

# MOO-FREE

## BURGERS

The only thing we're killing is your appetite



\*Gluten Free options available,  
please notify staff member when ordering.

All of our burgers can be made as a **wrap** or **salad**.

### BURGERS

- CHARLIE'S BROTHERS\*** ..... 15.00  
Beef-less patty, smoky rashers, tomato, caramelised onion, lettuce, pickles, dijon mustard and our homemade soy mayo
- CHEEzE BURGER\*** ..... 13.00  
Beef-less patty, cheeze, pickles, tomato sauce and dijon mustard
- HASH & BEET\*** ..... 16.00  
Beef-less patty, hash brown, beetroot, tomato, lettuce, pickle, rustic tomato relish and our homemade soy mayo
- DOUBLE CHEEzE BURGER\*** ..... 19.00  
2 Beef-less pattIES, 2 x cheeze slices , pickles, tomato sauce and dijon mustard
- SOUTHERN FRIED CHICK'N** ..... 15.00  
Southern Fried patty, slaw, pickles, mayo & chipotle mayo
- CHICK'N LICK'N** ..... 15.00  
Crispy chicken-style patty, smoky rasher, avocado, grilled pineapple, onion, tomato, lettuce, rustic tomato relish and our homemade soy mayo
- CHICK'N & CHEEzE** ..... 13.00  
Crispy chicken-style patty, cheeze, lettuce and peppered soy mayo
- CHIPOTLE CHICK'N** ..... 10.00  
Crispy chicken-style patty, smoky rashers, super slaw, our special BBQ sauce and chipotle mayo
- DON'T BE MEAN, BE GREEN** ..... 16.00  
Green pea, broccoli and spinach patty, grilled capsicum, caramelised onion, beetroot, lettuce, tomato, soy mayo and pesto
- AUSSIE MAMA\*** ..... 10.00  
Mum's traditional falafel recipe, beetroot, pickles, avocado, super slaw and chipotle mayo
- JACK IS BACK\*** ..... NEW ..... 16.00  
BBQ Jackfruit, superslaw, avocado, mayo, and home made bbq sauce
- JACKED UP ON vEEF\*** ..... NEW ..... 19.00  
2 vEEF patties, BBQ Jackfruit, superslaw , chips, cheeze, bbq sauce, tomato sauce, pickles & mustard.



### SALADS

- CHICK'N SUMMER SALAD** ..... 15.00  
Crispy chicken-style patty, smoky rasher, avocado, grilled pineapple, onion, tomato, lettuce, rustic tomato relish and our homemade soy mayo
- BROTHER'S DELIGHT BOWL\*** ..... 15.00  
Beef-less patty, smoky rashers, tomato, caramelised onion, lettuce, pickles, dijon mustard and our homemade soy mayo



### SIDES

- BEER BATTERED CHIPS** ..... SML LRG  
5.00 7.00  
Beer battered chips coated in our special zaatar seasoning
- GRAVY CHIPS** ..... 7.50  
Beer battered chips topped with our homemade gravy
- SWEET POTATO CHIPS** ... GF ..... 7.00 9.00  
Sweet potato chips coated in our special zaatar seasoning
- NUGGETS & DIP** ..... 9.00  
Seven crispy nuggets and choice of dipping sauce



- GRAVY TRAIN** ..... 12.00  
Zaatar seasoned beer battered chips loaded with gravy , avocado, slaw and bbq sauce.
- CARAMALISED** ..... 13.00  
Zaatar seasoned beer battered chips loaded with caramlised onion, avocado, and chipotle sauce.
- JACK PLUS** ..... 17.00  
Zaatar seasoned beer battered chips loaded with BBQ Jackfruit, avocado, and bbq sauce.



### SLIDERS

- CHEEzE MINOR\*** ..... 2 for \$14 / 3 for \$19  
Beef-less patty, pickle, cheeze, tomato sauce & mustard
- LIL' SCHNITZ**  
Two crispy nuggets, tomato, super slaw, our special BBQ sauce & chipotle mayo
- PEAS AND THANK YOU**  
Green pea, broccoli and spinach patty, caramelised onion, tomato & mayo



### MOOFINS

- ALL DAY BREAKFAST**
- MOOFIN** ..... 10.00  
Sausage Style patty, cheeze and tomato sauce.
- HASH MOOFIN** ..... 10.50  
Sausage Style patty, cheeze, hash brown and tomato sauce.
- MOOFIN WITH THE LOT** ..... 11.50  
Sausage Style patty, cheeze, hash brown, tomato, spinach and tomato sauce.



