



PLANT BASED WHOLEFOODS

Welcome to our little cafe and plant-based pantry. We have a large authentic raw food menu and we serve slow cooked meals as well for those who prefer something warmer. Either way we think food should be minimally processed, cruelty free, organic and delicious. So we make most things from scratch using fresh plant based ingredients. Our goal is to create food that takes our customers to a happier healthier place. If you care about what you eat and you're looking for fresh healthy food with genuine authentic flavours you have definitely landed in the right spot. Enjoy.

SMALL EATS

SEITAN SAUSAGE ROLL ... 5

Our vegan version of this Aussie favourite. Slow cooked seitan sausage wrapped in flakey pastry and served with sweet chilli glaze and house chutney. Baked fresh daily in small batches so be sure to get in early.
CONTAINS GLUTEN

OPTIONS
Add Side Salad +\$3.95

SUMMER ROLL ... 5

Super fresh rice paper rolls packed with bright flavours, herbs, sprouts and salads, and marinated tempeh protein. Served with an insanely addictive almond dipping sauce. Made fresh daily.

KELP NOODLE & SPROUT SALAD ... 12

A small but filling salad made from kelp and vege noodles, sprouts, seasonal greens and salad. Served with our tangy nut dressing.

RAW CORN CHIPS & CHEESE DIP ... 9

A small bowl of our house corn chips (not baked but dehydrated for at least 24 hours) served with our raw nut cheese dip.

POCKET TOASTIES ... 7

Classic comfort food with a plant-based twist. Sourdough bread pockets filled with plant-base cheese and chutney.
CONTAINS GLUTEN.

OPTIONS
Gluten free +\$2
Add Tomato +\$1
Add Mushroom +\$2
Add Avocado +\$3

"WITH THE LOT" TOASTIE ... 10

CONTAINS GLUTEN

Add Side Salad +\$3.95

FOOD ALLERGIES

If you have a food allergy or intolerance please let us know before you order. TheRawBoys offer organic, plant-based cuisine (many of which contain nuts) but we cannot guarantee that guests with food or beverage allergies will not be exposed through cross contamination. If you have a food or beverage allergy (particularly to nuts or seeds) we therefore recommend that you not dine with us.

RAW SPECIALITIES

RAW MARGHERITA PIZZA ... 17

We start with our raw unbaked grain free pizza bread base. We then add our raw tomato sauce, fresh seasonal vege, vegan nut cheese, basil pesto and hemp seeds. Served on garden salad.

OPTIONS

Add mushrooms +\$2
Add Avocado + \$3

UNBAKED NO BREAD WRAP ... 17

We don't use bread and we don't bake our rawthentic wraps. We choose to make our own from scratch so they are gluten free, grain free and low fodmap. Made from veggies and flaxseed they have been slowly dehydrated for at least 8 hours at low temperature. Filled with loads of seasonal greens and salad, sprouts, and spicy Asian inspired dressing.

OPTIONS

Add Chilli +\$1
Add Protein - Baked Falafel Balls +\$2 each

RAW NACHOS ... 17

Not your average nachos. This is our totally raw healthier version. Smoked chipotle chilli mix, guacamole, nachos cheese sauce, pica de galo salsa, chimichurri verde, and our own unbaked house made corn chips. Served on a bed of organic greens.

RAINBOW NOURISH BOWL ... 17

A nourishing bowl of vege noodles with nut mayo, sprouts, creamy slaw with almond satay dressing, fermented vege, root salad, greens and sprouts, avocado and cashew cheese, hemp seeds, black sesame seeds, shredded nori sprinkle.

OPTIONS

Add Protein - Baked Falafel Balls +\$2 each
Add Protein - Cooked Tofu and Tempeh + \$4

SOMETHING COOKED

JACKFRUIT BURITTO ... 17

Young jackfruit slow cooked with a blend of yellow curry spices and condiments. Served with vegan cheese, creamy slaw and cashew mayo in a sourdough tortilla with guacamole and chilli drizzle. Served with a small side salad.

OPTIONS

Gluten Free Rice Tapioca Wrap +\$2
Unbaked No Bread Wrap + \$4
Hot or sweet chilli drizzle

PORTOBELLO RUEBEN TORTILLA ... 17

Marinated Portobello mushroom slices topped with vegan cheese, sprouts, tomato, wombok slaw with Russian dressing. Served in a sourdough tortilla with a small side salad

OPTIONS

Gluten Free Rice Tapioca Wrap +\$2
Unbaked No Bread Wrap + \$4

PLANT BASED BURGER ... 17

Traditional style burger served on sourdough bun. Your choice of protein. Served with greens, sprouts, tomato, carrot, beetroot and cucumber and our cashew mayo.

OPTIONS

Hemp Sesame with turmeric sauce
Classic Chickpea with tomato chutney
Marinated Tofu with almond satay
Gluten free served as a stack

TEMPEH PAD THAI ... 19

This is our vegan and grain free version of this popular Thai street food dish. Marinated tempeh, tofu and mushrooms mixed with kelp and vege noodles, seasonal salad, vege and sprouts and served with our spicy satay dressing. Topped with edamame beans, cashews, black sesame, hemp seed and a kecap manis drizzle.

BAKED FALAFEL WRAP ... 12

The perfect grab and go lunch. Traditional chickpea falafel, seasonal salad and greens, sprouts, cashew hummus served in a sourdough wrap. Enjoy fresh or toasted.

OPTIONS

Gluten Free Rice Tapioca Wrap +\$2
Unbaked No Bread Wrap + \$4

BIG BUDDHA BOWL ... 25

This super taster bowl is ideal to share or for anyone with a bigger appetite. Marinated tempeh, tofu and mushrooms with kecap manis dressing. Baked falafel balls with cashew cheese. Smoked chipotle chilli mix, guacamole, nachos cheese sauce, with house corn chips. Vege noodle, fermented vege, root salad, wombok slaw, seasonal greens and sprouts. Served with nut mayo and almond satay sauce.