

## ACAI BOWL

### The Original 'O' Bowl (V, VG, GF, DF)..22.00

Acai, Banana & Apple Juice - topped with Strawberries, Banana, Granola & Coconut Flakes

### Crunch Bowl (V, VG\*, GF, DF).....22.00

Acai, Banana, Cacao, Peanut Butter, Almond Milk - topped with Banana, Cacao Nibs, Granola & Honey

### Summer Bowl (V, VG, GF, DF).....22.00

Mango, Acai, Banana - Topped with Mango, Strawberry, Kiwi, Passionfruit, Waffle Crumble

### Snicker Acai (V, VG, GF, DF).....22.00

Acai, Banana, Peanut Butter, Cacao – Topped w. Snicker Bar, Cacao Nibs. Granola, Caramel Drizzle

### Matcha Heaven (V, VG, GF, DF).....22.00

Mango, Acai, Matcha, Banana, Apple Juice - Topped with Mango, Pineapple, Kiwi, Strawberry

**Add On - Any Fruit / Pea Protein / Whey Protein / Nut Butter +\$3**

## SMOOTHIES (V, VG, GF\*, DF)

### Break (the) fast.....10.90

Banana, Oats, Cinnamon, Honey, Coconut Yoghurt, Oat Milk, Almonds

### Nutty Professor.....10.90

Banana, Maca, Coconut Nectar, Almond Milk, Cacao, Peanut Butter

### Golden.....10.90

Turmeric, Cinnamon, Ginger, Honey, Banana, Dates, Almond Milk

### Coffee and Cacao.....10.90

Double Espresso, Dates, Cacao, Banana, Chia Seeds, Coconut Nectar, Almond Milk

### Berry (the) Fast.....10.90

Strawberries, Raspberry, Blueberry, Coconut Yoghurt, Oat Milk, Oats, Honey

### Matcha Immunity.....10.90

Coconut Water, Mango, Spinach, Mint Leaves, Pineapple, Matcha

### Popeye.....10.90

Kale, Spinach, Spirulina, Kiwi, Coconut Water, Apple Juice

### Glow Pro.....10.90

Acai, Blueberry, Raspberry, Coconut Flesh, Honey, Coconut Water, Apple Juice

### Mango Maniac.....10.90

Mango, Passionfruit, Pineapple, Coconut Nectar, Coconut Water

### Refresher.....10.90

Cucumber, Mint, Kiwi, Spinach, Coconut Water  
**Add Pea/Whey Protein/Fresh Fruit +3**

## JUICES

### Cold Pressed Juice.....7.00

Green+ /Carrot+ /Lemon Pineapple+ /Apple Juice

### Fresh Juice.....8.90

Orange /Watermelon /Orange + Watermelon

## HOT DRINKS

### Milk Based Coffee.....5.00

### Hot Chocolate (V, GF).....5.00

### Long Black.....5.00

Serves with Sparkling Water

### Prana Sticky Chai Brewed on Bonsoy.....6.00

### Matcha Latte.....5.50

Brewed on MilkLab Almond & Honey

### Turmeric Latte.....5.50

Brewed on MilkLab Almond & Honey

### Chamellia Organic Teapot.....4.50

English breakfast, Chamomile, Peppermint, China Sencha (Green), Earl Grey, Lemongrass & Ginger, Masala Chai

### BABYCHINO w. Marsh Mellow.....2.50

### PUPPICHINO w. Doggy Treat.....3.50

Large, XShot, Decaf, Syrup, MILKLAB Almond/Macadamia/Coconut, BONSOY, ADC Oat +50c

## COLD DRINKS

### Milk Shake 7 / Make it Thick Shake +\$1

Mango/ Banana/ Strawberry/ Chocolate/ Coffee/ Caramel/ Vanilla/ Mixed Berries

### Iced Latte.....6.00

### Iced Long Black.....5.50

### Iced Coffee.....8.00

### Cold Brew.....5.50

### Organic Cola.....5.50

Cola, Cola Sugar Free, Lemonade, Ginger Beer

### Probiotic Kombucha.....5.50

Ginger Lemon, Lemon Lime Mint, Peach

### Coca Cola Range 330ml.....5.00

### San Pellegrino Sparkling Water.....8.00

500ml

## TAKEAWAY DEALS

WEEKDAYS ONLY w. 8oz COFFEE

### Sandwich.....14.90

Chicken / Vegetarian / HCT / Smoked Salmon +1

### B&E Roll / Wrap.....11.90

Add Hashbrown +\$3

### Croissant.....9.90

Plain / Cheese +\$1 / HCT +\$3 / Cheese & Tomato +\$2



## Our Philosophy

At 80 20, enjoyable, healthy food is at the core of everything we do.