## SQUEEZE BOWLS

Add coconut gelato or coconut yoghurt \$2 SML LRG

**ACAI BOWL** ..... GF ..... 13.00 16.00

Amazonia Organic Acai blend topped with kiwi, blueberries, raspberries, granola and coconut chips

**SNICKERS BOWL** ..... GF ..... 12.00 16.00

Satisfy yourself with our blend of banana, peanuts, dates, cacao and coconut, topped with salted caramel blend, peanuts, chocolate sauce, banana and granola

**DRAGON BOWL** ..... GF ..... 13.00 16.00

Taste like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, blueberries, granola and coconut chips

**SALTED CARAMEL BOWL** ... GF ... 12.00 16.00

Our sweet and salty blend is packed full of dates, banana, walnuts and almonds, topped with banana, granola, coconut yoghurt and raspberries

**HULK BOWL** ..... GF ..... 13.00 17.00

Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberries, granola and coconut yoghurt

**MANGO BOWL** ..... GF ..... 13.00 16.00

Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit and granola

**SUPERFOOD ACAI BOWL** ... GF ... 14.00 17.00

Our super blend of acai, cacao, goji berries and banana, topped with blueberries, raspberries, goji berries, granola and coconut chips

**CHARLIE'S AMAZEBOWLS** . NEW . GF 16.00 19.00

Take yourself back to the beginning with our original loaded Fruit AMAZEBOWL. Amazonia acai loaded with seasonal fruit.

**CHARLIE'S BROTHERS DESSERT BOWL** .... NEW 27.00

Acai Bowl topped with strawberries, blueberries, raspberries, peanut butter, cookies, slice of your choice, gelato and finished off with scoop of raw caramel, chocolate sauce and wafers (suitable for sharing)

All of our fruit is seasonal and subject to change.

## SMOOTHIES

Add supergreens, protein, or coffee for \$1ea SML LRG

**PEANUT BUTTER BLAST** . . . GF . . . 9.00 11.00

Blast your day with maca, peanuts, banana, rice malt syrup and almond mylk. Topped with crushed peanuts and a burst of peanut butter.

**CHOC BANANA RAMA** ..... 9.00 11.00

Kick start your day with a boost of bananas, cacao, dates, maca and almond mylk pulsed to perfection. Topped with crushed cookies.

**BULK THE HULK** ..... GF ..... 10.00 12.00

Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut. Topped with crushed walnuts and coconut chips.

**VERY BERRY PROTEIN** ..... GF .... 10.00 12.00

Take your workout to the next level with a blend of pitaya, protein, blueberries, strawberries, goji berries and banana. Topped with Coconut chips and raspberries.

**SALTED CARAMEL** ..... 10.00 12.00

Get a sweet & salty with our blend of dates, banana, walnut, himalayan salt, gelato and almond mylk. Topped with crushed wafers & walnuts.

**SUPERFOOD ACAI** ..... GF ..... 10.00 12.00

Acai up your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola

**MANGO BERRY** ..... GF .. . 10.00 12.00

Get berry happy with mango, orange, raspberries coconut water and pineapple blend.

**PINA COLADA** .... NEW .. GF ..... 10.00 12.00

Feel the island vibes with our pina colada smoothie blended with pineapples, passionfruit & coconut water, topped with gelato and coconut chips.

**COTTON CANDY** .... NEW .. GF .. . 10.00 12.00

Reminisce your childhood with our cotton candy smoothie, blended with frozen banana, pitaya, goji, coconut chips & coconut water, topped with Gelato and coconut chips.

## JUICES

**WINTER FLU** ..... SML LRG 7.00 9.00

Pineapple, orange, ginger, turmeric, lemon & cayenne pepper

**PUSH YOUR IMMUNITY** ..... 7.00 9.00

Orange, carrot, ginger, turmeric

**LEAN GREEN** ..... 7.00 9.00

Spinach, kale, lemon, cucumber, celery & apple

**BELLY BUSTER** ..... SML LRG 7.00 9.00

Lemon, carrot, celery, apple, ginger

**HEAT UP THE BEAT** ..... 7.00 9.00

Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper

**LIQUID GOLD** ..... 7.00 9.00

Lemon, pear, apple, pineapple

**JUNGLE VIBES** ..... 7.00 9.00

Pineapple, watermelon, strawberries & passionfruit

**TROPICANA** ..... 7.00 9.00

Kiwi fruit, watermelon, pineapple, mint

[www.rawsqueeze.com.au](http://www.rawsqueeze.com.au)

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TOASTS



Gluten Free toast extra \$2

Add avocado \$3

**SMASHED AVO** ..... 7.00

Smashed avocado , lemon, salt & pepper on two sourdough slices.

**AVOMITE** ..... 9.00

Smashed avocado, vegemite, sliced tomato on two sourdough slices.

**HOLE TOMOLE** ..... 9.00

Smashed avocado, diced tomato and mint, on two sourdough slices.

**PEANUT BUTTER CHOC** ..... 9.00

Peanut butter, banana , crushed peanuts and choc sauce on two sourdough slices.

**PEANUT BUTTER & JELLY** .....

Peanut butter, strawberries, rice malt syrup and crushed walnuts on two sourdough slices.

**VEGO SPREAD & BANANA** ..... 12.00

Vego spread, bananas and choc sauce on two sourdough slices.

