



# Seasonal Menu



## COFFEE & TEAS

### ALLPRESS COFFEE

Short / Regular / Large  
\$3.20 / \$3.70 / \$4.20

Extra shot/ Decaffeinated \$0.50

Organic Coconut Milk / Bonsoy \$0.50  
EOTU Fresh Almond Milk \$1.50  
Organic Unhomogenised Cows Milk  
(full cream & skim)

### ORGANIC & HERBAL TEAS \$4

English Breakfast, Earl Grey, Peppermint,  
Green Sencha, Genmaicha (Green Tea  
with Roasted Rice), Roasted Dandelion  
Root, Lemongrass & Ginger, Fennel  
Chamomile, Rooibos, Chai tea

### HOUSE SPECIALS

#### SEASONAL BREW \$4

Ginger, Turmeric, Lemon  
and cayenne pepper

#### GREEN MATCHA LATTE \$6 (EOTU Almond Milk)

#### TURMERIC LATTE \$5 (Organic Coconut Milk)

**BUTTER BULLET \$5**  
(Double shot espresso blended  
with grass fed butter)

**GO-DANDY \$6**  
Goji Berries, Roasted Dandelion, EOTU  
Almond Milk, MCT Oil

#### ROASTED DANDELION Latte/ Tea \$4

#### BESPOKE CHAI Latte/Pot \$4/\$5

**BESPOKE ROOIBOS CHAI**  
(Latte/Pot) - caffeine free \$4/\$5

#### HOT CHOCOLATE \$4 (Raw Cacao)

#### BESPOKE ICED CHAI \$6.50

#### ALLPRESS ICED COFFEE \$4.50



## JUICES

### FRESH ORANGE JUICE \$4

### COLD PRESSED JUICE (300ml) \$8

### SPARKLING WATER \$2.50pp

### COCONUT WATER \$4



## SMOOTHIES

### CLASSIC BANANA \$10

Banana, Raw Honey, Cinnamon,  
Organic Cows Milk  
+ \$1 Espresso Shot

### CHOCOLATE-NUT \$10

Almond Butter, Chia, Maple, Raw  
Cacao, Banana, Organic Cows Milk  
+\$3 EOTU Almond Milk  
+ \$1 Espresso Shot

### SALTED CARAMEL \$10

Banana, Almond Butter, Maple, Raisins,  
Himalayan Rock Salt, Organic Cows Milk  
+ \$1 Espresso Shot

### GREEN ALCHEMY \$10

Kale, Orange, Chia, Avocado, Coconut  
Water, MCT Oil, Alchemy Super Greens Powder

### MINT CHOC-CHIP \$12

Raw Cacao Nibs, Fresh Mint, Kale, EOTU  
Almond Milk, Mesquite Powder

KIDS MENU  
& RETAIL MENU  
ALSO AVAILABLE.

Just ask our friendly staff

## HOUSE FERMENTED KOMBUCHA

House fermented using a symbiotic of  
bacteria and yeast...a 'SCOBY'.  
Kombucha is great for digestive  
health & detoxification.

### GINGER & TURMERIC \$4.00/\$12.00

Fresh ginger, turmeric & honey.

### HIBISCUS \$4.00/\$12.00

Freshly brewed hibiscus tea & honey.

### MASTER CLEANSE \$4.00/\$12.00

Fermented pineapple, cayenne pepper  
and honey blend.

Our food is made with  
love



## DESSERTS

### CHOCOLATE BROWNIE \$5

Butter, Rapadura Sugar, Organic Eggs, Prunes, Almond Meal, Raw Cacao, Salt. **V, GF**

### RAW CARAMEL SLICE \$5

Cashews, Coconut, Dates, Coconut Oil, Tahini, Cacao, Maple Syrup **V, VG, GF, DF**

### CARROT CAKE \$6

GF Flour, Carrot, Pineapple, Sultanas, Butter, Raw Organic Sugar, Eggs, Mixed Spices, Labneh **GF**

### CHAMOMILE ALMOND MUFFIN \$6.50

Almond Meal, Brown Rice Flour, Butter, Organic Eggs, Chamomile, Whipped Cream **V, GF**

### CHOC CHIA MUFFIN \$5

Chia Seeds, Prunes, Cacao, Almond Meal, Organic Eggs, Rapadura Sugar **V, GF**

Feel  
at  
One

@eggoftheuniverse

@wholefoodscave

EggOfTheUniverse

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# Seasonal Menu



## DAILY MENU

### SUPERFOOD GRANOLA \$18

Activated & Slow Dehydrated Buckwheat, Nuts, Seeds, Berries, Coconut, Maple Syrup & Spices with Seasonal Fresh & Poached Fruits, Cashew Cream & Organic Coconut Milk **GF, DF, V, VG**

