



INLAKEESH

• LIVING FOODS •

Menu



INLAKESH
LIVING FOODS





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LIVING FOODS

All Day Breakfast



Organic Sourdough Toast

--- 7.5

2 slices of white / wholemeal / rye / soy & linseed / gluten-free

- vegemite or natural peanut butter

--- 2

- natural almond butter or homemade redcurrant jam

--- 2

Add: fresh ricotta and honey

--- 7

Add: fresh avocado

--- 6



Organic Rye Fruit & Raisin Toast OR Gluten-free Spicy Fruit Toast

8



Almond Nut Granola

--- 16

w/ banana, coconut flakes and chia

Choose: milk, and coconut yoghurt



Acai Bowl

--- 17

organic acai, blueberries, chia, hemp seeds, banana blended with almond milk

Add: almond nut granola

--- 7



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All Day Breakfast



Vegan Pancake Stack

--- 23.5

saffron infused coconut yoghurt, almond walnut brittle, red currant, seasonal fruit



Breakfast Power Bowl

--- 25

quinoa, avocado, mushrooms, spinach, cherry tomato, poached egg

Add: grilled haloumi

--- 6



Corn Zucchini Fritters

--- 25

egg gherkin and tahini salad, avocado, tomato salsa, snow pea tendrils

Add: smoked ocean trout

--- 8

Add: bacon

--- 8



Ranch Eggs

--- 24

mixed bean salsa, fried eggs, picante sauce, avocado, tomato bruschetta, feta, tortillas

Add: grilled free range chorizo

--- 8

All Day Breakfast



Mediterranean Breakfast

--- 25

scrambled eggs, leek, mushrooms, feta, balsamic glaze

Choose: sourdough / gluten-free

Add: free-range chorizo

--- 8



Morning Bruschetta

--- 25

poached eggs, avocado salsa, pesto, tomato & basil bruschetta

Choose: sourdough / gluten-free

Add: crispy free-range bacon

--- 8



Green Eggs

--- 25

scrambled eggs with spinach puree, Danish feta, cherry tomato

Choose: sourdough / gluten-free

Add: smoked salmon

--- 9



Free-range Bacon & Egg Sandwich

17

free-range bacon, fried egg, sliced tomatoes, homemade tomato relish

Choose: sourdough / activated charcoal brioche bun / gluten-free bun

All Day Breakfast



Protein Omelette

--- 24.5

egg whites only, poached chicken breast, fresh ricotta, spinach
Choose: sourdough / gluten-free



Veggie Omelette

--- 22

mushroom, spinach, asparagus, cherry tomato
Choose: sourdough / gluten-free



Eggs Benny

--- 19

poached eggs w/ homemade hollandaise on sourdough
Choose: sourdough / gluten-free

Add: sautéed spinach

free range ham

free range bacon

smoked salmon

--- 4

--- 5

--- 5

--- 5



Two Free-Range Eggs

--- 14

poached / fried / scrambled

Choose: sourdough / gluten-free



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All Day Breakfast

Breakfast sides

Free-range bacon	----- 8	Avocado salsa	----- 7
Free-range chorizo	----- 8	Smoked salmon	----- 9
Free-range ham	----- 8	Extra Free-Range egg	----- 4

Fresh avocado	----- 6	Grilled haloumi	----- 8
Sautéed spinach	----- 6	Roasted mushrooms	----- 6
Herb roast tomato	----- 6	Organic baked beans	----- 6





INLAKESH
INDIAN FOODS





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Lunch menu



Shrimp tacos

--- 26

3 corn tortillas, shrimps, coleslaw, chilli mayonnaise, avocado, parsley, coriander



Crispy Salmon Tacos

--- 24

3 corn tortillas, crispy salmon, red cabbage, chipotle mayo, avocado, coriander



Salt & Pepper Squid

--- 24

w/ homemade mixed salad, homemade dressing, aioli sauce



Lemon Herb Baked Salmon

--- 28

w/ quinoa, sautéed greens, garlic, carrot puree



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Lunch menu



Prawn mushroom pasta

--- 27

gluten-free pasta, prawns, mushrooms, spinach, garlic, onion, Parmigiana, parsley



