

# Wild Fig

wholefood cafe



Our name was inspired by the name of Taree, which was derived from a Biripi word for Sandpaper Fig, Tarebit.

This 'wild fig' was a popular food source for the local Aboriginal people, which grew in abundance.

The figs were ground into a paste and mixed with bush honey as a sweet, and the sandpaper leaves were used to smooth down wooden tools.

The Tarebit Fig is among many native figs which grow wild along the river.

## Hot Drinks

<b>Cappuccino</b>	4.0
large	5.0
<b>Flat White</b>	4.0
large	5.0
<b>Latte</b>	4.0
large	5.0
<b>Short or Long Black</b>	3.5
large	4.5
<b>Macchiatto</b>	3.5
<b>Decaf</b>	4.0
large	5.0
<b>Mocha</b>	4.0
large	5.0

Complimentary Wild Fig Florentine with coffee only orders  
Raw Food (GF, SF, DF, EF)

<b>Wild Fig Chai Latte</b>	4.0
special blend of spices brewed with local honey	large 5.0
<b>Hot Chocolate</b>	3.5
large	4.5
<b>Byron Bay Tea Company Teas</b>	
English Breakfast, Earl Grey, Energy	
Ginger Zing, Black Magic, Chai	4.5
<b>Dandelion Coffee</b>	4.0
large	5.0
<b>Babycino</b>	2.5

We use freshly-ground, organically grown North Coast Coffee from the Clarence River. Our dairy milk is SunGrow from Wauchope.

**Soy, Oat or Almond Milk** 50 cents extra

## Cold Drinks

Mixed <b>berry</b> or <b>banana smoothie</b> with local honey & yoghurt. Choice of milk (cow, soy or oat),	8.5
Seasonal <b>fresh fruit smoothie</b> on juice all fruit - no sugar or dairy (SF, DF)	8.5
<b>Shakti Shake</b> - Almond milk, banana, date, cinnamon & cardamon (SF, DF)	8.5
<b>Iced Coffee</b>	7.0
<b>Iced Chocolate</b>	7.0

Local Moorland <b>Orange Juice</b>	4.0
Cloudy Organic Tasmanian <b>Apple Juice</b>	4.0
Noah's 100% <b>Juice Blends</b>	4.0
<b>Saxbys Drinks</b>	5.0
Organic <b>Coconut Water</b>	small 4.0 large 8.0
<b>Kids Milkshake</b> - chocolate or vanilla	4.5
<b>Kids Smoothie</b> - strawberry or banana	4.5

Wild Fig  
wholefood cafe



We are available for **private functions**  
& have **regular entertainment**.

Please like us on **facebook** to keep updated,  
or join our **email mailing list**

**Wednesday to Saturday** - 8am to 5pm

Phone 02 6551 6708 or 0448 916 424

[www.wildfigwholefoodcafe.com](http://www.wildfigwholefoodcafe.com)

Hope you had an enjoyable time...

# Wild Fig

wholefood cafe



Products used in our menu are sourced from fine boutique providores and local growers markets and some of them are available for sale here.

**Please see our display inside or ask our staff.**

We use **Honeycomb Farm Honey BBQ Sauce** from Nabiac, **free-range eggs** from **Warinyan Farm** at Upper Lansdowne and **free-range hand-smoked bacon** from **Comboyne**.

## Breakfast

<b>Muesli</b> - toasted with macadamias and honey served with fresh fruit & yoghurt Your choice of milk - cow, soy, oat or apple juice (low GI, HM)	12.5
<b>Turkish Raisin Toast</b> - with fresh ricotta or butter (low GI)	6.5
<b>Banana and Coconut Bread</b> - with greek yoghurt & honey (med GI, HM)	7.5
<b>Stone-ground organic Sourdough or Turkish Toast</b> (white or wholemeal) with fresh ricotta and sugar-free jam (low GI)	6.5
<b>Fried free-range egg and Bacon Roll</b> - with honey BBQ sauce on toasted sourdough or turkish (Med GI) or a bed of baby spinach (low GI, GF)	12.5
<b>Big Breaky</b> - Poached eggs, bacon, roasted tomato and balsamic mushrooms on a bed of baby spinach with honey BBQ Sauce and sourdough or turkish toast (white or wholemeal)	19.5
<b>Roasted Tomato and Avocado</b> on sourdough or turkish toast	12.5
<b>with</b> Hastings fetta	14.0
<b>with</b> one poached free range egg	15.0

## Lunch

<b>Baby Fig Salad</b> - Meadow Lodge marinated baby figs, goats cheese, toasted walnuts and beetroot on baby spinach with balsamic and olive oil dressing (low GI, HM, GF)	18.5
<b>Free-range Chicken Classic</b> with avocado on Burgen Seeded Toast (low GI)	10.5
<b>with</b> salad	13.5
<b>Rocket Salad</b> with roasted pumpkin, Hastings fetta, olives and balsamic dressing (low GI, HM, GF)	17.5
<b>Roasted Vegetable Frittata</b> with Hastings fetta, fresh ricotta and caramelised red onion served with side salad (low GI, GF)	18.5
<b>Organic Beef and Bean Burritto</b> with guacamole and salsa (low GI, HM)	19.5
<b>Morrocan Kumera and Chickpea Burger</b> on sourdough or turkish toast with coriander, mint yoghurt dressing. (Low GI, HM) Gluten free option available	18.5
<b>Bruschetta</b> - sourdough with housemade Pesto, fresh Roma tomato, red onion, Hastings fetta & shaved parmesan	15.0
<b>Roasted Vegetable Melt</b> - with housemade Pesto and fetta on turkish or sourdough bread with side salad Gluten free option available - Can also be served on Organic Wraps	17.5
<b>with</b> Roasted Free-range Chicken	19.5

I have used the 'Low G.I. Diet' Handbook by Prof. Jenny Brand-Miller as a guide in creating this menu.

Key to abbreviations are; **GI** - Glycemic Index **HM** - House Made, **SF** - Sugar Free **DF** - Dairy Free **GF** - Gluten Free