

THE MENU

PLANT BASED WHOLEFOODS

About our food



Welcome to our little cafe.

When it comes to food we like to keep things clean, simple and real. 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 flavours 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 a vegan owned and operated business.

Thank you for joining us today.

Small Eats

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

Two (2) rice paper rolls filled with marinated tempeh strips, fresh vege, vege noodles, sprouts and fresh mint. Served with our infamous almond dipping sauce. Made fresh daily and available until sold out.

RAW NOODLE SPROUT SALAD .. \$12 **VGR**

A small yet filling salad made from vege and kelp noodles, sprouts and seasonal vege. Served with our almond pad thai dressing.

RAW CHIPS & CHEESE DIP .. \$9 **VGR**

A small serving of dehydrated corn chips served with our raw nut cheese dip

VEGAN CHEESE TOASTIE

Classic comfort food with a vegan twist. Our raw cashew cheese served on traditional sourdough bread. Gluten-free bread also available for \$2.

"JUST CHEESE" TOASTIE ... \$6 **V**

EXTRAS

Gluten-free bread ... \$2.00

Add chutney ... \$1.00

Add tomato ... \$1.00

Add mushrooms ... \$1.50

Add avocado ... \$2.00

Add small side salad ... \$2.00

"WITH THE LOT" TOASTIE ... \$10 **V**

Includes chutney, tomato, mushrooms, avocado and lots of cheese.

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

FOOD ALLERGIES

If you have a food allergy or intolerance please let us know at the time of ordering. This menu provides general descriptions but does not list every single ingredient used. From time to time we also substitute ingredients depending on availability.

Bigger Eats

MEXICAN BOWL ... \$17 **VGR**

Chipotle chilli mix | veggie noodles with chimichurri mayo | salsa | guacamole | sour cashew creme | housemade corn chips

RAINBOW NOURISH ... \$17 **VGR**

Raw almond falafel | vege noodle with nut mayo | fermented vege | nori | slaw with almond satay dressing | greens & sprouts | root salad | cashew cheese | house seed mix
Recommended adds: organic avocado \$2

RAW PAD THAI ... \$19 **VGR**

Kelp noodles | vege noodles | purple, savoy, & wombok slaw | snow peas | carrots | capsicum sunflower and mung bean sprouts | almond Pad Thai dressing | activated Balinese cashews | hemp seeds | black sesame seeds.

ASIAN BOWL ... \$17 **VG**

Marinated tofu & tempeh | marinated mushrooms | pickled ginger | edamame | vege noodle | kelp noodle | broccoli | cauliflower | Gado Gado dressing | sesame nori flakes | ketjap manis | hemp seeds

SUPER BOWL ... \$25 **VG**

This sampler bowl is ideal to share or for anyone with a bigger appetite

Raw almond falafel & cashew cheese | marinated tofu, tempeh & ketjap manis | chipotle chilli mix with guacamole & sour cashew creme | housemade corn chips | vege noodle | fermented vege | sesame nori flakes | wombok slaw | greens & sprouts | root salad | nut mayo | house seed mix

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 – turkish bread roll or gluten free bun (\$2 extra) or bunless (served as a vege stack). **Add cheese \$2.50**

HEMP SEED BURGER **V**

A hemp, sesame and veggie seed pattie lightly toasted and topped with our secret turmeric sauce. Served with pickles, lettuce, sprouts, tomato, beetroot, carrot and cucumber.

VEGGIE BURGER **V**

Traditional style herbed chickpea pattie. Served with our house tomato chutney, 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. Medjool dates and raw coconut flower nectar are our preferred sweeteners.

Rawthentic Unbakery

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

Facebook: rawthenticorganics
Instagram: @therawboys

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

(kitchen closes ½ hour before closing)