
Welcome to

MODERN ORGANIC



YOGA. CAFE. COMMUNITY

OPEN 7 DAYS from 7:30pm

Our Purpose: to create and cultivate wellbeing

We offer a consciously prepared and nutritious whole food menu utilising organic, local, sustainable & seasonal ingredients where possible. We are mindful of allergies & dietary requirements, so notify our friendly staff and we will do our best to accomodate you.



MODERN ORGANIC

ALL DAY FOOD

Legend: vegan / gluten free / Contains nuts / VO vegan option / GFO gluten free option.

This menu is refined sugar free

Bread: Sourdough / Sub: Gluten Free Toast or Roll+ \$2

SMASHED AVO 18 GFO

Smashed avocado, rocket, cherry tomato, chickpea salsa, balsamic glaze.

ADD: Bacon & eggs +7, 2 eggs +5, Mushrooms +5, Halloumi +5, Marinated Feta +5, Smoked Salmon +5

YIN & YANG 19.5 GFO

POPULAR CHOICE!

Sweet & Savoury! Fluffy coconut pancakes, mango whip, fresh kiwi, coconut dust, maple. Savoury zucchini fritters, sunflower tzatziki, pickled green chilli, shallots sumac dressing.

ADD: Bacon +5, 2 Hashbrowns +4

PANCAKES 19 GFO

Fluffy coconut pancakes stack, mango coconut whip, fresh kiwi, maple syrup, coconut dust.

BREAKKIE ROLL 13.5 GFO

Option 1: Nitrate-free bacon, fried egg, grilled kale, house BBQ sauce, milk bun.

ADD: 2 Hash Browns +4 / Cheese +2

DELUXE: Mushroom, Onion & Cheese +5

Option 2: Tomato, field mushroom, hash brown, greens, house BBQ sauce, wholemeal roll.

DELUXE: Guacamole & Onion +5

ZUCCHINI FRITTERS 19

Fried zucchini fritters, sunflower seed tzatziki, pickled green chilli, mix leaf salad, sumac dressing.

ADD: Bacon, mushrooms, Halloumi, Marinated Feta, Smoked Salmon +5 each

SMOOTHIE 12 / BOWLS 18

BOWL: choose your smoothie base and we'll LOAD it w/ house granola, seasonal fruit, coconut, seeds & nuts

BOOST your bowl with these optional extras

Choose 1 for \$2

Choose 1 for \$1.5

- Caramel slice bites
- Brownie bites
- Bliss ball
- Butterscotch whip

- Choc drizzle
- Organic Peanut Butter
- Hemp protein
- Pea Protein

GREEN GOODNESS: Greens superfood blend, cucumber, celery, banana, mango, spinach & coconut water.

EARTHLING: Banana, cacao, oats, coconut milk, coconut water, maca, dates & cashew.

THIRD EYE: Acai, banana, blackberries, cinnamon & coconut water.

WARRIOR: Espresso, banana, brazil nuts, maca, pea protein, house granola & coconut water.

BLUE MOON: Banana, mango, coconut, pea protein & blue spirulina (aka blue magic). **POPULAR CHOICE!**

SIDES

Nitrate-free Bacon / Chicken /
2 Eggs / Guacamole / Mushrooms / Halloumi /
Marinated Feta / Smoked Salmon **5**

Scrambled Tofu / 2 Hash Browns / 2 Corn Fritters /
2 Zucchini Fritters **4**

Egg (1) / Sweet Potato Skins / Grilled kale **3**

Aioli / Chilli Jam / House BBQ sauce **2**



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SATAY BUDDHA BURGER 22.5

ON GF ROLL +2

POPULAR CHOICE!

Buddha spiced Veggie patty OR Grilled chicken
Chicken, Satay sauce, aioli, mixed leaf, tomato.
On a milk bun or wholemeal roll w/ slaw & potato chunks.

BURRITO / TACOS () 18

Corn fritter, smoked chilli jam, guacamole, aioli, slaw. (vg) Gluten free option is tacos.

ADD: Bacon & Scrambled Egg +5

FALAFEL 18

Carrot falafels, sunflower hummus, mixed leaf, asparagus, pickled vegetable salad.

ADD: Chicken +5 / Feta +5 / Halloumi +5

GADO GADO 19

Vegetable gado gado salad of cauliflower, broccoli, cucumber and tomato, satay sauce shoots, sprouts, fried shallots.