Grilled chicken and mushroom pasta

--- 26

gluten-free pasta, free-range chicken breast, onion, garlic, mushrooms, Parmesan cheese, pure cream



Vegetarian pasta salad

--- 24

gluten-free pasta, chickpeas, pine nuts, cherry tomatoes, cucumber, parsley, coriander, feta cheese, Parmesan cheese, olives, homemade mustard dressing



Avocado and Spinach egg salad

--- 22

avocado, eggs, spinach, red onion, cucumber, lemon juice, honey or maple syrup

Add: extra virgin olive oil, fresh parsley or cilantro, pine nuts



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Lunch menu



Grilled chicken and Prosciutto Salad

--- 23

grilled chicken breast, San Daniele prosciutto, avocado, tomato, asparagus, sesame seeds, spinach, kale, lemon, alfalfa, vinagrette



Lamb Curry

--- 28

slow cooked aromatic lamb curry, coconut cream, saffron rice



BBQ Chicken

--- 28

free-range chermoula spiced chicken breast, chips, garlic sauce, house salad, pita bread



Paleo Chicken Schnitzel

--- 24

w/ house slaw, chipotle mayo



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Lunch menu



Deli Antipasto Board

selection of 3 deli cheeses, 3 deli meats, antipasti, pickles, redcurrant jam, crackers, grilled pita

30
for one

54
for two



Ploughman's Lunch

grilled chicken breast, chorizo, haloumi, avocado salsa, garlic toum, chips, leafy salad, herb bread

28
for one

50
for two



Mediterranean Platter

organic beef kofta meat and free range grilled chicken, chips, salad with homemade mustard dressing

4 sides: baba ghanoush, tahini, antipasto and garlic sauce served with pita bread

26
for one

48
for two



Lamb Souvlaki Platter

gluten-free lamb souvlaki skewers, Greek salad, saffron rice, homemade fresh garlic sauce.

Choose: Greek pita bread or gluten-free bread

26
for one

48
for two



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Lunch menu



Grilled chicken

--- 27

grilled Balsamic chicken, grilled asparagus, chips, mixed leafy salad, homemade garlic sauce



Steak and chips

--- 31

300g organic grilled rump steak, chips, mixed leafy salad, homemade black pepper sauce



Mediterranean Veggie Platter

25
for one

falafel, turmeric cauliflower, antipasti, baba ghanoush, hummus, garlic toum, bruschetta tomato, pita

45
for two



Greek Salad

--- 15

cucumbers, tomatoes, feta cheese, olives, onions, oregano, lemon juice

Homemade Soups

check our gluten-free and dairy-free soup menu for daily selections





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Lunch menu

Nourishing Bowls



Alkalizing Green Veggie Bowl

--- 24

quinoa, broccoli, kale, beans, asparagus, avocado salsa, tamari, lime dressing



Buddha Bowl

--- 24

quinoa, turmeric cauliflower, pickled red cabbage, avocado, zucchini, sweet potato, ginger dressing



Hippie Bowl

--- 24

charred pumpkin, brown rice, mushrooms, fennel spinach, hemp and chia



Bliss Bowl

--- 24

brown rice, maple roasted pumpkin, feta, rocket, pepitas, sunflower seeds, tomato

Lunch menu

Nourishing Bowls



Moroccan Bowl

24

sweet potato, chickpeas, lentils, roast capsicum, sunflower seeds, dates, kale, sweet balsamic

Add protein boosts to your bowl:

Grilled organic rump steak	----- 9	Poached egg	----- 4
Homemade falafels	----- 7	Pulled lamb	----- 9
Polenta tofu	----- 7	Grilled chorizo	----- 8
Grilled free-range chickens	----- 9	Grilled haloumi	----- 8
Smoked salmon	----- 9		

Sides:

(all gluten-free and served with aioli)