Food is our fuel and we believe everyone benefits from clean, natural and unprocessed whole foods.

But, sometimes in life, you deserve a treat (or two). We make sure you don't need to compromise. Our team handcrafts nutrient boasting smoothies, raw desserts and damn good coffee.

Life is about balance, and we're here to bring it all to life with food that is wholesome, enjoyable and sometimes even a bit indulgent.

Life's about 80% mindfulness + 20% indulgence. We're 100% behind you.

10% surcharge applies on weekends and 15% on public holidays.

GF - Gluten Free VG - Vegan V - Vegetarian DF - Dairy Free

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## ALL DAY MEALS

### House made Sourdough.....9.00

Choice of Toast - Plain/Mix Grain/Gluten Free + \$2 / Fig + Raisin w/ Butter, Peanut Butter +1, House made Jam +1, Honey +1

### Mighty Breakfast (GF\*, DF\*).....34.00

Sourdough, Smoked Bacon, Free Range Eggs, Grilled Chorizo, Avocado, Halloumi, Hash Brown, Greens, Garlic Thyme Mushroom, Warmed Tomato

### Breakfast Burger (V\*, VG\*, GF\*).....20.00

Smoked Bacon, Fried Eggs, Grilled Halloumi, Avocado, Mixed Leaf Lettuce, Sliced Cheese, Beetroot Relish, Homemade Aioli

**Vegan O** - Mixed Leaf Lettuce, Beetroot Relish, House made Tomato Relish, Seasoned Scramble Tofu, Sliced Tomato, Avocado

### Granola Bowl (V, VG, GF, DF).....22.00

Berry Yoghurt, House made Vegan & Gluten Free Granola, Loaded with Seasonal Fruits, Poached Pear & Almond/Soy Milk

### Chia Spiced Oat Porridge.....20.00 (VG, V, DF)

With Poached Pears, Seed & Nut Mix

### Avo w/ Tomato or Mushroom.....20.00 (V\* VG\*, GF\*, DF\*)

Warmed Tomatoes or Garlic Thyme Mushroom, Sliced Avocado, Danish Feta, Zucchini Ribbons + Snow Pea Tendrils w/ Basil Oil, Dukkah on Sourdough Toast. Add Poached Egg +\$3

**Vegan O** - Seasoned Scrambled Mixed Herb Tofu

### Vegan Buckwheat Waffle.....22.00 (V, VG, GF, DF)

House made Waffle, Date Sauce, Macadamia Crumble, Seasonal Fruits, Vegan & Gluten Free Ice Cream

### French Toast (GF\*).....22.00

Brioche, Caramelized Banana, Mixed Berries, Strawberries, Maple Syrup, Berry Jelly, Icing Sugar, Mascarpone w. Nutty Crumble & Ice Cream

### Green Eggs with Beans.....20.00 (V\*, VG\*, DF\*, GF\*)

Scrambled Herb Eggs, Smokey Beans w/ Sourdough. Add Smokey Meat +\$3

**Vegan O** - Mixed Herb Scrambled Tofu w/ Vegan Beans

### Eggs Benedict (V\*, VG\*, DF\*, GF\*).....22.00

Sourdough, Spinach, Poached Eggs, Hollandaise, Sliced Avocado. Served with Bacon / Leg Ham / Mushroom / Pulled Lamb +2 / Smoked Salmon +2 / Pulled Beef +2

**Vegan O** - Mushroom, Pumpkin Mixed

Seasoned Tofu, House made Gravy, Sliced Avocado

### Burrito Bowl (V\*, VG\*, GF, DF).....24.00

Chicken - Chicken Chipotle Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

**Vegan O** - Chipotle Spiced Beans, Mushroom, Cauliflower, Hummus, Spinach, Brown Rice, Salsa, Taco Pickle, Avocado

### Grilled Lime Fish (GF, DF).....26.00

Barramundi/Salmon. Garden Salad, Baby Carrots, Hummus, Broccoli and Potato Wedges

### Risotto.....20.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant)/ Chili Chicken & Mushroom / Spicy Prawns

### Linguine.....22.00

Choose from - Ratatouille (Red Capsicum, Zucchini, Eggplant) / Spicy Prawn / Creamy Chicken Pesto / Provençal Beef

