

## ALL DAY MENU.

\*kitchen closes 2pm Mon-Fri | 1.30pm Sat

### BREAKFAST.

#### CHIA BANANA PANCAKES

Seasonal fresh berries, banana, toasted coconut flakes, pistachio crumble, vanilla ice cream. – 19

#### VEGGIE STACK

Grilled tomato, mushrooms, spinach, asparagus, two free range poached eggs, grain sourdough. – 18 (df) add smoked salmon or free range bacon 5

#### HEALTHIER BIG BREKKIE

Fresh spinach, grilled tomato, sautéed mushrooms, sliced avocado, scrambled egg, free range bacon, grain sourdough toast. – 19 (gf)

#### SAUTEED DUKKA GREENS

Kale, broccoli, asparagus, mushrooms, avocado, dukka, toasted almonds, hummus, – 17 (gf, df, v\*) add free range poached egg 2.50

#### OMELETTE YOUR WAY

Your choice of any three fillings: avocado, tomato, ham, smoked salmon, cheese, spinach, mushroom, – 18 (gf, df\*) add grain sourdough toast 2.5

#### SMASHED AVO

Avocado, lemon, himalayan sea salt, feta, tomato, grain sourdough toast, free range poached egg. – 19 (gf\*, v\*) add bacon 5

**gf** gluten free | **gf\*** gluten free option available  
**df** dairy free | **df\*** dairy free option available  
**v** vegan | **v\*** vegan option available

**Please advise wait staff of any dietary requirements.**

#### GREEN PESTO EGGS

Scrambled eggs, pesto, spinach, grilled tomato, grain sourdough toast. – 18 (df, gf\*) add smoked salmon 5

#### HOUSEMADE GRANOLA BOWL

Biodynamic vanilla yoghurt, house-made granola, seasonal fresh berries, green apple, banana. -19

#### HEALTHY BAKED MEXICAN EGGS

Spinach, tomato, bean medly, corn, kale, two free range eggs, grain sourdough toast. – 19

#### MUSHROOM MEDLY

Sauteed seasonal mushrooms, extra virgin olive oil, grain sourdough toast, – 16 (gf\*, v) add free range poached egg 2.5

#### TOASTED BAGEL

Smoked salmon, avocado, spinach & feta OR Scrambled egg, bacon, tomato relish & cheese. – 12

#### EGGS HOW YOU LIKE

Two free range eggs – poached, scrambled or fried in coconut oil, grain sourdough toast, – 11 (gf\*)

#### TOAST YOUR WAY

Grain Sourdough toast - choice of vegemite, natural peanut butter, raspberry jam or olive butter spread. – 6 (gf\*)

#### SIDES

Free range bacon | smoked salmon | smashed avocado 5  
Sliced avo | danish feta 4  
Mushrooms | spinach | tomato 3  
Gluten free toast | extra free range egg 2.50  
Extra piece of toast 2.50



## LUNCH.

#### POKE BOWL – SEARED SALMON/ TOFU/ TERRIYAKI CHICKEN

Seaweed, pickled ginger, avocado, cucumber, edamame, nori, shallots, brown jasmine rice, soy mirin dressing. – 19 (gf, df, v\*)

#### SPICED CHICKEN FAJITAS

Spiced chicken, tomato, avocado, spinach, natural yoghurt, two fajitas per serve. – 16

#### LENTIL BURGER

Homemade lentil patty, mixed salad, roasted capsicum, tomato, sautéed kale, hummus. – 15 (v, df)

#### SATAY TOFU BUDDHA BOWL

Satay tofu, fresh spinach, jasmine brown rice, sweet potato, hummus, sauerkraut. – 19 (gf, df, v)

#### SPICY GREEN THAI VEGETABLE CURRY

Seasonal vegetables, tofu, lime leaf, coconut milk, jasmine brown rice. – 18 (gf, df, v) add poached chicken 5

#### MEXICAN BOWL

Beef mince, beans, served with organic quinoa, fresh tomato, avocado, greek yoghurt, spinach. – 19 (gf)

