

SMOOTHIES

THE GREEN ROOM” .. \$10.00

Kale, rocket, parsley, mint, coconut water, banana, mango.

“STRAWBERRY FIELDS” .. \$10.00

Organic strawberries & raspberries, banana, goji berries, our own in-house almond mylk, medjool dates.

“ALOE - HA” .. \$10.00

Aloe vera gel, spinach, rocket, kale, banana, cashew nuts, lucuma, medjool dates, coconut water.

“BLUE LAGOON” .. \$10.00

Our own in-house Almond mylk, banana, pineapple, Blue Majik spirulina.

“ESPRESS YOURSELF” .. \$10.00

Banana, espresso shot, raw cacao powder, medjool dates, almond mylk, cashews.

“NO WHEY PROTEIN ” .. \$10.00

Sprouted bio-fermented protein powder (organic brown rice & pea), almond butter, banana, dates, almond mylk, organic maca powder, organic mesquite powder.

E3LIVE

E3Live is an all-organic blue-green algae superfood wild-harvested from Klamath Lake in Oregon, USA. It is 100% Aphanizomenon flos-aquae (AFA). This nutrient dense super food contains over 65 vitamins, minerals, amino acids and essential fatty acids... it is non-GMO, vegan & a rich source of chlorophyll.

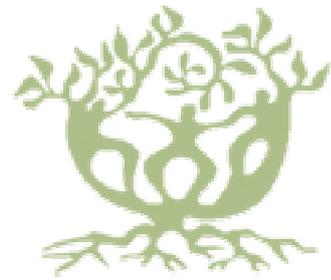
E3LIVE AFA SHOTS ... \$5.00

BRAIN ON SHOTS .. \$5.00

BLUE MAJIK SHOTS .. \$5.00

“E3LIVE is the greatest brain food known to man.”

Dr Gabriel Cousens



rawthentic
ORGANIC UNBAKERY & TONIC BAR

MENU

25 Stuart Street, Tweed Heads, NSW Tel: 07 5599 2920

OPEN: Wed to Fri 9am to 3pm | Saturday 9am to 2pm

www.therawboys.com.au



rawthenticorganics



@therawboys

Welcome to your local
organic unbakery and tonic bar.

If you are like us, you probably don't want to treat food like a daily duty with lots of rules. Food should be nourishing & healthy but it should also be delicious & an enjoyable experience. And that is what has been foremost in our thoughts when putting this menu together.

We make everything from scratch in house from cracking coconuts, soaking and sprouting nuts, making mylks & cheeses to dehydrating our crackers & breads. If it's on our menu we made it.

Our food is 100% plant based. It is free of dairy, eggs, gluten, refined cane sugars & heat treated oils because that is the food we love to eat & share with our families and friends. We minimally process our ingredients without cooking & heating to retain the integrity and nutritional value of the food.

Choosing organically and sustainably produced ingredients is also big with us. We believe eating organically is a cornerstone of a truly healthy diet. And we love the idea that organic wholefoods not only nourish our bodies and spirit but they also have the potential to nurture the health & well being of our planet.

Thank you for joining us today!

**PLEASE ORDER &
PAY AT THE
COUNTER**

MAINS

BIRCHER BOWL .. \$9.50

Alternate layers of cashew nut custard, fresh seasonal fruit and our signature grawnola organic muesli.

NUT BURGER STACK .. \$9.50

Nut meat patty made from pistachio, walnuts and seeds. Served with lots of organic salad greens & veggies, rich tomato salsa, macadamia nut cheese.

RAW NACHOS .. \$9.50

Mild veggie chilli mix, organic guacamole, sour nut creme made from sprouted cashews and served with handmade dehydrated corn chips.

FALAFEL LUNCH .. \$9.50

Middle Eastern flavoured falafel balls served with fresh greens & salad, cultured vegetables and almond hummus. This is our no legume recipe.

RAW PIZZA .. \$9.50

Our rawthentic almond & 3 seed pizza bread topped with lots of organic salad greens & veggies, rich tomato salsa, macadamia nut cheese ... topped with organic sprouts

RAW WILD MUSHROOM & VEGGIE QUICHE .. \$12.00

All the goodness of wild mushrooms served in an individual raw vegan pie case with a creamy cheese filling made without dairy or eggs.

RAW WRAPTURE - ORGANIC SALAD WRAPS .. \$12.00

Gluten free 100% plant based wraps filled with our daily salad selection – ask us for more details.

RAW COUNTRY COTTAGE PIE .. \$9.50

Our raw vegan version of this traditional favourite. 100% plant based. Served with our tomato sauce and salad.

RAW SAMPLER PLATE .. \$15.00

Sample portions of raw nachos, falafel, cottage pie on one plate. Served with salad.

“It is more fun to talk with someone who doesn't use long, difficult words but rather short, easy words like
"What about lunch?"

A.A. Milne, *Winnie-the-Pooh*

RAW DESSERTS

(check out our display fridge as our dessert range changes of ten)

RAW SLICES .. \$5.50

RAW CAKES .. \$7.00

GRAB & GO TUBS .. \$5.00

Choose from our range of raw, dairy & egg free, processed sugar free, flour free, guilt free and unbaked desserts

COFFEE

Our specialty 100% Arabica blend by local Moonshine Coffee Roasters is made from 3 exceptional origins: Brazil; Ethiopia & Kenya with some K7 from northern NSW. As an espresso it has a thick buttery mouth feel balanced with the sweetness of tropical fruits. With milk added you'll taste toffee and chocolate overtones perfectly complimenting our cacao based raw desserts.

Espresso .. \$3.50

Add milk

Regular single shot (6oz) .. **\$3.80**

Tall single shot (12oz) .. **\$4.20**

Tall double shot (12oz) .. **\$4.80**

Extra espresso shot .. \$1.00

MEDICINAL LATTES

Golden Turmeric Chai Latte
Matcha Latte
Organic Byron Chai Latte
Raw Cacao Latte
Raw Cacao & Maca Latte
Mocha (raw cacao & espresso)

Regular .. \$3.80

Tall .. \$4.80

Dairy, coconut, soy or almond