

WRAPS

RAWTHERNIC WRAPS

These are our TOTALLY RAW wraps made from a combination of local organic veggies, seeds and coconut. They are NUT FREE and gluten free. They have been patiently dehydrated for 24 hours at low temperature. Not baked.

These are big wraps and suitable for sharing if you are looking for something lighter. We offer 3 different filling options:

SEASONED SPROUTED LENTIL [R/V/GF] | 16

Filled with fresh organic salad, almond hummus and our organic sprouted lentil nut patty.

MEXICAN [R/V/GF] | 16

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

FALAFEL [R/V/GF] | 16

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

BURGERS

ARTISAN SOURDOUGH BURGERS

While our burgers contain cooked components that have been mindfully prepared to make sure things are still at their most nutritious. We soak and sprout some of the ingredients and we always include raw elements. The slow fermented rye sourdough buns are made for us at a local bakery using traditional methods.

We offer 3 different burgers:

TOASTED SESAME [V] | 13

A veggie and sesame seed patty lightly toasted and topped with our secret turmeric sauce served with organic salad, sprouts and our nut mayonnaise

FAVA BEAN TEMPEH [V/F] | 13

Traditional fermented fava bean cake, lightly grilled and topped with our gado gado sauce served with organic salad, sprouts and our nut mayonnaise

CHICKPEA TEMPEH [V/F] | 13

Traditional fermented chickpea cake, lightly grilled and topped with our gado gado sauce served with organic salad, sprouts and our nut mayonnaise

BOWLS

ACAI BLUEBERRY BOWL [R/V/GF] | 13

ACAI and blueberries blended with banana. Topped with fresh seasonal fruit and our signature organic 100% raw muesli and creamy cashew custard.

BLUE MAJIK BOWL [R/V/GF] | 15

Pineapple, coconut and banana blended with Blue Majik spirulina. Topped with fresh seasonal fruit and our signature organic 100% raw muesli.

ACAI CHOCOLATE CRUNCHY GRAWNOLA BOWL [R/V/GF] | 14

ACAI and RAW cacao blended with banana. Topped with our crunchy chocolate grawnola and fresh seasonal fruit and raw chocolate sauce

SNACKS & STARTERS

CRACKERS & DIP [R/V/GF] | 7.5

A small serving of six (6) dehydrated crackers served with macadamia crème cheese dip OR almond hummus

RAW BANANA BREAD [R/V/GF/F] | 9

Slice of sprouted seed and banana bread served with almond butter and banana with a drizzle of raw chocolate

PLATES

RAINBOW SALAD PLATE [R/V/GF] | 9

A tasting plate of colourful local organic and seasonal produce. A perfect plate to get you inspired about how good greens, leaves, veggies and sprouts can make you feel. Three choices from our salads/veggie bowls which change frequently depending on local markets so ask us for the daily combinations.

MEXICAN CHILLI PLATE [R/V/GF] | 14

Starts where our nachos left off so if you have been a fan of our raw nachos you'll love this dish. Smoked chipotle chilli mix, guacamole, cashew crème fraiche, pica de galo salsa, salsa verde, and our in-house crunchy corn chips (not baked but dehydrated for 24 hours)

RAW PIZZA [R/V/GF] | 12

Individually sized nut-free (buckwheat, flaxseed & sunflower seed) dehydrated pizza base. Topped with our in-house raw tomato sauce, macadamia cheese, seasonal shredded veggies, marinated mushrooms, olives and organic sprouts. Served with our fresh garden salad.

RAW ORGANIC PAD THAI [R/V/GF] | 16

Kelp noodles, white and purple cabbage, carrots, capsicum, coriander, sprouts. Tossed with our in house spicy almond sesame crème dressing. Topped with activated crushed almonds, chilli and black sesame seeds.

RAW FALAFEL PLATE [R/V/GF] | 13

Three raw falafel balls, raw almond hummus, sprinkled with white and black sesame seeds and your choice of two (2) salads

VEGGIE STACK [R/V/GF] | 13

Nut meat patty made from organic sprouted lentils, activated walnuts, marinated veggies and golden flaxseed. Served with your choice of two (2) salads nut cheese, marinated mushrooms and rich tomato sauce.

VEGAN OPEN SANDWICH [R/V/GF] | 12

Sprouted seed bread made from millet buckwheat and quinoa. Baked at low temperatures for 4 hours to preserve the integrity of the ingredients.

