



FLIP OVER
FOR DRINKS



Eka is a plant-based cafe, committed to reducing waste, organic produce, shopping locally and providing a healthy alternative. Food as Medicine!

OUR MENU IS VEGAN and SEASON BASED

GF = Gluten Free

SF = Soy Free

SPICED PORRIDGE \$14.90

Warm and Creamy Porridge, made with Organic Rolled Oats, Organic Chia and Quinoa. Cooked in Coconut Milk and spiced with Cardamom, Cinnamon and Nutmeg. Topped with Poached Seasonal Fruit, Hemp Seeds, and Loving Earth Buckinis.



FRENCH TOAST \$14.50

Two Thick Slices of GF Precinct Fruit Toast pan-fried in Coconut Milk and Agave Nectar, served with Fresh Fruit, Berry Coulis and a generous scoop of Zebra Dream Icecream.

+ Organic Coconut Yoghurt \$3



BLACK BEAN TACOS \$16.50

Two x LaTortilleria Melbourne-made Soft Shelled Tortillas, loaded with a creamy Black Bean and Vegetable Stew, slowed cooked overnight at Eka.

Served with Brown Rice, Fresh Salad, Spicy Mayo, and Vegan Sour-cream.

+ Avocado \$3



ENOKI MUSHROOM ON SOURDOUGH \$16.50

Creamy Enoki and Button Mushrooms sautéed with Garlic, Black Pepper, fresh Thyme, and Almond Milk. Topped with crumbled Vegan Feta and Arugula Leaves. Drizzled with Chilli Oil. On Sourdough Kitchen Bread (GF available).

+ Avocado \$4

+ Beetroot Kraut \$3



BAO TEMPEH SLIDERS \$12.90

Crispy pan-fried Organic Tempeh, Organic Kimchi, house-made Peri-Peri Mayo, Grilled Mushrooms and Caramelised Onion, served in two delicious Footscray-made Bao. Serve of Two.

+ Avocado \$4

+ Miso Soup \$3

FALAFEL BOWL \$18.50

Organic Falafels topped with creamy Tahini Aioli, Cherry Tomatoes, Beetroot Kraut and Red Cabbage. Served on a bed of biodynamic Brown Rice and Pearled Cous Cous tabbouleh, topped with house-made Cashew Chese Sauce, Tzatziki, Beetroot Hummus and Eka made Dukkah.



VEGAN TOASTIE \$14.50

GF Precinct Toasted Sandwich with Roasted Pumpkin, Eggplant, Caramelised Onion, Smoked Mozzarella and our house-made Kale Pesto, and a side of Slaw.

+ Avocado \$3

+ Cashew Cheese \$4



INDIAN SCRAMBLE \$14.90

Tofu Scramble, made with Traditional Indian Spices, Sautéed Onions & Cherry Tomatoes on GF Precinct Toast.

+ Beetroot Kraut \$3

+ Cashew Cheese \$4

+ Vegan Kimchi \$3

+ Avocado \$3



RICE PAPER ROLLS \$12.50

Traditional Vietnamese Rice Paper Rolls, packed with Teriyaki Tofu, fresh Vegetables, and Rice Vermicelli. Served with a Satay Dipping Sauce. Serve of Three.



SMASHED AVO \$17.90

Smashed Avo, Edamame and "Yay" Fetta (the best vegan fetta!) on GF Precinct Bread, served with Slaw, topped with Gomashio.

+ Beetroot Kraut \$3

+ Vegan Kimchi \$3

+ Crispy Tempeh \$4



VEGAN GYOZA \$9.50

Five hand-folded dumplings filled with Cabbage and Mushroom Pan-fried and served with house-made ponzu.

