

SUPERFOOD SMOOTHIES

\$8.00

Mango Acai

Acai, mango, banana

Orange Goji

Goji berries, orange, lemon juice, banana

Chamomile Berry

Chamomile tea, chia seeds, strawberries, blackberries, raspberries, blueberries

Mint Chip

Almond milk, cacao nibs, mint, spinach, banana, vanilla

Chocolate Kale

Almond milk, kale, cacao, banana

Tropical Sunrise

Coconut, pineapple, passionfruit, mango, banana, strawberries

PROTEIN SMOOTHIES

\$8.50

Protein provides energy for the body which helps prevent fatigue, while helping the body fight off illness and disease by ensuring proper function of the immune system. In addition to being a pillar of good health, protein plays a key role in weight loss, muscle maintenance and muscle gain

Protein Colada

Coconut milk, vanilla whey protein, pineapple, banana

Green Protein

Almond milk, vanilla whey protein, spinach, celery, peanut butter

Choc-Nut Protein

Almond milk, chocolate whey protein, peanut butter, cacao, banana

Mocha Protein

Skim milk, chocolate whey protein, coffee, cacao

Strawberry Protein

Skim milk, strawberry whey protein, LSA, strawberries

Breakfast Blend Protein

Skim milk, vanilla whey protein, fat free yogurt, oats, banana, honey

Berry Blend Protein

Skim milk, strawberry whey protein, strawberries, blueberries, raspberries, blackberries

FUNCTIONAL HEALTH

\$8.50

Detox

Kale, spinach, celery, mint, apple, mango, banana, cucumber, chia seeds, lemon juice

optional: Ginger \$0.50

Immunity

Orange, lemon juice, carrot, banana, beetroot, ginger

Energy

Almond milk, spinach, honey, matcha green tea powder

Complexion

Dandelion tea, avocado, coconut, strawberries, blueberries, raspberries, blackberries, banana, honey

Digestion

Dandelion tea, banana, apple, mango, probiotic supplement

We can substitute any milk in our smoothie range. Choose from full, skim soy or almond. If no milk is mentioned in the description (i.e. mango acai or orange goji), then that smoothie is water based

Smoothie add ins:

Spirulina \$2.50

Matcha \$2.50

Prebiotic \$2.50

WPC Protein \$1.50

Brown Rice Protein \$2.50

KIDS SMOOTHIES

\$6.00

Chocolate

Banana

Strawberry

SPECIALTY HOT DRINKS

Matcha Latte \$4.50

Chai Latte \$4.50

Spiced Cacao \$5.00

Dandelion Tea \$4.00

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ALL DAY BREAKFAST

Organic Stoneground Wholegrain Sourdough Toast (Vegan) **\$6.00**

With choice of: Organic peanut butter/ Strawberry jam / Honey / Butter

OR With low fat cheese, ham and tomato **\$2.50**

Optional: 2 free range poached eggs **\$5.50**, Goats cheese **\$2.00**, Smoked salmon **\$4.00**, Dukkah **\$0.50**

Paleo/Gluten Free* loaf **\$2.00**

Wholemeal Sourdough Fruit Loaf (Vegan) **per slice \$3.00**

Gluten Free Fruitful Healthy Loaf (Vegan) **per slice \$5.00**

With choice of: Organic peanut butter/ Strawberry jam / Honey / Butter / Sliced banana and honey **\$1.50**

Sweet Potato Hummus on Organic Stoneground Wholegrain Sourdough Toast **\$13.00**

With heirloom tomatoes, goats cheese, balsamic vinegar and fresh basil

Optional: 2 free range poached eggs **\$5.50**, Goats cheese **\$2.00**, Smoked salmon **\$4.00**, Dukkah **\$0.50**

Paleo/Gluten Free* loaf **\$2.00**

Smashed Avocado on Organic Stoneground Wholegrain Sourdough Toast (Vegan/DF) **\$13.00**

With basil, pine nuts and Himalayan crystal sea salt garnished with pumpkin seeds, sunflower seeds and rocket

Optional: 2 free range poached eggs **\$5.50**, Goats cheese **\$2.00**, Smoked salmon **\$4.00**, Dukkah **\$0.50**

Paleo/Gluten Free* loaf **\$2.00**

Smashed Avocado Deluxe (DF) **\$20.00**

Smashed avocado (as above) with 2 free range poached eggs seasoned with dukkah spices, served with a side of asparagus and kale and tomato salad with toasted pine nuts