Your choice of two toppings:

- **Save Our Seas**

Smoked combination of root and sea vegetables, dill and lemon served with a herb crème cheese and agarden salad

- **Herbed Mushroom**

Rosemary infused marinated mushrooms tossed in a garlic alfredo sauce and served with a garden salad

EXTRAS

Side salad single serving	3
Avocado	2
Almond Hummus.....	3
Corn Chips (small bowl)	5
Macadamia cheese.....	3

Marinated mushrooms 3

BLENDED JUICES, SMOOTHIES & MYLK SHAKES

There are many things you can say about our smoothies and juices ... here are a few
REVITALISING, REFRESHING, ANTIOXIDANT AND FIBRE RICH, ENERGY BOOSTING

COCO CHAI SMOOTHIE [R/V/GF] | 10

Byron Living Chai, coconut meat, medjool dates, coconut mylk

OLD SCHOOL BANANA SMOOTHIE [R/V/GF] | 10

Banana, vanilla, medjool dates, almond mylk

BANANABERRY CHOCOLATE SMOOTHIE [R/V/GF] | 10

Cacao powder, banana, blueberry, vanilla, medjool dates, almond mylk

ACAI SMOOTHIE [R/V/GF] | 10

Unsweetened ACAI berry pulp, banana, blueberries, medjool dates, almond mylk

GOLDEN TURMERIC SMOOTHIE [R/V/GF] | 10

Organic turmeric powder, coconut powder, cinnamon, cayenne, black pepper, coconut oil, banana & medjool dates blended with coconut mylk

GREEN ROOM [R/V/GF] | 10

A blend of kale, rocket, parsley, mint, banana, mango and coconut h2O

STRAWBERRY FIELDS [R/V/GF] | 10

Organic frozen strawberries and raspberries, banana, goji berries, medjool dates and almond mylk

BLUE LAGOON [R/V/GF] | 12

A blend of Blue Majik spirulina, banana, pineapple and coconut mylk

MATCHA ICED-TEA SMOOTHIE [R/V/GF] | 14

Matcha tea, medjool dates, coconut mylk and crushed ice

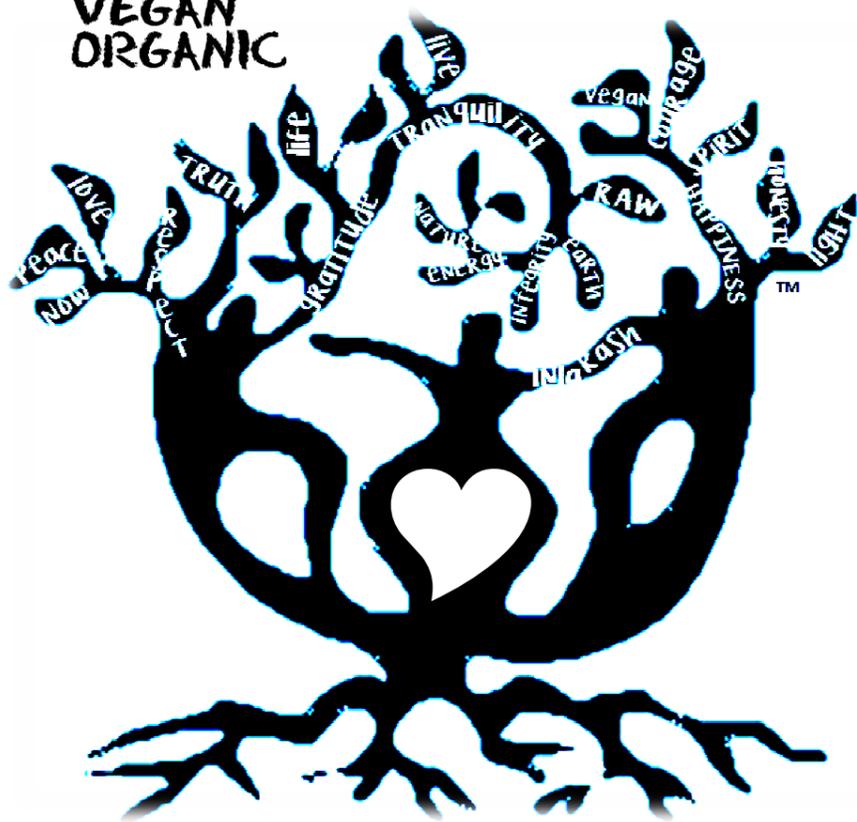
BOOSTERS (can be added to any smoothie)

Plant-based protein powder.....	1	E3 Live powder.....	3
Brain On powder	5	Lucuma powder	1
Mesquite powder	1	Aloe Vere Gel	2
Maca powder	2	Schizandra berry	2
Espresso shot.....	1	Pro biotic/pre biotic	2
Reishi	2	Chaga	2
He shou wu.....	2	Eucommia bark	2

PLEASE NOTIFY OUR FRIENDLY STAFF OF ANY FOOD ALLERGIES BEFORE YOU ORDER. Our eatery offers organic, plant-based cuisine. However, we cannot guarantee that guests with food or beverage allergies will not be exposed as this may occur through cross contamination and other methods.

RAW

PLANT BASED
VEGAN
ORGANIC



rawthentic ORGANIC UNBAKERY & FARMACY MENU

WE SPECIALISE IN RAW VEGAN
PLANT BASED CUISINE

Welcome to our little shop.

