

# ME NU

ALL DAY

## BREADS & SPREADS

### Ruby's Famous Paleo Bread *gf df n* 11

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

Add Avocado +5  
Add Bacon / trout +6 / 8  
Add 1 / 2 eggs +4 / 6

### Superfood Banana Bread *gf df n* 9

Add coconut yoghurt & honey +5

### Mrs Jones Sourdough *df vg* 8.5

### Nonies GF Focaccia *gf df n* 10

### GF Fig & Apricot toast *gf df vg* 9

Open 7 days 6:30am – 3pm  
Visit our website for events and more  
[rubylane.com.au](http://rubylane.com.au)

# BRUNCH

## RUBY LANE

### Smash n Hash *gf df vgo* 23

A delicious sweet potato fritter topped with 2 pasture raised eggs, smashed avocado, fresh corn salsa, chimichurri & herbs

(Vegan me with mushrooms instead of eggs)

Add halloumi +4 Add bacon / trout +6 / 8

### Manly Daily *gf df vgo n* 21

Smashed avocado on Mrs Jones sourdough with cherry tomato & basil confit, pickled cabbage, lemon and wattle seed bush dukkah

Add 1 / 2 eggs +4 / 6 On *gf paleo / gf focaccia* +2  
Add bacon / trout +6 / 8

### Ruby's Bircher *wheat free df vg* 18

Coconut water and orange juice soaked gluten tested oats topped with seasonal fruit, coconut yoghurt & a cranberry poached pear

### Matcha & Strawberry Chia *gf df vg n* 18

Macerated berries and dividson plum, matcha, coconut & vanilla chia pudding topped with maple macadamia crumble and seasonal fruits

### Original Açaí Bowl *wheat free df vg gfo vg n* 19

Organic acai topped with house made granola, banana, strawberries, chia, mint and coconut

Add organic peanut butter +2 Add Ruby's No-tella +2

### Serious Eggs Benny *gfo df n* 23

Two pasture raised eggs, spinach, Ruby's healthy hollandaise, gremolata & a drizzle of chilli good oil. Served on Mrs Jones sourdough with your choice of bacon, ham, mushrooms, trout (+2), pulled pork (+2)

Add halloumi +4 On *gf paleo / gf focaccia* +2

### Red Velvet Pancakes *gf df vg n* 22

Buckwheat & banana pancakes with a hint of beetroot powder topped with maple macadamia crumble, berry compote, seasonal fruit & Ruby's cacao sauce

Add *df coco ice cream / bacon* +3 / 6 Add *coco yoghurt* +2

*gf* = gluten free *df* = dairy free *vg* = vegan *n* = contains nuts  
*gfo* = gluten free option *vgo* = vegan option *dfo* = dairy free option

### Pulled Pork Brekky Burger *gfo df* 23

Slow braised free range pulled pork with a fried pasture raised egg, mild chili pineapple relish, aioli & apple slaw on a charcoal sourdough bun

Add *king island cheddar* +2 On *gf bun / gf paleo bread* +2  
Add *sweet potato wedges* +3

### Halloumi Bowl *gf* 25

Grilled halloumi, pickled beetroot, avocado, cucumber, organic black rice, cos lettuce, roasted peppers & tomatoes served with a creamy tahini dressing, chickpea popcorn & lime

Add 1 / 2 eggs +4 / 6 Add *chicken / trout* +6 / 8

### Summer Chicken Salad *gf df n* 26

Grilled pasture raised chicken with mixed leaves, quinoa, avocado, walnuts, cranberries, carrot, cabbage, tomato, cucumber and an apple cider vinegar & honey mustard dressing

### Rainbow Falafel Bowl *gf df vg n* 24

Turmeric, chickpea & cauliflower falafels, white slaw, avocado, greens, kimchi, beetroot & hummus with a tahini lemon dressing & a sprinkle of wattle seed bush dukkah

Add 1 / 2 eggs +4 / 6 Add *chicken / trout* +6 / 8

### Fish Tacos *gf df* 27

Grilled flathead with avocado, slaw, a fresh mango lime salsa, pickled onion, coriander & lime on 3 blue corn tortillas

### Wagyu Beef Burger / Bowl *gfo dfo vgo* 27

Coppertree Farms grass fed wagyu beef patty with slaw, smoked eggplant aioli, pickled onion & king island cheddar on a charcoal bun served with sweet potato wedges and chipotle mayo

(Vegan me with grilled falafels instead of beef & cheese)

Bowl version with mushroom +2 On *gf bun / gf paleo bread* +2  
Add another beef patty +7

## ADDONS

Avocado	5	Halloumi	4
1 or 2 eggs	4/6	Hollandaise	3
Bacon / Ham	6	Chicken	6
Smoked Trout	8	Pulled Pork	8
Wilted greens	4	Kimchi	3
Mushrooms	4	Tomato	4
Baked Sweet Potato Wedges	7/9		

# DRINKS

## SUPER SMOOTHIES

### T-BOMB 13

Banana, cacao, tahini, dates, almond butter, vegan protein, vanilla, salt & almond milk

### SALTED CARAMEL 13

Banana, dates, organic peanut butter, himilayan salt & almond milk with home made caramel sauce

### CHOC COFFEE DATE 13

Espresso, dates, banana, cacao, vegan protein, vanilla & coconut milk

### BERRY BRAIN BOOST 13

Berries, banana, cacao, vegan protein, flax seeds, walnuts, dates, coyo & coconut milk