ADD: Tofu / Chicken +5

FROM THE CABINET

All made in house with love

BANANA BREAD 6.5

Served toasted, butter (dairy free option), butterscotch whip

option: add peanut butter + 50c

DATE & WALNUT BREAD 7

Served toasted, butter (dairy free option), butterscotch whip, maple

option: add peanut butter + 50c

BETROOT CHOC BROWNIE 6.5

Served w/ chocolate drizzle

CHEESECAKE 7.5

Ask us what this week's cheesecake flavour is.

Served w/ chocolate drizzle.

CARAMEL SLICE 5.5

Served w/ chocolate drizzle

BLISS BALLS

1 FOR \$3.5 / 3 FOR \$10

Choc Peanut Butter / Cinnamon Donut / Cacao Ceremony.

SNACKS

CRISPY POTATO CHUNKS	6.5
SWEET POTATO SKINS	6.5
2 SLICES FRUIT TOAST	7.5

- COFFEE -

Organic fair trade coffee by sacred grounds

MILK: Organic Full Cream

Bonsoy / Organic Coconut / Milk Lab Almond / Oat /
Macadamia / Lactose Free - add **80c**
Syrup - Caramel / Vanilla / Hazelnut - **50c**

Cappuccino / Flat White / Long Black / Latte / Hot
Chocolate (vg) S **4.2** L **5**

Mocha / Dirty Chai / Chai Latte (vg)
S **4.7** L **5.5**

Piccolo / Espresso / Macchiato **3.7**

- SIGNATURES -

Available hot or iced

MO SIGNATURE GOLDEN MILK VG S **5.5** L **6.5**

House made Turmeric & spice blend. Served on almond or
coconut milk w/ a dash of coconut nectar.

MATCHA LATTE VG S **5.5** L **6.5**

Anti-oxidant rich organic green tea powder, served on coconut
milk w/ a dash of coconut nectar.

CACAO CEREMONY VG **6** **POPULAR CHOICE!**

A delicious blend of cacao, maca & blend of superfood,
nutrient dense mushrooms. On coconut milk.

CHARCOAL LATTE VG S **4.5** L **5.5**

Activated charcoal & coconut steamed w/ coconut milk
& a dash of coconut nectar.

RED VELVET LATTE / VELVET HOT CHOC VG S **4.5** L **5.5**

A warming blend of beetroot, turmeric, chai spices & a dash of
coconut nectar, steamed w/ almond or coconut milk.
Add chocolate for a yummy treat!

BLUE DREAM VG S **4.5** L **5.5**

Hemp powder, blue butterfly pea flower & lemon myrtle, dash of
coconut nectar, steamed on coconut or almond milk.

- CHAI -

TRADITIONAL STICKY CHAI (vg) - sweetened w/ agave &
steamed w/ milk (+ 80c for alt milks).
small pot **6** large pot **7.5**

CHAI LATTE - chai spices steamed w/ milk.
glass **4.7** mug **5.5**

- TEA -

Premium tea by casa de cha
pot 6

CASA BREAKFAST (classic black) / **PEPPERMINT**

DEFENCE (lemongrass, turmeric, rosehip,
lemon myrtle, hibiscus, paw paw leaf & ginger).

GOODNIGHT (peppermint, lemon balm, wild strawberry, wild
blackberry, chamomile, St. Johns Wort, heather flowers, rose
petals).

JAPANESE SENCHA (green tea).

- COLD DRINKS -

ICED TEA SODA - Choose your iced tea soda base, mixed
berries, mint & a dash of coconut nectar. **7** **POPULAR CHOICE!**

ZENTIEN KOMBUCHA ON TAP Ask us which flavours we
have on tap today. Glass **6** / new 1L Bottle **13** / refill 1L **10**

COLD BREW espresso poured over filtered water,
orange slice, ice. **5**

ICED LATTE / ICED CHAI Coffee / Chai poured over ice and
milk of your choice. **5** (alternate milk +0.8)

HOUSE COLD PRESSED JUICE We press fresh, seasonal fruit
& veg. Ask us which flavour we have available! **8.5**

SMOOTHIES See the food page for description. **12**

*Plus a range of fizzie drinks, bottled juices, water &
coconut water in our drinks fridge.*

- VITALITY SHOTS 3.5 -

REHYDRATION Australian Black minerals & sea salt shot w/
coconut water. This is a complete source of natural
electrolyte.

ALOE Anti inflammatory & white blood cell boosting blend of
concentrated aloe w/ a dash of coconut water.