



INLAKESH
• **LIVING FOODS** •

WHOLEFOOD CAFÉ & ORGANIC GROCER

  inlakeshlivingfoods.com.au

BREAKFAST all day

TWO SLICES OF ORGANIC SOURDOUGH TOAST white, wholemeal, rye, soy & linseed or gluten free		5
vegemite or natural peanut butter		1
natural almond butter, ABC butter (almonds, Brazil nut, cashews) or homemade redcurrant jam		2
ADD FRESH RICOTTA AND HONEY 6		
ORGANIC RYE FRUIT AND RAISIN TOAST OR GLUTEN FREE SPICY FRUIT TOAST		6
✓✓	ALMOND NUT GRANOLA w banana, coconut flakes and chia	12
CHOICE OF milk, and coconut or low fat yoghurt		
✓✓	ACAI BOWL organic acai, blueberries, chia, hemp seeds, banana blended with almond milk	14
ADD ALMOND NUT GRANOLA 5		
✓	VERY FAIRY HOTCAKE Japanese hotcake, hazelnut ice cream, salted caramel sauce fresh fruits, pistachio	21
ADD CRISPY MAPLE BACON 6		
✓✓	VEGAN PANCAKE STACK saffron infused coconut yoghurt, almond walnut brittle, red currant coulis fruits	20
ADD CRISPY MAPLE BACON 6		
✓	BREAKFAST POWER BOWL quinoa, avocado, mushrooms, spinach, cherry tomato, poached egg	19
ADD GRILLED HALOUMI 5		
✓	MEDITERRANEAN BREAKFAST scrambled eggs tossed with leek, mushrooms,	19
feta choose sourdough or gluten free		
ADD GRILLED FREE RANGE CHORIZO 6		
✓	MORNING BRUSCHETTA poached eggs, avocado salsa, pesto, tomato & basil bruschetta	20
choose sourdough or gluten free		
ADD CRISPY FREE RANGE BACON 6		
✓	GREEN EGGS scrambled eggs with spinach puree, Danish feta, cherry tomato choose sourdough or gluten free	18
ADD SMOKED SALMON 6		
FREE RANGE BACON & EGG SANDWICH		14
crispy free range bacon, fried egg, homemade tomato relish choose sourdough, activated charcoal brioche bun or gluten free seeded bun		
PROTEIN OMELETTE egg whites only, poached chicken breast, fresh ricotta, spinach		20
choose sourdough or gluten free		
✓	VEGIE OMELETTE mushroom, spinach, asparagus, cherry tomato on sourdough or gluten free	18
✓	EGGS BENNY poached eggs w homemade hollandaise on sourdough or gluten free	15
w Sautéed spinach 19		w Free range ham 21
		w Free range bacon 22
		w Smoked salmon 22
✓	TWO ORGANIC EGGS poached, fried or scrambled	11
CHOICE OF sourdough or gluten free		

BREAKFAST SIDES

CHOOSE two veggie sides 9 CHOOSE three veggie sides 12

Free range bacon 7	Smoked salmon 6
Free range chorizo 6	Free range ham 6
Avocado salsa 6	Extra organic egg 3

Fresh Avocado 5	Grilled haloumi 5
Sautéed spinach 5	Roasted mushrooms 5
Herb roast tomato 5	Organic baked beans 5

LUNCH

HOME MADE SOUP please see soup menu for daily selections

CRISPY SALMON TACOS red cabbage jalapeno lime slaw, avocado, coriander, chili verde aioli, corn tortilla 19

SALT & PEPPER SQUID cous cous tabbouleh salad, hummus, garlic sauce 20

LEMON HERB BAKED SALMON quinoa, sautéed greens, garlic, carrot puree 24

LAMB CURRY slow cooked aromatic lamb curry, coconut cream, saffron rice 21

BBQ CHICKEN CHERMOULA chips, garlic sauce, house salad 23

PALEO CHICKEN SCHNITZEL cherry tomato, parsley, cauliflower rice salad, chili aioli 21

✓✓ **MEDITERRANEAN VEGGIE PLATTER** Platter for one : 20 Platter for two : 35
Falafel, Turmeric Cauliflower, antipasti, baba ganoush, hummus, garlic toum, pitta