Potato Fries

10

Sweet Potato Chips

12

Loaded Fries

14

w/ crispy bacon, melted cheese



INLAKESH
HEALTHY FOODS



Lunch menu

Burgers & Sandwiches



Organic Beef Burger

23

organic beef mince, melted cheddar, caramelized onions, beetroot, tomato, pickles, Dijon mustard, mixed leaf



Chicken Burger

23

grilled free-range chicken, avocado, tomato, chilli mayo, mixed leaf



Pulled Lamb Burger

22

tomato, garlic toum, spinach



Hemp Burger

21

fava beans, herb & hemp patty, hummus, garlic toum, beetroot, spinach, tomato

Lunch menu

Burgers & Sandwiches



Haloumi Burger

--- 21

grilled Haloumi, marinated zucchini, tomato, hummus, avocado salsa, mixed leaf



Steak Sandwich

--- 25

organic grilled rump steak, caramelized onions, lettuce, tomato, BBQ relish



Club Sandwich

--- 24

free-range grilled chicken, ham, chilli mayo, tomato, relish, mixed leaf

Burger boosters:

Free-range bacon	----- 4	Avocado salsa	----- 4
Cheddar cheese	----- 2	Beetroot	----- 2
Organic fried egg	----- 4	Haloumi	----- 4

