



ALL DAY MENU

Vegan/Vegetarian Menu Available upon request

**NO TIME FOR MEAL PREP?
LET US DO THE HARD WORK.**

FRESH PREPARED MEALS

ENQUIRE WITH OUR FRIENDLY STAFF



Coeliac Australia
Accredited



ENQUIRE WITH OUR FRIENDLY STAFF



VEGETARIAN



PALEO



DAIRY FREE



GLUTEN FREE



KETO

SMOOTHIES

\$9.90

MEAN GREEN

silverbeet, pear, mango, lime,
mint, coconut water

BERRY BLISS

mixed berries, banana, pineapple,
mango, coconut water

BANANA CRUNCH

banana, cinnamon, honey, nutmeg,
cacao nibs, chia seeds, collagen, almond milk

COFFEE HIT

espresso, dates, vanilla, collagen, coconut milk

VANILLA CHAI

banana, cauliflower, vanilla, chai, dates,
coconut milk

CHOC POWER

silverbeet, banana, cacao, whey protein,
chia seeds, almond milk
(CONTAINS WHEY PROTEIN)

BONE BROTHS

\$5.50

BONE BROTH

enriched with star anise and & cinnamon

CHICKEN BONE BROTH

enriched with ginger and lemongrass

HEALTH TONIC SHOTS \$4.50

ANTI-INFLAMMATORY

orange, apple cider,
ginger, turmeric, cayenne

FIRE TONIC SHOT

w honey and lemon

SUPERGREENS

super greens, coconut water,
lime juice, ginger, mint

COFFEE

coffee | iced | mocha
hot chocolate | chai latte (on leaf tea)
S (8oz) - \$4.00
L (12oz) - \$4.50 XL (16oz) - \$5.50

HOUSE MADE DAIRY FREE

almond milk / coconut milk

BULLETPROOF® COFFEE

long black, grass fed butter
XCT oil \$5.80
brain octane \$7.80

TEA (POT OF LEAF TEA)

\$4.00 (for one) | \$7.50 (for two)
english breakfast, pure green,
peppermint,
lemon & ginger, chai

NOURISH MEALS by wilde kitchen

fresh prepared meals tailored
to suit your health and lifestyle
visit www.nourishmeals.com.au
for more info

NOURISH MEALS DINE IN OR TAKEAWAY

SPICED BEEF MINCE

w fried egg, fermented veg,
nuts, seeds & avocado

\$15.80

add wilde rice (100g) \$2.50

GRILLED CHICKEN

w greens, pickled nuts
& fermented veg

\$15.80

add wilde rice (100g) \$2.50

PAN-FRIED SALMON

w greens, avocado
& fermented veg



\$15.80

add wilde rice (100g) \$2.50

GRILLED CHICKEN & RICE

pan fried chicken w brown rice,
fermented veg & greens

\$15.80

ORDER AT COUNTER | OPEN DAILY FROM 6:30AM | 100% GLUTEN FREE |   @WILDEKITCHENAU



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BREAKFAST BOWL

your choice of @paleohero muesli or choc granola w coyo & orange scented berry compote

// low carb // high protein // low GI //

\$9.80

COCONUT PANNA COTTA

coconut & lemon scented panna cotta w @paleohero muesli, fresh orange segments & house made honeycomb

// refined sugar free // healthy fats // improves hair, skin & nails //

\$14.80

WILDE HOT BOWL

coconut almond porridge, poached pear & rhubarb compote, almond butter, choc granola crumb

// low carb // grain free // refined sugar free //

\$13.80

ACAI PURE BOWL

w @paleohero muesli, sliced banana, coconut & raw honey

// refined sugar free // minimal ingredients // high antioxidants //

\$15.80

MIXED MUSHROOM RAGOUT

w paleo toast, poached eggs & pea puree

// low carb // vitamin dense // super filling //

\$18.80 | ADD BEEF BRISKET + \$5.50

AVOCADO TOAST

on paleo bread w turmeric cashew cheese, pickled radish, fetta & super seed mix

// good fats // low carb // gut health boosters //

\$12.80 + 2 POACHED EGGS \$15.50

PROTEIN PANCAKES

w coyo, maple syrup, fresh berries & house made 'nutella'

// low carb // post workout // refined sugar free //

\$18.50 (CONTAINS WHEY PROTEIN)

BREAKY BAKE UP

baked eggs in tomato sugo w bacon, tomato, field mushroom, italian sausage & avocado

// high protein // good fats // super filling //

\$19.80

PAN OMELETTE

chorizo, red onion, spiced mixed peppers, aioli, chilli jam & super seed mix

// light filler // high protein // good fats //

\$16.80

WILDE PLATE

bacon, poached eggs, paleo toast, haloumi, braised lamb shoulder, avocado & house made BBQ sauce.

// high protein // good fats // low carb //

\$19.80

BROTH BOWLS

classic poached chicken with chicken broth, sesame gai lan, oyster mushrooms, & cashews \$14.50

paleo ramen with pork belly, bone broth, poached egg, sesame gai lan, oyster mushrooms & cashews \$15.50

// immune booster // gut health properties // comforting //

NOURISHING GREENS BOWL

signature greens mix, pumpkin puree, avocado, super seed mix

// nutrient dense // good fats // light filler //

\$15.80 + PAN FRIED SALMON \$22.80

PALEO FRIED CHICKEN

secret spiced fried chicken w kim chi slaw & broccolini

// grain free // low carb // gut health booster //

\$21.80

GRASS FED HANGER STEAK

w parsnip two ways, chimmichurri & veal jus.

// high protein // low carb // good fats //

\$22.80

SALMON CAPONATA

pan fried salmon (or substitute for grass fed hanger steak)

w cauliflower pilaf, vegetable caponata & sriracha

// low carb // omega-3s // light filler //

\$23.80

ADD ONS

\$4.50

poached eggs | paleo toast | avocado | bacon baked mushrooms | spinach | haloumi | tomato

HOUSE MADE SAUCES

50c

aioli | sriracha | almond butter | BBQ sauce tomato sugo | chilli jam | chimmichurri

PROTEINS & SIDES

coconut crumbed or grilled chicken	\$5.80
sticky pork	\$6.80
pan fried salmon	\$7.80
sweet potato fries w aioli	\$5.80
sautéed greens	\$4.80
fermented vegetables	\$4.80
tempura eggplant	\$5.80

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