DELI GRAZING PLATTER Platter for one : 25 Platter for two : 40
Prosciutto, free range ham, salami, 3 deli cheeses, antipasti, pickles, redcurrant jam, crackers, herb bread

PLOUGHMANS LUNCH BOARD Platter for one : 27 Platter for two : 45
Grilled free range chicken and chorizo, grilled haloumi, avocado salsa, garlic toum, herb bread

NOURISHING BOWLS

✓✓ **ALKALIZING GREEN VEGGIE** quinoa, broccoli, kale, beans asparagus, avocado salsa, tamari, lime dressing 19

✓✓ **BUDDHA BOWL** turmeric cauliflower, pickled red cabbage, avocado, zucchini, radish, ginger dressing 18

✓✓ **HIPPIE BOWL** charred pumpkin, brown rice, mushrooms, fennel, spinach, hemp and chia 18

✓ **DYNAMIC BLISS BOWL** brown rice, maple roasted pumpkin, feta, rocket, pepitas, sunflower seeds, tomato 18

ADD A PROTEIN TO BOOST YOUR BOWL

Grilled organic rump steak 8

Homemade falafels 6

Polenta coated tofu 5

Grilled free range chicken 7

Poke raw salmon 8

Organic poached egg 3

Grilled Moroccan lamb 8

Prosciutto 6

Grilled haloumi 5

SIDES

✓✓ **POTATO FRIES** 7
ADD GRATED MANCHEGO 3

✓ **SWEET POTATO CHIPS** served w aioli 9

✓ **GARLIC OR HERB BREAD** on toasted Turkish bread 7
ADD MELTED MOZZARELLA 2

✓✓ **TRIO OF HOMEMADE DIPS** babaghanoush, garlic toum, hummus served with pitta bread 13

✓ Vegetarian

✓✓ Vegan

PLEASE ASK FOR GLUTEN FREE, DAIRY FREE AND PALEO MENU OPTIONS

PLEASE SEE OUR CAFÉ DISPLAY FOR SWEETS & HOMEMADE SAVOURIES

BURGERS & SANDWICHES

	ORGANIC BEEF BURGER melted cheddar, caramelized onions, beetroot, tomato, mixed leaf	19
	CHICKEN BURGER grilled free range chicken breast, avocado, tomato, chili mayo, mixed leaf	18
	LAMB BURGER tomato salsa, garlic toum, tabbouleh, spinach	18
✓✓	HEMP BURGER chickpea, herb & hemp patty, hummus, garlic toum, beetroot, spinach, tomato	18
✓	HALOUMI BURGER marinated zucchini, tomato bruschetta, hummus, avocaddo, mixed leaf	18
	STEAK SANDWICH organic grilled steak, caramelized onions, lettuce, tomato, BBQ relish	18
	CLUB SANDWICH grilled chicken, free range ham, chili mayo, tomato, relish, mixed leaf	18

BURGER BOOSTERS

Free range bacon 4	Cheddar cheese 1.5	Organic fried egg 3
Avocado salsa 3	Beetroot 1.5	Haloumi 3

KIDS BREAKFAST

✓	ONE EGG poached or fried w toasted turkish bread	6
	ADD BACON 5	
✓✓	VEGAN PANCAKE coconut yoghurt and banana	8
✓	VEGEMITE AND CHEESE MELT on toasted turkish bread	6
	ADD AVOCADO 5	
	CROISSANT or CHARCOAL BRIOCHE ROLL	
✓	Tasty cheese & tomato	7
	Free range ham & tasty cheese, or ham & avocado	10

KIDS LUNCH

	all served with fries, sweet potato chips or leafy salad	
	CHICKEN STRIPS lightly crumbed free range chicken breast strips	11
	MINI CHEESE BURGER lettuce, tomato	12
✓✓	VEGIE FALAFEL BURGER lettuce, tomato	11
	OPEN MELTS	
✓	Tasty cheese & tomato	9
	Free range ham & tasty cheese, or free range chicken & tasty cheese	12
	CRISPY SALMON TACO with avocado, spinach, mozzarella	10