### FACELIFT 13

Avocado, mango, banana, cucumber, collagen, super greens & coconut water

### AÇAÍ 13

Organic acai, banana, vegan protein, apple juice & mint

### CLASSIC BANANA OR MANGO SMOOTHIE 11

With coyo, cinnamon, honey & milk

Add vegan protein or blue spirulina +2

## COLD PRESSED JUICES

### RUBY TUESDAY 9.8

Watermelon, pear, mint

### THE GREEN 9.8

Cucumber, celery, apple, spinach, lemon

### IMMUNE 9.8

Carrot, apple, ginger, turmeric

### ROOT ENERGY 9.8

Beetroot, carrot, apple, lemon, ginger

### STRAIGHT UP APPLE OR ORANGE JUICE 9

## KOMBUCHA / DETOX

### KOMBUCHA GLASS 7

ICED KOMBUCHA JUG *with lemon, berries, mint* 12

DETOX SHOT BOARD *Trio of sisuu fire tonic, charcoal & kombucha* 7

SISUU FIRE TONIC SHOT 4

SWEETS

100% gluten and refined sugar free  
Add Ice Cream to any sweet for \$3

- Fresh Muffin of the day 6.5**
- Choc Fudge Brownie 7**
- Peanut Butter Choc Chip Cookie 6**
- Prebiotic Cheesecake 5**
- Friand 5**
- Protein Ball 4**
- Choc Fudge Brownie Sundae with cacao sauce 12**

### COFFEE & FRIENDS

- Cold Drip Filter Coffee 6**
- Beach Brew - A hydrating coffee! 7**  
With cold brew, coconut water, fruit & ice
- Little Italy Coffee regular 4.8**
- Little Italy Coffee large 5.5**
- Strawberry Matcha 10**  
With almond milk and our dairy free maple strawberry cream
- Iced Latte / Long Black 5.5**
- Iced matcha / Chai 6.5**
- Organic Chai Latte 5**
- Brewed Sticky Chai Pot 6**
- Affogato 10**  
*Add MCT / Lion's Mane +2*  
*Almond / Oat / Coconut / Soy +1*  
*Extra shot / decaf +0.5*

### ORGANIC TEAS 5.5

- Ginger Glow**  
Ginger, lemongrass, marigold, hibiscus
- Detox**  
Dandelion, nettle spearmint, fennel, mate, rosehip, rooibos & ginger
- Calming**  
Chamomile, liquorice root, lavender, hibiscus, peppermint & rose petals
- Green**  
Sencha green & Jasmine blend
- Minty**  
Peppermint, spearmint, withania, Siberian ginseng, bacopa

**English Breakfast / Earl Grey**

### HEALTHY ELIXIRS

- Healing Chicken Bone Broth 7**
- Maca Mojo 6.5**  
Organic cacao, mesquite, lucuma, salt & maple all blended with grass fed butter (vegan me with almond milk)  
*Add shot of coffee +0.7*
- Ruby Rifle 6.5**  
Double shot espresso blended with grass fed butter & mct oil
- Pura Vida 6.5**  
Immune boosting orange, lemon, ginger, turmeric & cinnamon gently steamed with local honey
- Dandy Latte 6**  
Dandelion chai latte for a caffeine free liver boost on almond milk with brown rice syrup
- Golden Latte 6**  
Anti-inflammatory remedy of turmeric, ginger, cinnamon & pepper on almond milk with brown rice syrup
- Matcha Latte 6.5**  
Organic Japanese green tea jammed with anti-oxidants on almond milk with brown rice syrup

### ICED DRINKS

- Elderberry & Watermelon Spritzer 11**  
From Jo's Herbadashery – great for immunity
- Iced Matcha / Iced Chai 6.5**
- Iced Coffee / Iced Chocolate 9.5**
- Watermelon & Raspberry Frappe 9.5**
- Whole Coconut 7.5**
- Kreol sparkling AVC 7**  
Blood orange or passionfruit
- Organic Sodas - Ginger beer / cola / LLB 6**
- Sparkling Water- unlimited for your table 5**

### MOCKTAILS

- Dayse Awaken Spritzer 12**
- Elderberry & Watermelon Spritzer 11**  
From Jo's Herbadashery – great for immunity
- Lautus Sparkling Rose - 0 alcohol 12**

### ORGANIC WINE by Tamburlaine

- Mimosa 10**  
Prosecco & Orange juice
- Bellini 10**  
Prosecco & Watermelon Juice
- Prosecco 11**
- Sauvignon Blanc 11 / 50**
- Chardonnay 55**
- Cabernet Sauvignon 11 / 50**

### BEER

- Heaps Normal - 0 alcohol 8.5**
- 4 Pines Japanese Lager 10**
- O'Briens Gluten Free Lager 10**
- Willie Smiths Organic Cider 12**

### COCKTAILS

- Watermelon Margarita 18**
- Espresso Martini 18**
- Aperol Spritz 14**
- Gin & Kombucha 12**

**Need some catering?**



We have a great range, scan the QR code and get in touch with us!

• Please add 10% on Sundays and 15% on public holidays – we pay our staff more. Not all ingredients are listed on the menu. Please make us aware of any dietary requirements before ordering and be aware our menu contains, allergens and is prepared in a kitchen that contains, nuts, eggs, gluten, soy and more. Whilst all reasonable efforts can be taken, we cannot guarantee our food will be allergen free.