#### SOY GINGER STIR FRY - TOFU OR CHICKEN

Ginger, soy, seasonal vegetables, jasmine brown rice, black sesame seeds, shallots. – 17 (gf, df, v\*)

#### HOMEMADE SOUP OF THE DAY

Served with grain sourdough toast. – 11 (gf\*)

**INSTAGRAM:** @eatatfarro #eatatfarro  
**FACEBOOK:** Farro Nourishing Eatery

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## **DRINKS.**

### **SPECIALTY COFFEE by Naked Espresso.**

White. – S 3.8, L 4.3

Black. – 3.8, L 4.3

Cold Drip Coffee – 5

Almond, coconut by Milklab. – 0.5

Soy by Happy Happy Soy Boy. – 0.5

Zymil Lactose free – 0.5

Extra shot. – no charge

Decaf. – 0.5

**Dandelion Chai** by Calmer Sutra, choice of almond, coconut, bonsoy or normal milk. – 5

**Chai** by Calmer Sutra, choice of almond, coconut, bonsoy or normal milk. – 5

**Dirty Chai** by Calmer Sutra, choice of almond, coconut, bonsoy or normal milk, shot of coffee. – 5.5

**Beetroot latte**, choice of almond, coconut, bonsoy or normal milk. – 5

**Golden latte** choice of almond, coconut, bonsoy or normal milk. – 5

**Matcha latte** choice of almond, coconut, bonsoy or normal milk. -5

**Raw hot chocolate** by Nib + Noble, choice of almond, coconut, bonsoy or normal milk – S 5, L 5.5

**Hot chocolate** by Bates - S 4.3 L 4.8

Mocha. – S 4.30, L 4.8

Iced long black. – 4

Iced latte. – 4.5

Iced coffee. – any choice of milk, ice cream 6.5

Iced mocha. – any choice of milk, ice cream 6.5

### **LOOSE LEAF TEA by Tea Drop**

Lemongrass ginger. – 5

Peppermint. – 5

English breakfast. – 5

Green. – 5

Chamomile. – 5

Earl Grey. – 5

Chai -5

### **SUPERFOOD SMOOTHIES.**

#### **ORIGINAL SUPERFOOD**

Almond milk, mixed berries, chia seeds, banana, shredded coconut. - 9

#### **PEANUT BUTTER CACAO**

Almond milk, natural peanut butter, raw cacao powder, banana. – 9

#### **MINTY GREEN GOODNESS**

Coconut water, mint, banana, lime, spinach. – 9

#### **GYM GOER**

Almond milk, banana, blueberries, protein powder. – 9

#### **BREKKIE ON THE GO**

Almond milk, wholegrain oats, banana, cinnamon, chia seeds. – 9

#### **Boosters.**

Raw greens powder. – 0.5

Raw immune booster. – 0.5

Raw protein powder. – 0.5

Organic chia seeds. – 0.5

Raw organic turmeric powder. – 0.5

Shot of speciality coffee. – 0.5

### **FRESH COLD PRESSED JUICE COMBINATIONS.**

#### **DETOX GREENS**

Celery, spinach, apple, cucumber - 7

#### **HYDRATE & REFRESH**

Coconut water, watermelon, mint. - 7

#### **IMMUNE BOOSTER**

Carrot, orange, ginger. – 7

#### **DIGESTIVE GREENS**

Cucumber, spinach, apple, lime, mint. – 7

#### **ANTIOXIDANT HIT**

Acai, blueberry, coconut water. – 7

#### **JUST FRUITS**

Apple, orange, pineapple, watermelon. – 7

#### **CREATE YOUR OWN**

Pineapple, watermelon, apple, orange, ginger, celery, spinach, kale, lemon, cucumber.

#### **OTHER COLD DRINKS**

Kombucha by Remedy, choice of original, apple crisp, ginger lemon, peach, lemon lime mint or cherry plum. – 5

Coconut water. – 5

San Pellegrino sparkling water. – 3.60

Bottled still water. – 2.8

#### **FARRO NOURISHING EATERY**

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