WINE TAMBURLAINE CERTIFIED ORGANIC

		Bottle 38	Glass 10
	SAUVIGNON BALNC Orange wine region, NSW		
	PINOT GRIS Orange wine region, NSW		
	ROSE Central ranges, NSW		
	SHIRAZ PINOT NOIR Orange wine region, NSW		

COLD DRINKS

ICED LATTE BREWED FRESH	using org coffee			5.5
ICED GREEN TEA LATTE	served over ice			6
CHAI CHILLER	chai powder blended with ice and milk			6
MILKSHAKES	chocolate, strawberry, vanilla, caramel w vanilla ice cream or df coconut ice cream 1			6.5
ICED COFFEE, CHOCOLATE / ICED MOCHA				7.5 / 8
organic coffee or chocolate w your choice of milk and w vanilla ice cream or df coconut ice cream 1				
KOMBUCHA ASSORTED FLAVOURS				5.5
ORGANIC SOFT DRINKS AND ICED TEAS	cola, lemonade, ginger beer, lemon lime & bitters			4.8
COCONUT WATER				5.5
BELOKA PURE AUSTRALIAN ALPS SPARKLING WATER		250ml	3.5	500ml 6

HOT DRINKS

We proudly use Org certified organic coffee beans

ALMOND, SOY, OAT OR COCONUT MILK, DECAF OR DOUBLE SHOT ESPRESSO				add 70c
MACCHIATO, PICCOLO				3.5
CAPPUCCINO, LATTE, FLAT WHITE, BLACK		Reg 4	Lrg	5
9 SPICE FRESH ORGANIC CHAI	w honey	Reg 5	Lrg	5.8
ORGANIC MATCHA LATTE		Reg 5	Lrg	5.8
ORGANIC GREEN TEA LATTE		Reg 5	Lrg	5.8
ORGANIC GOLDEN TURMERIC LATTE		Reg 5	Lrg	5.8
ORGANIC SUPER SHROOM LATTE		Reg 5	Lrg	5.8
MOCHA MADE WITH ORGANIC CHOCOLATE		Reg 5	Lrg	5.8
KALI HOT CHOCOLATE	made w premium gluten free 33% cocoa natural and dairy free	Reg 4.5	Lrg	5.3

LOOSE LEAF ORGANIC TEA

served in pot

5

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			
FRENCH BREAKFAST	a smooth aromatic blend of Ceylon and vanilla			
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			

VITALISING SUPER JUICES

Reg 9

Lrg 11

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

Reg 9

Lrg 11

ALMOND, SOY, OAT OR COCONUT MILK

70c

VEGAN PROTEIN, ESPRESSO OR GRANOLA

2.5

DAY STARTER banana, blueberries, maca, psyllium husk, coconut, LSA, rice protein

MINTY MATCHA MAGIC green tea matcha, mint leaves, banana, cashews, almond milk

CHEEKY CHAI SPICE chai powder, dates, banana, almond butter, almond milk, chai dust

CLUB TROPICANA orange, pineapple, raspberry, lemon, chia, coconut water

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

TREAT YOURSELF raw cacao, maca, mesquite, almonds, dates, vanilla coconut

JAMAICAN ME CRAZY pineapple, mango, coconut oil, coconut flesh, maca

BERRY BERRY STRESS FREE raspberries, blueberries, strawberries, banana, chia seeds

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

SALTED CARAMEL dates, banana, cashew butter, chia, protein powder, Himalayan salt

WHITE CHOCOLATE RASPBERRY cashew butter, coconut cream, raspberries, dates, chia, vegan protein

THE GREEN ONE mango, Banana, mixed greens, protein powder

CAVEMAN BODYBUILDER granola, banana, honey, peanut butter, vegan protein

HEMP DALICIUOS banana, almond butter, cinnamon, cacao, salt, hemp seeds

THE HULK kale, spinach, celery, lime, cucumber, lettuce, green apple, banana, chlorophyll, parsley, chia, mesquite, chlorela, maca barley & wheat grass, protein, lucuma, camu camu, maple

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