

MOO-FREE

The only thing we're killing is your appetite

BURGERS

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



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

BURGERS

- VBD "VEGAN BROTHERS DELIGHT" 15.00**
Beef-less patty, smokey rashers, tomato, caramelised onion, lettuce, pickles, dijon mustard and our homemade soy mayo
- CHEEZE BURGER 11.50**
- DOUBLE CHEEZE BURGER 18.00**
Beef-less patty, cheeze, pickles, tomato sauce and dijon mustard
- HASH & BEET 14.50**
Beef-less patty, hash brown, beetroot, tomato, lettuce, pickle, rustic tomato relish and our homemade soy mayo
- CHICK'N LICK'N 14.50**
Crispy chicken-style patty, smokey rasher, avocado, grilled pineapple, onion, tomato, lettuce, rustic tomato relish and our homemade soy mayo
- CHICK'N & CHEEZE 11.50**
Crispy chicken-style patty, cheeze, lettuce and peppered soy mayo
- CHIPOTLE CHICK'N 12.50**
Crispy chicken-style patty, smokey rashers, super slaw, our special BBQ sauce and chipotle mayo
- DON'T BE MEAN, BE GREEN 14.50**
Green pea, broccoli and spinach patty, grilled capsicum, caramelised onion, beetroot, lettuce, tomato, soy mayo and pesto
- AUSSIE MAMA 13.50**
Mum's traditional falafel recipe, beetroot, pickles, avocado, super slaw and chipotle mayo



SIDES

- BEER BATTERED CHIPS 4.00 6.00**
Beer battered chips coated in our special zaatar seasoning
- GRAVY CHIPS 7.50**
Beer battered chips topped with our homemade gravy
- NUGGETS & DIP 7.00**
Seven crispy nuggets and choice of dipping sauce
- LOADED CHIPS OF THE DAY 12.00**
Our store's loaded chip creation, ask at the counter



2 for \$14 / 3 for \$19

SLIDERS

- CHEEZE MINOR**
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

MENU



SMOOTHIES

- ////// ////
- Add supergreens, protein, or coffee for \$1ea **SML LRG**
 - FUEL YOUR WARRIOR 8.00 10.00**
Bring out your warrior with maca, peanuts, banana, rice malt syrup and almond mylk
 - CACAO ENERGY BOOSTER 8.00 10.00**
Kick start your day with a boost of bananas, cacao, dates, maca and almond mylk pulsed to perfection
 - BULK THE HULK 10.00 12.00**
Get green and bulk like the Hulk with spinach, kale, mint, banana, walnut, cinnamon and coconut
 - VERY BERRY PROTEIN 10.00 12.00**
Take your workout to the next level with a blend of pitaya, protein, blueberries, strawberries, goji berries and banana
 - NATURES' RAW SALTED CARAMEL . 10.00 12.00**
Get a taste natures' sweet caramel with dates, banana, walnut, himalayan salt, gelato and almonds
 - SUPERFOOD DETOX-ACAI 10.00 12.00**
Detox-acai your day with a combo of acai, cacao, goji berries, banana, almond mylk, dates, and topped with granola
 - GLOW CRAZY 10.00 12.00**
Glow through the day with mango, orange and pineapple

SQUEEZE BOWLS

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- Add coconut gelato \$2 **SML LRG**
 - ACAI BOWL 10.00 14.00**
A unique blend of acai and banana, topped with kiwi, blueberries, raspberries, granola and coconut chips
 - SNICKERS BOWL 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 12.00 16.00**
Just like cotton candy, our blend of pitaya, strawberries, goji berries and banana, topped with kiwi, blueberries, granola and coconut chips
 - SALTED CARAMEL BOWL 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 13.00 17.00**
Go green with our blend of banana, spinach, kale, mint, walnut and cinnamon, topped with banana, strawberry, granola and coconut yoghurt
 - MANGO BOWL 13.00 17.00**
Freshen up with our blend of mango, pineapple and orange, topped with kiwi, strawberries, passionfruit and granola
 - SUPERFOOD ACAI BOWL 13.00 17.00**
Our super blend of acai, cacao, goji berries and banana, topped with blueberries, raspberries, goji berries, granola and coconut chips

JUICES



50c surcharge will apply for more ingredients with no ice

	SML	LRG
WINTER FLU 7.00 9.00		
Pineapple, orange, ginger, turmeric, lemon & cayenne pepper		
BOOST YOUR IMMUNITY 7.00 9.00		
Orange, carrot, ginger, turmeric		
LEAN GREEN CLEANSING MACHINE 7.00 9.00		
Spinach, kale, lemon, cucumber, celery & apple		
VITAMIN SEE 7.00 9.00		
Lemon, carrot, celery, apple, ginger		
RED TO REJUVENATE 7.00 9.00		
Beetroot, carrot, ginger, lemon, pineapple & cayenne pepper		
SKINNY GOLD 7.00 9.00		
Lemon, pear, apple, pineapple		
HIGH ON HYDRATION 7.00 9.00		
Pineapple, watermelon, strawberries & passionfruit		
RESTORE, REFRESH, REPAIR 7.00 9.00		
Kiwi fruit, watermelon, pineapple, mint		

THE SWEET & SAVOURY SIDE



Sourdough options include white or rye.
Add vegan cheese \$2 Add avocado \$3

SMASHED AVO ON TOAST 7.00	
Smashed avocado on sourdough	
AVO & TOMATO ON TOAST 9.00	
Smashed avocado, diced tomato and mint, on sourdough	
PEANUT BUTTER CHOC TOAST 9.00	
Peanut butter, banana and choc sauce on sourdough	
CHEEzE & TOMATO TOASTIE 9.00	
Grilled tomato, vegan cheeze and soy mayonnaise on your choice of sourdough	
MEDITERRANEAN TOASTIE 11.00	
Grilled pumpkin, zucchini, pesto and spinach on your choice of sourdough	
TRADITIONAL TWO STACK 6.00	
Two of our fluffy pancakes, rice malt and strawberries.	
Add protein ball \$3 Add coconut gelato \$2	
Add peanut butter \$2 Add chocolate sauce \$1	
SALTED CARAMEL PANCAKES 10.00	
Two of our fluffy pancakes, date sauce, walnuts, banana and a scoop of our salted caramel bowl blend	

TREAT YOURSELF



*Choice of wafer or (GF) granola

GELATO & CHOC CUP 8.50	
Coconut gelato in a cup topped with chocolate sauce	
STRAWBERRY BLISS NICE CREAM 7.50	
A blissful blend of strawberry, banana and coconut, and topped with chocolate sauce	
CHOCOLATE NICE CREAM 9.50	
A blend of cacao, coconut and banana, topped with strawberries, wafers* and chocolate sauce	
SALTED CARAMEL NICE CREAM 10.00	
Our unique blend of dates, banana, salt, almonds and walnuts, topped with wafers* and date sauce	
PB & C GELATO 10.00	
Coconut gelato, topped with peanut butter, cookies, wafers* and choc sauce	
FRUITALICIOUS 10.00	
Coconut gelato, topped with fresh seasonal fruit	
COOKIES 'n' CREAM NICE CREAM 10.00	
Our naughty blend of cookies, cacao, coconut and banana, topped with cookies, gelato, wafers* and choc sauce	

All of our fruit is seasonal and subject to change.

Gluten Free options are available,

Please notify one of our friendly staff for more information.

Raw Squeeze

Healthy Cafe & Juice Bar

www.rawsqueeze.com.au

@rawsqueeze

Raw Squeeze specializes in simple, plant based, and healthy juices, smoothies, bowls and ice 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

@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.