Choose: charcoal brioche bun, hamburger bun or gluten and dairy-free bun

Choose: chips or leafy salad

Add: sweet potato chips ----- 2



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Kids breakfast



One Egg

--- 8

Egg of your choice w/ toasted Turkish bread



Vegan Pancake

--- 10

coconut yoghurt, banana, redcurrant jam, maple syrup, seasonal fruit



Vegemite and cheese Melt

--- 9

on toasted Turkish bread, w/ chips

Add: avocado

--- 5



Croissant

--- 10

cheese and tomato, ham and cheese or ham and avocado



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Kids lunch



all served with fries, sweet potato chips or leafy salad



Chicken strips

--- 12

crumbed free-range chicken breast strips



Mini cheese burger

--- 13

w/ spinach and tomato



Veggie Falafel Burger

--- 12

w/ spinach and tomato



Crispy salmon burger

--- 14

w/ spinach, tomato and mayo

Kids lunch



all served with fries, sweet potato chips or leafy salad

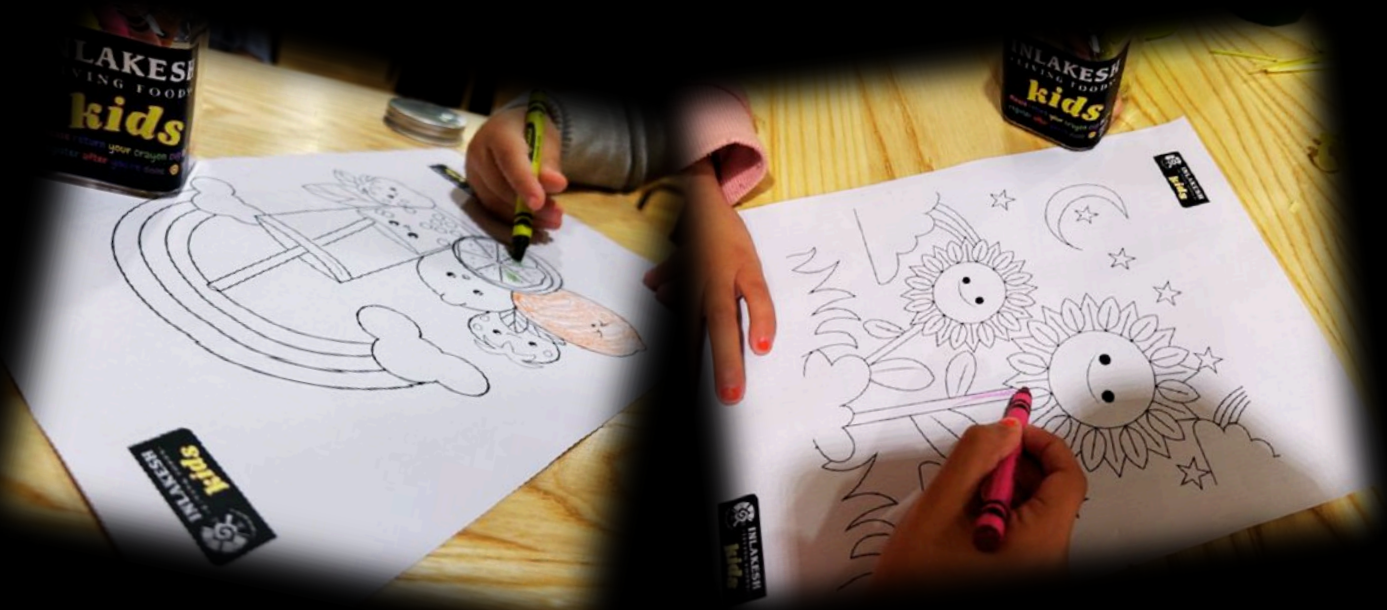
Open Melts

11



on toasted Turkish bread
cheese and tomato, ham and cheese or ham and avocado

Inlakesh Kids can ask for crayons and colouring pages whilst enjoying their meals





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Wine



TAMBURLAINE ORGANIC WINES



Bottle

38

Glass

12

Sauvignon Blanc

Orange wine region, NSW

Pinot Gris

Orange wine region, NSW

Rose

Central Ranges, NSW

Shiraz Pinot Noir

Orange wine region, NSW



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Cold Drinks



Iced Latte

brewed fresh using organic coffee

sml	---	7
lrg	---	8



Iced Green Tea Latte

served over ice

sml	---	7.5
lrg	---	8.5



Chai Chiller

chai powder blended with ice and milk

---	7.5
-----	------------



Milkshake

chocolate, strawberry, vanilla, caramel

sml	---	7.5
lrg	---	9.5



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Cold Drinks



Iced Coffee/ Iced Chocolate

organic coffee or chocolate w/ vanilla ice-cream
w/ your choice of milk

sml --- 9.2
lrg --- 10.2



Iced Mocha

w/ vanilla ice-cream and your choice of milk

sml --- 9.7
lrg --- 10.7



Kombucha

assorted flavours

--- 7



Organic Soft Drinks

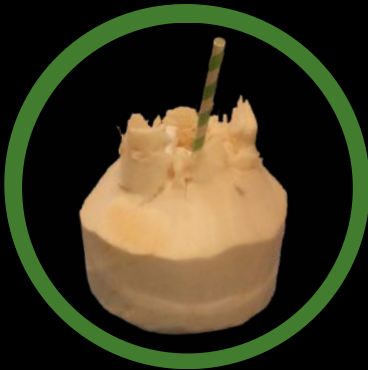
Cola, Lemonade, Ginger Beer, Lemon Lime & Bitters

--- 7



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Cold Drinks



Coconut Water

--- 8



Iced Teas

Mango, Peach, Lemon, Lychee, or Mixology
Hibiscus Punch

sml --- 6.5
lrg --- 7.5

Beloka Pure Australian Alps Sparkling Water

330ml --- 6

500ml --- 7

Pure Still Water

600ml --- 3.9



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Hot Drinks

We proudly use Org certified organic coffee beans



Espresso

--- **3.7**



Macchiato, Piccolo

--- **4.2**



Cappuccino, Latte, Flat White, Black

sml --- **5**
lrg --- **6**



Fresh Organic Sticky Chai

sml --- **6.7**
lrg --- **7.7**

Dirty Chai

sml --- **7**
lrg --- **8**



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Hot Drinks

We proudly use Org certified organic coffee beans



Organic Matcha Latte

sml	---	6
lrg	---	7



Organic Green Tea Latte

sml	---	6
lrg	---	7



Organic Golden Tumeric Latte

sml	---	6
lrg	---	7



Organic Super Shroom Latte

sml	---	6.7
lrg	---	7.7



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Hot Drinks

We proudly use Org certified organic coffee beans



Mocha made with Organic Chocolate

sml --- 6
lrg --- 7



Kali Hot Chocolate

made w/ premium gluten-free 33 % cocoa
natural and dairy-free

sml --- 5.6
lrg --- 6.6



Affogato al caffè

vanilla ice cream topped with two shots of organic coffee

--- 6

Decaf, double shot or upgrading to jumbo size

--- add \$ 1



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Hot Drinks Loose Leaf Organic Teas

served in pot

6

Fresh Chai Tea

organic blend of honey, black tea and aromatic spices

English Breakfast

a smooth blend of high grown organic BOP Ceylon



Earl Grey

the bergamot is distinct without dominating the wonderful character of high grown Ceylon