### SWEET POTATO & BUCKWHEAT PANCAKE \$19

Activated Organic Buckwheat, Sweet Potato & Linseeds with Seasonal Fresh & Poached Fruits, Cashew Cream & Maple Syrup **GF, V**

### AVOCADO, TOMATO \$16

Tomato Jam & Roast Tomatoes with Seasoned Avocado, Green Leaves & Spelt

Sourdough **DF, V, VG** (+GF or Paleo Option on request +\$1.50)

**GOATS CURD +\$4 | POACHED ORGANIC EGG +\$3.50**

### SUPER B.L.A.T \$21

Pasture Raised Bacon, Roast Tomatoes & Seasoned Avocado with Herbs, Green Leaves, EOTU Lacto-Fermented Sauerkraut, Spelt Sourdough & Aioli **DF** (+GF or Paleo Option on request \$1.50) **POACHED ORGANIC EGG +\$3.50**

### BIG BREKKIE \$26

Paleo Breads, Two Organic Poached Eggs, Pasture Raised Bacon, Oven Tomato, Mushrooms, Sauted Kale, Slaw, EOTU Lacto-Fermented Sauerkraut & BBQ Sauce **GF** (VEGETARIAN OPTION ON REQUEST \$23)

### SEASONAL BREAKFAST \$24

Roast Sweet Potato & Carrots with Pumpkin Puree, Kale, Two Organic Poached Eggs, Green Leaves, Turmeric Aioli, EOTU Lacto-Fermented Sauerkraut & Dukkah **GF, V**

### WARM ROOTS SALAD \$21

Roast Root Vegetables with Beetroot Hummus, Turmeric Aioli Slaw, Cashew Pesto & EOTU Lacto-Fermented Sauer-Kraut **V, GF**

### PORK SHOULDER & SWEET POTATO HASH \$25

Slow-cooked Pasture Raised Pork with Sweet Potato & Onion Hash, Poached Organic Egg, Seasonal Slaw, EOTU Lacto-Fermented Sauerkraut & BBQ Sauce **DF, GF**

### TARAMASALATA \$18

Mullet Roe, Paleo Bread, Radish, Cucumber, Fennel Salad with Mango & Lime Dressing **DF, GF**

### QUINOA DISCOVERY BOWL \$19

Seasonal Greens & Garden Peas with Quinoa, Nuts, Seeds, Sweet Potato, Carrot, Avocado EOTU Sauerkraut with Za'atar Spice & Garlic & Mustard Dressing **GF, DF, V, VG ORGANIC TURMERIC & LEMON POACHED CHICKEN +\$7**

### PERFECT CIRCLE SALAD \$19

A Selection of Raw & Fermented Salads, Activated Nut Pesto, Cashew Cream, Tahini, Green Leaves & Activated Linseed Crackers **GF, DF, V, VG**

### MUSHROOMS & CURD ON TOAST \$19

King Browns & Button Mushrooms, with Kale & Meredith Goats Curd on Garlic Toast **V** (GF OR PALEO OPTION ON REQUEST +\$1.50)

### SPRING SPROUTED SALAD \$19

Mied Sprouted Salad with Buckwheat & Young Shoots, Roasted Pumpkin, Green Beans, EOTU Lacto-Fermented Sauerkraut with Garlic, Thyme & Kombucha Dressing **V, VG, GF, DF**

## OUR OFFERING IS A CELEBRATION OF LIFE

SHOWING RESPECT FOR THE RAW INGREDIENTS & THE LAND THAT SUPPORTED THEIR GROWTH



## BROTHS & SOUP



**CHICKEN BROTH GLASS GF, DF \$6**

**CHICKEN BROTH BOWL** Served with a Poached Organic Egg **GF, DF \$10**

**CHICKEN BROTH & GREENS GF, DF \$18**

With Shredded Chicken, Greens, Buckwheat + Toast & butter **DF** (+GF or Paleo Option +\$1.50)

+ **Organic Poached Egg \$3.50**

+ Raw Unpasteurised Miso Teaspoon \$2.50

## SIDES & EXTRAS

**Bacon \$7.50,**

**Goats Curd \$4,**

**Organic Egg \$3.50,**

**EOTU Lacto-Fermented Sauerkraut \$3,**

**Avocado \$5,**

**Salad Greens \$5,**

**Buckwheat Tabouli Salad \$6,**

**Oven Tomato \$4,**

**Taramasalata \$6,**

**Slow Cooked Lamb \$8,**

**Turmeric Lemon Chicken \$7,**

**Mushrooms \$6,**

**Buttered Kale with Lemon & Garlic \$5**

**Sweet Potato & Carrots \$6**

**GF = Gluten Free**

**V = Vegetarian**

**VG = Vegan**

**DF = Dairy Free**

Our core ingredients are sourced from **high quality** producers & providores following the principles of sustainability & organic farming.



egg of the universe

We aim to feed everyone...  
**Vegans to Omnivores**  
to those with **Gluten Free**  
& **Other Dietary Needs**