKIE</b> gf df vg n	<b>6</b>
	<b>PREBIOTIC CHEESECAKE</b> gf df vg n	<b>5</b>
	<b>PLATE OF 3 CHEESECAKES</b> gf df vg n	<b>12</b>
	<b>CHOCOLATE FUDGE BROWNIE</b> gf df vg n	<b>7</b>
<b>see our cabinet for more</b>	<b>MUFFIN OF THE DAY</b> gf df n	<b>6.5</b>
	<b>BERRY FRIAND</b> gf n	<b>5</b>
	<b>BLISS BALLS</b> gf df vg n	<b>4</b>

## mocktails

<b>SPICED ELDERBERRY SPRITZER</b> with orange & rosemary	<b>10</b>
<b>AWAKEN</b> pink grapefruit, green tea, ginko, agave	<b>12</b>

## cocktails

<b>WATERMELON MARGARITA</b>	<b>18</b>
<b>ESPRESSO MARTINI</b>	<b>18</b>
<b>APEROL SPRITZ</b>	<b>14</b>
<b>GIN &amp; KOMBUCHA</b>	<b>12</b>

## organic wine

<b>BOX GROVE PROSECCO '22 VIC</b>	<b>11/50</b>
<b>TAMBURLAINE PRES. FREE SPARKLING</b>	<b>55</b>
<b>TAMBURLAINE SAUVIGNON BLANC</b>	<b>11/50</b>
<b>TAMBURLAINE PINOT GRIS</b>	<b>55</b>
<b>TAMBURLAINE CAB SAV</b>	<b>11/50</b>
<b>TAMBURLAINE PRES. FREE SHIRAZ</b>	<b>55</b>

## beer

<b>HEAPS NORMAL</b> (zero alcohol)	<b>8</b>
<b>4 PINES KOLSCH</b>	<b>9</b>
<b>O'BRIENS GLUTEN FREE LAGER</b>	<b>10</b>
<b>WILLIE SMITHS ORGANIC CIDER</b>	<b>12</b>

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THE NEXT ONE IS ON



+ WE'LL SHOUT  
YOU A BROWNIE!