### Braised Beef Cheek (DF, GF).....28.00

Slow Cooked Fresh Beef Cheek w. Risotto, Gravy, baby carrots, Grilled Broccoli

## SALADS

### Green Nourish Bowl.....20.00 (V\* VG\*, GF\*, DF\*)

Grilled Zucchini, Cauliflower, Broad Beans, Kale, Asparagus, Semi Dried +Capsicum Pesto, Pepitas, Poached Egg, Chili Salt

**Vegan O** - Seasoned Scrambled Tofu +2

### Japanese Salad (V, VG, GF, DF).....22.00

Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccoli, Miso, Tahini, Pickled Ginger, Nori + Nigella Seeds

### Chermoula Lamb (GF, DF).....28.00

Pulled Lamb in Chermoula Spices, Pumpkin, Quinoa, Cherry Tomato, Hummus, Pine nuts + Currants

### Super Salad (V, VG, GF, DF).....22.00

Quinoa, Brown Rice, Alfalfa, Avocado, Kale, Spinach, Carrot, Seed Nut Mix, Beetroot, Apple, Turmeric Cauliflower, Goji Berries

### Nutritional Bowl (V, VG, GF, DF).....22.00

Turmeric Cauliflower, Red Chili, Spanish Onion, Quinoa Delight Asparagus, Kale, Spinach Grilled Chicken Tahini, Currants, Seed Nut Mix

## BURGERS

Serves with House Baked Potato Slices

### Beef (GF\*).....22.00

House made Brisket Patty, Beetroot Relish, Tomato, Cheese, House made Aioli, Mixed Leaf Lettuce

### Chicken (GF\*).....22.00

Morocco Spiced Chicken, Avocado, Tomato, Mixed Leaf Lettuce, Sliced Cheese & House Made Aioli

### Vegan (V, VG, GF\*, DF\*).....22.00

Oven Baked Vegan Pattie, Tomato, Avocado, Mixed Leaf Lettuce, House Made Aioli

### Halloumi Burger (GF\*, V).....22.00

Grilled Halloumi, Spiced Mushroom, Avocado, Sliced Tomato, House Made Aioli, Mixed Leaf Lettuce, Beetroot Relish

## BITE SIZE MEALS

### Nachos (V\* VG\*, GF\*, DF\*).....18.00

Smashed Avocado, Salsa + Beans w/ House Sauce, Jalapeños, Sour Cream. Mexican Cheese Add Braised Beef / Grilled Chicken +\$5

### Avocado Twist (V\*, VG\*, GF\*, DF).....17.00

Chilli, Diced Avocado, Lime Salsa, Parsley, Diced Bacon, Danish Feta on Sourdough. Add Poached Egg +\$3

### Smashed Avo & Feta (V\*, GF\*).....15.00

Smashed Avocado, Danish Feta, Poached Egg & Lemon on Sourdough

### Brekky Roll (GF\*).....15.00

Double Bacon, Double Egg, Cheese, House made Tomato Relish

### Sliced Season Potato.....10.00 (V, VG, GF, DF)

House Made Baked Potato w. Herbs & Spices w. Gravy

### Loaded Potato (GF).....15.00

House made baked potato wedge loaded with Mexican Cheese, Bacon & Gravy

## KIDS MENU

### Buckwheat Waffle (V, VG, DF, GF).....14.00

House made Waffle, Date Sauce & Ice Cream

### French Toast (DF\*, GF\*).....12.00

Brioche, Caramel Drizzle, Strawberry, Ice Cream

### Croissant.....7.00

Plain Croissant w. Jam / Ham & Cheese +\$2 / HCT +\$3

### Jacked Up Banana Bread.....15.00 (V\*, VG\*, GF\*, DF\*)

Banana Bread, Ice Cream, Macadamia Crumble, Choc Sauce, Fresh Banana & Strawberry

## ADD ONS

### Grilled Chicken / Grilled Salmon / Smoked Salmon.....\$9.00

### Smoked Bacon.....\$6.00

### Grilled Halloumi / Seasoned Warmed Tomatoes / Garlic Thyme Mushroom.....\$6.00

### Avocado / Spinach + Kale / Scrambled Tofu / Housemade Gravy.....\$5.00

### 2 Free Range Eggs (Poached/Scramble +1/Fried).....\$5.00

### Grilled Chorizo.....\$5.00

### Hash Brown / Danish Feta.....\$3.00