We have tried to create a menu & an environment that supports health & sustainability for both our local community as well as the planet. Our daily focus is on offering an alternative "raw" living wholefoods menu without using any animal products, preservatives, processed sugars or heat treated oils. We select the best organic ingredients we can find as a way of honouring our connection to earth, nature & each other.

We always try to provide inspired service, honest & transparent communication about our food & products and to give daily thanks for the richness of our lives.

We are currently undergoing our organic certification and audit process and all going well we will soon be proudly displaying the ACO bud symbol of integrity on all of our products. The ACO Standard is one of the most respected and rigorous standards in the world.

We invite you to step inside, to have fun & enjoy being nourished.



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www.therawboys.com.au
facebook: rawthenticorganics
instagram: @therawboys

TUESDAY - FRIDAY 11am to 4pm NSW TIME
SATURDAY - Raw Food Classes (bookings essential)
SUNDAY - closed
MONDAY - closed

PLEASE ORDER AND PAY AT THE COUNTER
everything on menu available as take-away

TONICS & ELIXIRS

Looking to give coffee a miss today? Here is our top 10 list of caffeine-free alternative lattes. We offer organic Almond, Coconut or Bonsoy mylks. We do not serve dairy milk. Our lattes are avail in regular or tall.

GOLDEN TURMERIC LATTE | 4.5; 5.5

Gold is the new black it seems. We make this ayurvedic inspired pick-me-up from an organic certified blend of high curcumin turmeric, cinnamon, ginger, black pepper and a dash of coconut oil.

CHOCOLATE TURMERIC LATTE | 5.5; 6.5

VERSION 1: We add raw carob to our golden turmeric latte recipe to create a warming and fruity chocolate tonic. Ideal for anyone who something extra but doesn't like "hit" from raw cacao.

VERSION 2: This is the Golden Latte supercharged. Complex blend of flavours We've added raw cacao and mesquite to create an earthy chocolaty caramel pick me up.

RAW CACAO LATTE | 5.0; 6.0

This is the raw cousin of the ubiquitous hot chocolate. This is a case of what we leave out that makes all the difference. This one is full of bliss nutrients without the heat treated cocoa and all the processed sugars.

BYRON LIVING CHAI LATTE | 4.5; 5.5

Living Chai is an organic chai made by our friends down the road in Byron Bay.

DANDY CHAI LATTE | 4.5; 5.5

Dandelion root blended with chai spices.

MATCHA LATTE | 5.0; 6.0

This one is definitely for the green tea aficionados. Smooth and delicate in flavour with a rich green leaf colour. All the benefits of an antioxidant rich green tea

MADAGASCAN VANILLA LATTE | 5.0; 6.0

A gentle sweet mylky latte made from madagascan vanilla and medjool dates

REISHI LATTE | 5.0; 6.0

Dandelion, reishi, chaga, vanilla and our cashew-coconut mylk blend. Topped with raw cacao.

BLUE VELVET LATTE | 5.0; 6.0

We love our phycocyanin so its not surprising we have made a latte out of it.

BEET LATTE | 5.0; 6.0

Beetroot Powder, Ginger, Cinnamon & Nutmeg

ORGANIC COFFEE

Our organic coffee comes from Brunswick Coffee in Melbourne. They have a strong sustainability ethos and only purchase the best quality organic and fair trade coffee. Without the use of any chemical fertilizers.

SHORT BLACK/RISTRETTO/SHORT MACCHIATO/PICCOLO | 3.8

LONG BLACK | 4.0

DOUBLE ESPRESSO/LONG MACCHIATO | 4.0

CAPPUCCINO/FLAT WHITE/LATTE | 4.0; 5.0

ICED LATTE | 5.5

Long black and medjool dates served with our cashew-coconut mylk blend and poured over ice.

GOLDEN COFFEE | 5.5; 6.5

Espresso coffee with organic certified blend of high curcumin turmeric, cinnamon, ginger, black pepper and a dash of coconut oil.

MADAGASCAN VANILLA LATTE | 5.5; 6.5

Espresso coffee, Madagascar vanilla, medjool dates and our cashew-coconut mylk blend. Topped with sri lankan cinnamon.

DIRTY CHAI | 5.5; 6.5

Byron Living Chai served with espresso coffee.

RAWBOYS FAT BLACK | 5.5

Long black with coconut oil and coconut butter

MOCHA MACA MUG | 6.5

Double espresso, raw cacao, maca and our cashew-coconut mylk blend. Uplifting and endurance.

REISHI CHAGA COFFEE | 6.5

Long black blended with reishi, chaga, mucuna, spices, orange blossom oil and coconut mylk. Served in a mug over ice.

If you have had a good experience with us today please tell your friends and family. We are also trying to improve our online profile so please review us on facebook, trip advisor and Happy Cow.

If you didn't have a good experience today please come and tell us why so we can improve what we do.