**CHEEZ & TOMATO TOASTIE** ..... 9.00

Grilled tomato, vegan cheeze and soy mayonnaise on sourdough

**MEDITERRANEAN TOASTIE** ..... 11.00

Grilled pumpkin, zucchini, eggplant ,pesto and spinach on sourdough



I scream  
You scream  
We all scream for NICECREAM

**BANANA NICE CREAM** ....GF.. 7.50

A blend of Banana and coconut, topped with chocolate sauce

**STRAWBERRY BLISS NICE CREAM** ....GF.. 7.50

A blissful blend of strawberry, banana and coconut, and topped with chocolate sauce

**CHOCOLATE NICE CREAM** ..... 7.50

A blend of cacao, coconut and banana, topped with strawberries, wafers and chocolate sauce

**SALTED CARAMEL NICE CREAM** ..... 12.00

Our unique blend of dates, banana, salt, almond mylk and walnuts, topped with wafers and date sauce

**COOKIES 'n' CREAM NICE CREAM** ..... 12.00

Our naughty blend of cookies, cacao, coconut and banana, topped with cookies, gelato, wafers and choc sauce

Try our singature Gelato , Coconut based soft serve!

**GELATO & CHOC CUP** ..... GF..... 8.50

Coconut gelato in a cup topped with chocolate sauce

**BANOFFE GELATO** ..... 10.00

Coconut gelato topped with bananas, peanuts, coffee, caramel and wafers.

**PB & C GELATO** ..... 10.00

Coconut gelato, topped with peanut butter, cookies, wafers and choc sauce

**FRUITILICIOUS** ..... GF..... 10.00

Coconut gelato, topped with fresh seasonal fruit

Check out our cabinet for a wide range of treats courtesy of Rawsome and Plant Based Dough Co.

Visit us at any of our locations

Ashgrove - Clayfield - Clontarf - Everton Park - Greenslopes - Kenmore - Morningside - Maroochydore - Northlakes - Redbank Plains - Wynnum West

[www.rawsqueeze.com.au](http://www.rawsqueeze.com.au) - @rawsqueeze

THE SWEET & SAVOURY SIDE



**TRADITIONAL TWO STACK** ..... 6.00

Two of our fluffy pancakes, rice malt syrup and strawberries.

**SALTED CARAMEL PANCAKES** ..... 10.00

Two of our fluffy pancakes, date sauce, walnuts, banana and a scoop of our salted caramel bowl blend

**FRUITILICIOUS PANCAKES** ..... 12.00

Two of our fluffy pancakes, kiwi fruit, strawberries, banana, rice malt syrup and a scoop of our mango bowl blend

**BEC'S BONANZA PANCAKES** ..... 12.00

Two of our fluffy pancakes, blueberries, wafer, choc sauce , peanut butter and a scoop of our snickers bowl blend.

Add protein ball \$3

Add coconut gelato \$2

Add peanut butter \$2

Add chocolate sauce \$1

Add Vego Spread \$2

Add coconut yoghurt \$2



For range of milks or mylks ask our friendly staff.

No extra charge for Plant-based mylks.

COFFEE

	SML	RGL	LRG
# Shots	1	2	3
ESPRESSO	3.50		
PICCOLO	4.00		
MACCHIATO	4.00	4.70	
LONG BLACK	4.00	4.70	5.30
FLAT WHITE / CAPPUCCINO	4.00	4.70	5.30
MOCHA	4.00	4.70	5.30
LATTE / HOT CHOCOLATE	4.00	4.70	5.30
ASSORTED TEA		3.00	
BUBBA CINO		2.00	
ICED LONG BLACK	4.00	4.70	
Coffee & ice			
ICED LATTE	4.00		5.30
Coffee, mylk & ice			
ICED COFFEE	6.00		7.30
Coffee, ice, mylk & gelato			
ICED CHOCOLATE	6.00		7.30
Chocolate, ice, mylk & gelato			
ICED MOCHA	6.00		7.30
Coffee, chocolate, ice, mylk & gelato			
EXTRA SHOT		0.50	
GELATO		2.00	





# Raw Squeeze

Healthy Cafe & Juice Bar

[www.rawsqueeze.com.au](http://www.rawsqueeze.com.au)

[@rawsqueeze](https://www.instagram.com/rawsqueeze)

Raw Squeeze specializes in simple, plant-based, and healthy juices, smoothies, bowls and nice-creams. We pride ourselves on never compromising the integrity of our product and the quality of the produce we use in their creation - so much so that our directors go to the market and source the best produce daily.

## MOO-FREE BURGERS

[www.moofreeburgers.com.au](http://www.moofreeburgers.com.au)

[@moofreeburgers](https://www.instagram.com/moofreeburgers)

Moo Free was established in 2016 from a passion to provide our customers with delicious, affordable plant-based burgers. In order to ensure the integrity and quality of our products we make our signature sauces and the majority of our patties in our purpose-built kitchen by a dedicated team of experts.

**DONT FORGET TO CHECK  
OUT OUR SISTER BUSINESSES**

CHARLIE'S  
**VEG**  
PANTRY

**Charlies**  
FRUIT  
**ONLINE.COM.AU**



**CHARLIES  
FRUIT MARKET**



**Charlies**  
fruit wholesale  
.com.au