



something to

**take
away**



PLANTBASED BURGERS ..17

Traditional style burger served with greens, sprouts, tomato, carrot, and cucumber and our cashew mayo. Gluten free option is available for an additional \$3

HEMP SESAME ... served with house turmeric sauce

CHICKPEA ... served with tomato chutney

TOFU STEAK ... served with kecap manis

SEITAN MINCE ... served with BBQ sauce

SOURDOUGH WRAPS ..14

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

MEXICAN CHILLI BEAN BURRITO ..18

Our bean and vegetable mixture has a mild spicy kick. Combined with grated vegan cheese, cashew cream and guacamole. Served in a toasted tortilla wrap and a crunchy side salad.

JACKFRUIT CURRY BURRITO ..18

Young jackfruit slow cooked with a blend of yellow curry spices, kaffir lime, chickpeas, sweet potato 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.



UNBAKERY

25 Stuart Street Tweed Heads

Tel: 07 55992920

Monday to Friday 9am – 2pm

www.therawboys.com.au

ORGANIC SUMMER ROLL ..6

Rice paper roll filled with marinated tempeh, cucumber sticks, mint leaves, sprouts and crunchy salad (carrot, beet, broccoli, celery, dacon raddish, wombok, red cabbage, kale). Served with almond dipping sauce.

PLANTBASED SAUSAGE ROLL ..6

Slow cooked seitan sausage wrapped in flaky pastry with sweet chilli glaze and roasted sesame, pepitas, and sunflower seeds.

RAW FLAX WRAPS ..16

A great no bread alternative. We make our own wraps from flaxseeds, fruits and vege. They are patiently dehydrated for 24 hours. Not baked. Check our display cabinet for different fillings.

SPROUT KELP NOODLE SALAD ..14

This is a medium sized bowl with big flavours. A filling veg combo made from organic kelp noodles, sunflower sprouts, mung bean sprouts, zucchini noodles, carrot, beets, broccoli, celery, dacon radish, wombok, red cabbage and kale. Your choice of our almond satay dressing or cashew mayo.

VEGAN CHEESE TOASTIE ..10

Classic comfort food with a plant based plant makeover. Plant cheeses and tomato chutney on toasted turkish bread.

CHECK OUT OUR DISPLAY FRIDGES (changes daily)

**Raw Desserts , Gluten Free Cookies, Lemon and Berry Macaroons
Bliss Balls, Flat Earth Fingers, Chia Cups, Sago Puddings**

**Gluten Free Pies
Grain Free Sushi
Plant Based Quiche**

We make all food in house in small batches. All menu items are subject to availabilty.

ALLERGIES

If you have a food allergy or intolerance please let us know before you order. While we offer organic, plant-based cuisine we cannot guarantee that our customers will not be exposed to potential allergens through cross contamination. Many of our dishes contain nuts.



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EXOTICA

GOLDEN TURMERIC LATTE ... 6|7

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 MCT coconut oil & maple syrup.

RAW CACAO LATTE ... 6|7

This is the raw cousin of the ubiquitous hot chocolate. Full of bliss nutrients without the heat treated cocoa and processed sugars.

RAW CACAO MINT CREME ... 7|8

Our raw cacao latte with a touch of peppermint and maple

LSD ... 6|7

Dandelion soy latte. Other mylks available.

CHAI SPICE LATTE ... 7

An powdered mixture of aromatic chai spices and black tea. Sweetened with jaggery. Your choice of mylk.

BREWED ROYAL CHAI ... 8

Traditional masala chai made by brewing black tea with a mixture of aromatic chai spices. Your choice of mylk

BREWED DANDY CHAI ... 8

Dandelion root blended with chai spices. Your choice of mylk.

STARDUST BLUE IMMUNITY LATTE ... 7

Phycocyanin from spirulina, butterfly pea flowers, elderberry and ginger.

PINK FAIRY LATTE ... 7

Organic beetroot powder, ginger, cinnamon

MARRAKECH EXPRESS ... 9

A gentle sweet mylky latte made from madagascan vanilla, ashwaganda, hemp seeds and medjool dates. Made on coconut mylk. Time to chill out ... the train doesn't leave for another hour.

SHROOM LATTE ... 8

A specialty blend of eight of the world's greatest and most powerful medicinal mushrooms. If you're looking to upgrade your immune system this blend could be for you.

DREAM BELIEVER ... 10

Made with Ceremonial Grade Cacao ... the highly prized criollo native cacao bean from Peru. We mix with spices and our rich creamy house made coconut mylk.

COFFEE

Black coffee ... 4

White coffee ... 5|6

Mocha ... 6|7

Dirty Chai ... 6|7

Iced Latte ... 7

Iced Chocolate ... 7

Iced Mocha ... 8

Iced Dirty Chai ... 8

LOOSE LEAF TEAS

English breakfast tea ... 5
Earl grey tea ... 5
Organic Green tea ... 5
Three mint tea ... 5
Lemon grass tea ... 5

BRAIN TONIC ... 7

Special herbal blend for memory & concentration. Contains Gotu Kola, Bacopa, Gingko and Biloba

YERBA MATE ... 7

Pronounced YERB-ah mah-TAY). ... this is a slightly bitter invigorating South American green tea. A clean" caffeine-like buzz, free of jitters and unpleasantness.

CALMING DIGESTIVE ... 7

Special herbal digestive blend. Contains Fennel, Peppermint, Ginger, Cardamom, Chamomile, Meadowsweet, Licorice root, & Lemonbalm

CHILL OUT ... 7

Special herbal blend for relaxation. Contains Chamomile, Lavender, St John's Wort, Lemonbalm, Skullcap, & Passionflower

PLANT MYLKS

Almond Mylk ... no charge
Coconut Mylk ... no charge
Oat Mylk ... 1
Bonsoy ... 1

Housemade Organic Mylks:

Almond Mylk ... 3
Cashew Mylk ... 4
Hemp Mylk ... 4



RAW BLENDED

COCO CHAI SMOOTHIE ... 10

Chai spices, medjool dates, coconut cream and mylk

OLD SCHOOL BANANA ... 10

Banana, vanilla, medjool dates, almond mylk

BANANA BERRY CHOC ... 10

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

ACAI SMOOTHIE ... 10

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

GREEN ROOM ... 10

A blend of spinach, chlorella, parsley, mint, banana, mango and spring h2o

STRAWBERRY FIELDS ... 10

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