+ Miso Soup \$3



PULLED JACKFRUIT BURGER \$17.50

Pulled Jackfruit in a house-made BBQ Sauce on a GF Precinct Bun, loaded with Avocado Slaw, Vegan Mayo, and Organic Roasted Cashews. Served with Herbed Potato Wedges/ Lotus Root Chips



ADD TO ANY MEAL

+ Coconut Yoghurt \$3

+ Beetroot Kraut \$3

+ Vegan Kimchi \$3

+ Avocado \$3

+ Pesto \$3

+ Peri-Peri Mayo \$3

+ Miso Soup \$3

+ Cashew Cheese \$4

+ Vegan Feta \$4

+ Tempeh \$4

hot drinks

COFFEE \$3.80

Made with Zest Coffee Beans

+ Soy	50c
+ Alm/Coconut/Rebel Mylk	\$1
+ Make it Large	50c
+ Mocha	50c
+ Decaf	50c

HOT CHOC \$4.50

Made with Loving Earth Dark Drinking Chocolate and your choice of mylk.

HOT CAROB \$5.00

A delicious Hot-Choc alternative! Made with Carob, Maple Sugar, Maca Powder, Wattleseed, Cinnamon and Murray River Salt.

CHAI \$5.60

A pot of our House-made Leaf Chai. Made with Black Tea and Indian Spices, made with your choice of mylk.

GOLDEN MYLK \$5.00

Anuveer's Traditional Turmeric Milk. Made with heart and soul, using an Ayurvedic family recipe! Made with your choice of mylk.

DANDELION \$5.00

Roasted, ground dandelion, blended with mylk of your choice.

MATCHA \$5.00

Traditional Japanese Matcha, made from Green Tea Leaves. Blended with mylk of your choice.

cold drinks

ICED COFFEE \$7.50

Coffee, Ice and your choice of mylk. Topped with Zebra Dreams 'Vanilla Dreams' coconut mylk ice-cream!

ICED CHOC \$7.50

Loving Earth Choc, Ice and your choice of mylk. Topped with Zebra Dreams coconut mylk ice-cream!

ICED CHAI \$6.50

Made with our House-made Chai blend, your choice of mylk and ice.

KOMBUCHA \$5.00

Traditional, hand-crafted Kombucha! Natural, fermented drink which is good for the gut.

Raspberry Lemonade Hibiscus
Original Cherry Plum
Ginger Lemon

HEPBURN SPRINGS \$4.50

Organic, naturally flavoured and carbonated beverages!

Brewed Ginger Beer
Cola
Blood Orange
Orange Juice
Apple Juice

smoothies

ORANGE CRUSH \$7.50

We take a whole Orange (sans skin) and blend it with Organic Coconut Water and Ice.

CACAO MONKEY \$7.50

Organic Cacao Nibs, Cacao Powder, Banana, Coconut Nectar, Medjool Dates and your choice of mylk.

BERRY BEAUTIFUL \$8.50

Organic Blueberry, Strawberry, Raspberry, Blackberry, Inca Berries and your choice of mylk.

GREEN GODDESS \$8.50

Kale, Passionfruit, Organic Mango & Medjool Dates and your choice of mylk.

herbal tea

\$5.80 per pot

Made by Eka's Resident Herbalist; Flora Stone. All Organic and Wild Harvested.

Peaceful Heart:

Sooth the heart and calm the nerves. Wonderful for mild depression, anxiety, insomnia etc.

(Lemon balm, Oat Straw, Mother wort, Hawthorn Berry, Pink Rose Petal)

Immune Boost:

Fruity blend to support the immune system and prevent cold/flu. Contains herbs to help break fevers. Gentle enough for children and the elderly!

(Elderflower, Linden, Lemongrass, Rosehip, Elderberry, Orange Peel).

Sacred Mountain:

A spirit strengthening daily tonic tea. Aids the spirit to ground into clarity and proper use of energy. Nourishes adrenal glands and stimulates digestion.

(Tulsi/Holy Basil, Licorice, Peppermint)

Eka acknowledges the Aboriginal and Torres Strait Islander peoples as the first inhabitants of the this land. We pay our respects to the Kulin people, on whose land Eka stands.

We hope and pray that as a country, Australians can truly heal the wounds of our indigenous brothers and sisters, and reach a space of peaceful co-existence.