

P R E A C H

C A F E

BREAKFAST All day menu

Breads - Sonoma Miche, walnut raisin and fig or gluten free toast served with butter and a selection of spreads, organic peanut butter, fig or strawberry jam, vegemite or philadelphia cheese - 6

Banana Pancakes - fresh strawberries, banana, blueberries, veganola, house-made cacao sauce & Canadian maple syrup - 18 (GF, DF) + vegan vanilla ice cream - 3

Coconut French Toast - Coconut crusted brioche toast with fresh strawberries, caramelised banana, blueberries, passionfruit and cream drizzle with Canadian maple syrup - 19

Winter Porridge - Organic oats, organic peanut butter, fresh figs, coconut flakes & blueberries - 15

Activated Charcoal Acai bowl - topped with veganola, banana, seasonal berries, passionfruit, kiwi fruit, coconut flakes - 15 (VG)

Seasonal fresh fruit plate, yoghurt drizzled with raw honey - 16
Add coconut yoghurt + 2 (V)

PokeCADO - Cured Salmon, edamame beans, wasabi aioli smashed avocado, rocket, cucumber, sweet pineapple, black sesame seeds & soy Sauce on sourdough - 19

Green Breakfast Bowl - Sautéed coconut quinoa, garlic, kale, spinach, roasted almonds, avocado, poached eggs, grilled halloumi and mint - 19

Preach Poach – Smashed Avo, labneh, heirloom tomatoes, zaatar, goats cheese, beetroot labneh, pomegranate, poached eggs on sourdough - 20

Chilli Eggs - Two poached eggs, smashed avo, spinach, Grilled halloumi with tomato chilli salsa on sourdough - 20

Bondi Breakfast - Egg whites, avocado, NZ cured salmon, baby spinach, mushrooms & GF toast - 20

Bondi Feast - Shaved pastrami, heirloom tomatoes, crispy maple bacon, NZ cured salmon, zaatar labneh, avocado, poached eggs & sourdough - 23

Preach Brekky for 2 – Eggs your way, avocado, grilled tomato, crispy maple bacon, halloumi, labneh, zaatar, olives, mushrooms, caramelised walnuts, watermelon, strawberries, figs, pistachios, organic peanut butter & sourdough - 55

Omelette – Create your own - 10 (K)
Add tomato, baby spinach, olives, mushrooms, kale, red onion, pastrami, capsicum, goats cheese - 2 each

From 12.00 pm

Chicken Quinoa Salad – Grilled chicken, baby spinach, dates, roasted almonds, coconut quinoa & goats cheese with harissa dressing - 18

Grilled Ora King Salmon - sweet potato mash, roasted pumpkin, capsicum, broccoli & asparagus - 25

Avocado Bun - Halloumi, sliced tomato, zaatar chicken, sautéed kale topped with sesame seeds, served with sweet potato fries and coconut aioli - 19

Beef Burger - House made beef patty, iceberg lettuce, pickles, sliced tomato, goats cheese, caramelised onion, secret sauce on a seeded brioche bun served with sweet potato fries - 18

Levis' Bowl – Grilled chicken breast, roasted sweet potato, steamed broccoli, avocado, hummus and a poached egg on a bed of spinach - 22

Falafel Wrap - Tahini spread, tomato, mint, rocket, pickled turnips, parsley, falafel balls, sweet potato fries on lebanese bread with tahini lime dip - 17

Mixed Plate - 1 x Chicken, 1 x Lamb, 1 x Kafta skewers, tabouli salad, falafel balls, hummus, traditional garlic dip, pita bread & pickles - 23

Zucchini Bolognese - Zucchini noodles, housemade tofu & vegetable bolognese - 17 (V)

Vegan Burger – Housemade vegan beetroot patty, lime smashed avo, citrus sprouts, housemade hummus, sweet potato fries & rosemary roasted button mushrooms on a charcoal bun (V) - 20

Hearty Bowl - Sweet potato, avocado, carrot, purple cabbage, cucumber ribbon, heirloom, cherry tomato, on a bed of kale with Tahini lime dressing (V) - 16

Add Beetroot Falafel - 4, Grilled Chicken - 6, Grilled Salmon - 7

SIDES - Add healthy sides or build your own breakfast

Tomato - 3

Baby spinach - 3

Sautéed Kale - 3

House made hummus - 4

Halloumi Cheese - 4

Avo Hummus - 4

Sautéed Mushrooms - 4

Avocado - 4

Bacon - 5

Eggs – Scrambled, poached or fried - 6

NZ cured salmon - 7

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DRINKS

COFFEE – ONA

White - 4

Black - 3.5

Bonsoy + 0.5

Coconut Milk + 1

Almond Milk + 1

Mocha - 5

Hot chocolate - 4

Chai latte - 5

Dirty chai - 5

Tumeric latte - 5

Coconut espresso bomb - 7

(Fresh whole coconut + specialty coffee espresso shot)

TEA – Tea Craft

Black – English breakfast, earl grey - 4

Green – Silver jasmine - 4

Herbal – Peppermint, chamomile, lemongrass & ginger - 5

ORGANIC COLD PRESS JUICES - 9.5

Rise & Shine - orange

Pink Falmingo - watermelon, mint, starwberry, apple

Red Roots – Beetroot, celery, carrots, lemon, ginger

Sparkling Water- 5

SMOOTHIES - 12

Vegan Berry - Coconut water, 7.2 organic vegan protein, mixed berries, cinnamon, walnuts, banana and chia seeds

Acai - Coconut water, Acai puree, mixed berries, chia seeds and banana

Salted Caramel - Almond milk, 7.2 organic vegan protein, banana, dates, cinnamon and cacao nibs

Raw Energy - Coconut water, raw energy powder, acai, avocado, chia seeds and berries

Tropical Passion - Coconut water, vanilla ice cream protein, passion fruit, mango, avocado, almonds, Manuka honey and chia seeds

Detox Green - Coconut water, kale, spinach, cucumber, chia seeds, pineapple and passion fruit

Tumeric Mango - Coconut water with 7.2 organic vegan protein, cinnamon, mango, banana, tumeric, ginger and almonds

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