

THE MENU

PLANT BASED WHOLEFOODS

About our food



Welcome to our little cafe.

When it comes to food we like to keep things clean, real and simple. We opened RAWTHENTIC in 2015 to offer just that ... cruelty-free plant-based wholefoods for those who don't want meals made from processed ingredients containing refined sugars, heat treated oils, artificial colours and preservatives.

Of course you don't have to be a raw vegan to enjoy our food. Most of our customers aren't. But if you care about what you eat and you're looking for authentic minimally processed food that tastes good and is good for you then you have landed in the right spot.

Our menu offers a balanced combination of cooked and raw wholefoods. We make everything in house from scratch offering our customers genuine authentic flavours. We are strictly vegan.

Thank you for joining us today.

Small Eats

MUESLI BRUNCH BOWL .. \$9.5 **VG**

Perfect for breakfast or lunch. Organic quinoa cooked with coconut cr me, vanilla bean & stewed apples then mixed with our raw muesli, dehydrated fruits, berries & seeds & our house cashew custard. Served chilled.

VEGAN CHEESE TOASTIE .. \$6 **VG**

Classic comfort food with a vegan twist ... NO gluten NO soy. Our cheeses are made from almonds, cashews and macadamia nuts.

 Add chutney or tomato for \$1.00 extra
 Add mushrooms for \$1.50 extra
 Add avocado for \$2.00 extra

SOUP OR DHAL of the day .. \$8.5 **VG**

Ask us. It depends on what we find at the markets.

SUMMER ROLLS .. \$10 **VG**

Rice paper rolls filled with marinated tempeh strips, fresh vege, vege noodles, sprouts and fresh mint. Served with our sharp "OMG" almond dipping sauce.

RAW NACHOS .. \$12 **VG R**

This is a snack sized dish ideal for a light lunch or entree. Smoked chipotle chilli mix, guacamole, cashew sour creme, and our house crunchy corn chips (dehydrated for 24 hours not baked).

RAW NOODLE SALAD .. \$6.5 **VG R**

A small yet very filling salad made from zucchini, carrot, sweet potato and kelp noodles, sunflower and mung bean sprouts, wombok. Served with our almond pad thai dressing.

RAW CRACKERS & DIP .. \$9 **VG R**

A small serving of dehydrated crackers served with macadamia cr me cheese dip & almond hummus.

FOOD ALLERGIES

If you have a food allergy or intolerance please let us know at the time of ordering.

V – VEGAN **G** – GLUTEN FREE **R** – TOTALLY RAW DISH

Bigger Eats

MEXICAN BOWL ... \$15 VGR

Starts where our nachos leaves off so if you're a fan of our raw nachos you'll love this dish. Smoked chipotle chilli mix, guacamole, cashew crème fraiche, Chimichurri verde noodle, salsa, and our house crunchy corn chips (not baked but dehydrated for 24 hours)

BAKED LASAGNE ... \$15 VG

Not quite a rawligious experience but this little stack of baked autumn comfort is just heavenly. A traditional style lasagne adapted by raw vegans. WTF? Made with gluten and egg free pasta using our house nut cheeses and salsa di pomodoro con basilica. We've added some roasted pumpkin for extra comfort. Served with a fresh sprout & green salad with nut mayo.

NOURISH BOWL ... \$15 VGR

Wholesome and nourishing combination of raw almond falafel, vege noodle, fermented vege, spicy nori, greens and sprouts, ginger root salad and avocado. Generously dressed with nut mayo and almond hummus. Taste the rainbow!

RAW PAD THAI ... \$15 VGR

Kelp, zucchini, sweet potato noodles, white, purple and wombok cabbage, carrots, pea shoots, capsicum, coriander, and sprouts. Tossed with our in-house spicy almond sesame crème dressing. Topped with activated crushed Balinese cashews, chilli and black sesame seeds.

RAWTHENTIC WRAPS ... \$17

We don't use bread for our wraps but choose to make our own from scratch. They are gluten free, made from veggies and flaxseed, and have been patiently dehydrated for 24 hours at low temperature without baking.

PORTOBELLO RUEBEN VG

Marinated Portobello mushroom slices, vegan cheese, sprouts, tomato, wombok slaw and Russian dressing

MEXICANO VGR

Filled with fresh organic greens, sprouts and salad, a mild veggie chipotle chilli mix, organic guacamole and cashew nut sour crème.

FALAFEL VGR

Filled with fresh organic greens, raw falafel balls, gado gado sauce, lots of sprouts and salad and finished with our nut mayo

BURGERS ... \$15

Your choice – Sol Breads gluten free bun or bunless (served as a vege stack)

HEMP SEED BURGER VG

A hemp, sesame and veggie seed pattie lightly toasted and topped with our secret turmeric sauce

VEGGIE BURGER VG

Traditional style vegan pattie. We change these often so be sure to ask. Served with BBQ tomato sauce, lettuce, sprouts, tomato, beetroot, carrot and cucumber.

Desserts

We make all our desserts in house. We have many variations so check out our display cabinet for our daily selection.

They are genuinely raw, nut based, gluten free and vegan. All ingredients are totally raw. We don't use refined cane sugar, coconut creme or heat treated coconut oil. We use medjool dates and raw coconut flower nectar as our preferred sweeteners.

Rawthentic Unbakery

25 Stuart Street
Coolangatta | Tweed Heads
Tel: 07 5599 2920

Facebook: rawthenticorganics
Instagram: @therawboys

Monday – CLOSED
Tuesday – 11am to 4pm
Wednesday – 11am to 4pm
Thursday – 11am to 4pm
Friday – 11am to 3pm
Saturday – 10am to 3pm
Sunday - CLOSED