

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!