

# bowls & drinks

## acai bowls

**"O" BOWL** \$14  
acai, banana & apple juice, topped w.  
granola, banana, strawberry, & coconut

**CRUNCH BOWL** \$14  
acai, banana, cacao, peanut butter &  
almond milk, topped w. banana, granola,  
cacao nibs, crushed almonds & honey

**HULK BOWL** \$14  
acai, banana, avocado, spinach  
& apple juice, topped w. kiwi, granola,  
goji berries & honey

## smoothies

**BREAK(THE)FAST** \$8  
banana, greek yoghurt, milk, cinnamon,  
honey, oats & almonds

**POPEYE** \$8  
kale, spinach, spirulina, kiwi,  
coconut water & apple juice

**NUTTY PROFESSOR** \$8  
cacao, milk, banana, peanut butter,  
maca & coconut nectar

**MATCHA IMMUNITEA** \$8  
matcha, mango, almond milk,  
coconut flesh & coconut nectar

**GLOW PRO** \$8  
acai, blueberries, raspberries,  
coconut flesh, ice & honey

**COFFEE + CACAO** \$8  
medjool dates, almond milk, espresso,  
coconut flesh, chia & coconut nectar

## coffee

gabriel monte carlo blend \$3.5  
single origin espresso \$3.5  
single origin long black \$4  
decaf / large / syrups / extra shot + \$0.5  
bonsoy + \$0.5  
almond / coconut / lactose free milk + \$0.7

**9 SPICE SOY CHAI LATTE** \$4

**HOT CHOCOLATE** \$4

**MATCHA LATTE** \$4.5  
matcha maiden green tea powder  
steamed with almond milk

**GOLDEN LATTE** \$4.5  
turmeric, cinnamon, ginger &  
cracked pepper steamed on  
almond milk with a touch of honey

## tea

**CHAMELLIA ORGANIC TEA** \$4  
**(brewed to perfection)**  
English breakfast 90°C 4m30s  
Earl grey 90°C 4m30s  
China sencha 75°C 2m30s  
Masala chai 90°C 4m30s  
Peppermint herbal tisane 90°C 2m30s  
Chamomile herbal tisane 90°C 3m  
Lemongrass & ginger  
herbal tisane 95°C 4m30s

## cold drinks

**ICED COFFEE / CHOCOLATE** \$5.5

**ICED CHAI** \$6

**FRESHLY SQUEEZED ORANGE JUICE** \$8

**COCONUT WATER** \$5.5

**ORGANIC SPARKLING** \$4.5  
Gingerella Ginger Ale  
Lemmy Lemonade  
Karma Cola

**SAN PELLEGRINO 500ML** \$5.5

## sparkling wine

**NV, JOSEF CROMY,** g\$10 / b\$40  
**SPARKLING, TAS**

## white wine

**2014, PIKES,** g\$10 / b\$40  
**RIESLING, SA**

**2014, ROARING MEG,** g\$9 / b\$36  
**SAUVIGNON BLANC,**  
**OTAGO, NZ**

**2014, WITHER HILL,** g\$9 / b\$36  
**PINOT GRIS,**  
**MARLBOROUGH, NZ**

## red wine

**2011, WITHER HILLS,** g\$11 / b\$44  
**PINOT NOIR,**  
**MARLBOROUGH, NZ**

**2012, PETALUMA,** g\$10 / b\$40  
**CABERNET SAUVIGNON,**  
**COONAWARRA, SA**

**2012, ST HALLET** g\$11 / b\$44  
**BUTCHERS CART, SHIRAZ,**  
**BAROSSA, SA**

## beer

**MOUNTAIN GOAT,** \$8  
**STEAM ALE, RICHMOND, VIC**

**O'BRIEN, GLUTEN FREE PALE ALE,** \$8.5  
**BALLARAT, VIC**

**PERONI NASTRO AZZURO,** \$7  
**ITALY**

## cider

**TWO BROTHERS,** \$8  
**LITTLE APPLE CIDER,**  
**MELBOURNE, VIC**

**NAPOLEONE & CO,** \$8  
**PEAR CIDER,**  
**COLDSTREAM, VIC**

Here at 80/20, we believe in food as fuel and that absolutely everybody benefits from clean, natural and unprocessed whole foods. We endeavor to serve you real, healthy, honest and delicious meals as well as nutrient packed smoothies, homemade raw desserts and damn good coffee. We wholeheartedly believe that life is all about balance, and while food is functional it should also be fun sometimes! So whether you're being 80% mindful or indulging in the cheeky 20%, at 80/20 food we are 100% behind you!