Paleo/Gluten Free* loaf **\$2.00**

Wholemeal Waffles **\$13.50**

Served with mixed berry low fat frozen yogurt, fresh seasonal fruit and a drizzle of pure Canadian maple syrup
Optional: Protein wholemeal waffles **\$15.00**

Toasted Coconut Quinoa Hazelnut Granola (DF) **\$13.50**

With oats, cranberries, coconut flakes and almonds, served with fresh seasonal fruit, organic coconut yogurt or organic low fat natural yogurt, and a choice of milk (full cream or light dairy, coconut, oat, almond, rice or soy)

Gluten Free Muesli (GF*/Vegan) **\$13.50**

With puffed buckwheat, goji berries, almonds and combination seeds. Served with fresh seasonal fruit, organic coconut or organic low fat natural yogurt and a choice of milk

Mixed Berry Porridge (Vegan) **\$14.00**

Berry compote covered with almond milk infused oats, topped with strawberries, blueberries and organic coconut yogurt, pistachio and walnut crumble

Fruit with Yogurt (GF*) **\$10.50**

Fresh seasonal fruit with organic coconut yogurt or organic low fat natural yogurt

Boiled Eggs and Soldiers **\$15.50**

2 Soft boiled eggs with Organic Stoneground Wholegrain Sourdough soldiers with grass fed butter, bacon bits, dukkah seasoning, avocado and organic grass fed labna cheese
Paleo/Gluten Free* loaf **\$2**

Wellbeing Breakfast boards **\$18.00**

Organic Stoneground Wholegrain Sourdough served with 2 free range poached eggs seasoned with dukkah spices and sides of organic grass fed labna cheese, asparagus, heirloom tomatoes and kale salad with toasted pine nuts and beetroot pomegranate relish
Paleo/Gluten Free* loaf **\$2**

The Big Breakfast board **\$20.50**

Organic Stoneground Wholegrain Sourdough served with 2 free range poached eggs seasoned with dukkah spices and sides of Sicilian olives, smoked salmon, asparagus, prosciutto, avocado, organic grass fed labna and heirloom tomatoes with basil
Paleo/Gluten Free* loaf **\$2.00**

Breakfast Salad **\$20.00**

With seasonal greens, almonds, cranberries, avocado, bacon and 2 poached eggs topped with dukkah spices

SUPERFOOD BOWLS **TAKE AWAY \$12.50**

HAVE IN \$13.50

Acai Bowl pronounced ah-sigh-ee (GF/DF/Vegan)

Acai sorbet with banana and peanut butter, topped with granola of your choice, fresh seasonal fruit and coconut flakes

Berry Crunch Bowl (GF*/DF/Vegan)

Berries, banana and fresh orange juice, topped with granola of your choice, fresh blueberries, goji berries and chia seeds

Green Superfood Bowl (GF*/DF/Vegan)

Kale, spinach, banana and mango, topped with granola of your choice, goji berries, sunflower seeds, fresh seasonal fruit and coconut flakes

Optional: Matcha **\$2.50**,

Tropical Paradise (GF*/DF/Vegan)

Mango, passion fruit, banana and pineapple, topped with granola of your choice and fresh seasonal fruit

Choc-Nut (GF*/DF/Vegan)

Cacao, organic peanut butter, banana, cacao nibs and almond milk, topped with fresh fruit and granola of your choice

Superfood Bowl Options: Whey protein **\$1.50**, brown rice protein **\$2.40**

Granola options: Toasted Coconut Hazelnut & Gluten Free Muesli

LUNCH

Selection of Fresh Rolls and Salads Available

Please see front display

Pulled Beef Sliders **\$16.00**

3 organic brioche buns filled with grass fed pulled beef, healthy house made coleslaw and BBQ sauce

*While we take every precaution to keep allergen prone ingredients out of certain products, please be aware they may still be present. This includes but not limited to gluten, dairy and nuts

MACRO BOWL **\$11.00**

20% Carbohydrates – Choose one

- Quinoa, brown rice or sweet potato

25% Vegetables – Choose up to 3

- Carrots
- Green beans
- Broccoli
- Cauliflower
- Pumpkin

30% Greens – Choose one

- Spinach or Kale

20% Protein – Choose one

- Chickpeas **\$3.00**
- Free range chicken **\$5.00**
- Slow cooked grass fed pulled beef **\$6.00**
- 2x free range hard boiled eggs **\$4.00**

5% Fermented foods/fats – Choose one

- Sauerkraut, almonds or avocado

Dressing:

- Tahini, honey mustard or lemon and herb