Irish Breakfast

strong blend of fine grade black tea from Sri Lanka

Lemongrass & Ginger

a classic blend of premium organic ginger from Nikapotha estate and lemongrass from Stonyfield estate

Chamomile Herbal Tisane

caffeine-free chamomile flowers



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Hot Drinks Loose Leaf Organic Teas

served in pot

6

Chamomile Herbal Tisane

caffeine-free chamomile flowers

Peppermint Herbal Tisane

appreciated as a digestive and pick-me-up

Gunpowder Green Tea

an extra special green tea plucked during Uva's wet season



Liquorice, Peppermint & Fennel Herbal Tisane

a classic blend that serves well as a digestive

Relaxing Herbs Tisane

a harmonious blend of organic lemongrass, rose hips, lavender, rose petals, red clover and chamomile

Rooibos Herbal Tisane

sweet, aromatic and slightly fruity herb from South Africa, blended with Iramusu – an Indian herb commonly known as sarsaparilla. this tisane is antioxidant rich and caffeine-free



INLAKESH

LIVING GREEN





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Vitalising Juices

Sml **12**

Lrg **15**

The Green Meany

kale, spinach, celery, apple, cucumber, lemon, ginger, turmeric

Vitality

celery, cucumber, kale, apple, pineapple, lime, ginger

Immunity

kale, orange, beetroot, carrot, ginger and cinnamon

Living Elixir

beetroot, pineapple, orange, apple, cucumber, lemon, coconut water

De-tox Me

kale, beetroot, carrot, celery, ginger, cucumber, chlorophyll

Hydrate Me

watermelon, apple, celery, cucumber, ginger, mint

Blood Cleanser

carrot, beetroot, apple, celery, ginger, lemon

Seeing in the Dark

carrot, orange, lemon, ginger, cucumber, turmeric

Toxin Flush

watermelon, kale, cucumber, lemon, mint



Super Smoothies

Sml **12**

Lrg **15**

Day Starter

banana, blueberries, maca, psyllium husk, shredded coconut, LSA, vegan protein
almond milk or coconut water

Minty Matcha Magic

green tea matcha, mint leaves, banana, cashews and almond milk

Cheeky Chai Spice

vanilla chai powder, dates, banana, almonds, almond milk, chai dust

Golden Goodness

mango, banana, ginger, turmeric, dates, coconut milk

Treat Yourself

raw cacao, maca, almonds, dates, vanilla coconut ice-cream, almond milk

Berry Berry Stress Free

raspberries, blueberries, strawberries, banana, chia seeds, coconut water

Hemptation

strawberries, banana, maple syrup, hemp seeds, coconut water





Super Smoothies

Sml **12**

Lrg **15**

Salted Caramel

dates, banana, cashews, chia seeds, vegan protein, Himalayan salt, almond milk

White Chocolate Raspberry

cashews, raspberries, dates, chia, vegan protein, coconut milk

The Green One

mango cheek, banana, kale, spinach, vegan protein, almond milk

Caveman Bodybuilder

almond granola, banana, honey, peanuts, vegan protein, almond milk

The Hulk

Lrg **18**

kale, spinach, celery, lemon, cucumber, green apple, banana, chlorophyll, chia seeds, maca, vegan protein, super greens (spirulina, chlorella, barley grass, wheat grass), coconut water

Power Up

avocado, almond, banana, dates, almond milk

Add:

Vegan protein, espresso, granola
or peanut butter --- 3





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Please see our café display for sweets and
homemade savouries



Please ask for gluten-free, dairy-free and paleo options



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