

BREAKFAST – TILL 1pm (Scrambled eggs, panini, granola, gluten free muesli ALL DAY**)

3 grain aztec porridge Quinoa, amaranth and oats are combined with organic goji berries, chia seeds, pecan nuts and soy milk to make a nutritious creamy porridge dressed with strawberries, blueberries and agave syrup	WF DF V Ve	12.5
bloom. handmade muesli Choose from our home made GRANOLA**, BIRCHER or GLUTEN FREE ** muesli served with cinnamon + star anise poached pear, aromatic prunes and lush natural yoghurt. Good source of fibre which helps to stabilize blood sugar levels	V	12.5
Smashed green peas Organic soy linseed sourdough toast topped with peas smashed with fresh mint & persian fetta. Served with organic poached eggs and grilled asparagus	V	17.5
Soft boiled organic eggs with vegemite soldiers 2 x 4 minute boiled organic eggs with vegemite toasted fingers of organic sourdough miche ready to dip	V	11
Organic egg and lean bacon panini ** Organic fried egg with lean bacon, caramelized onion, rocket and our tomato relish served in an organic wholemeal roll Vegetarian: Organic fried egg, spinach, avocado, caramelized onion + salsa verde	DF V	11
Breakfast mountain wrap Fresh sweet corn and spring onion scrambled eggs toasted with persian fetta and coriander in an organic mountain bread wrap served with our relish	V	12.5
Organic eggs any style Organic eggs cooked how you like with organic wholemeal miche sourdough. Scrambled eggs cooked with coconut milk. All sides and prices listed below. Scrambled eggs available all day **	O DF V	12.5
Good old bacon and eggs Organic eggs cooked how you like with organic wholemeal miche sourdough + roasted roma tomato and lean short cut bacon. All sides and prices listed below	DF	16
Zucchini and fresh corn fritters Zucchini and corn with an abundance of fresh herbs mixed with organic egg and besan flour. Garnished with roasted tomato, persian fetta, rocket and salsa verde	WF GF V	17
Almond and banana pancakes Pancakes made with besan and buckwheat flour, combined with millet, almond meal, grated pear and banana. Topped with raw mixed berry coulis, maple yogurt and fresh blueberries	WF GF V	16.5
The balmoral Soft poached organic eggs on roasted tomato, avocado and toasted organic wholemeal sourdough with persian fetta. Drizzled with a lemon infused parsley and mint salsa verde	V	17.5
Organic egg white omelette Whipped organic egg whites with mushrooms, spring onion, tomato + a little cheddar served in an iron pan with organic wholemeal sourdough side	V	17.5
Super start brekkie Organic poached eggs, bloom baked beans, roasted tomato, mushroom, spinach and lean bacon with organic wholemeal miche sourdough Vegetarian: avocado in place of bacon	DF	19.5
Toast Your choice of Sonoma organic sourdough: Wholemeal miche, soy + linseed, spelt and fruit spelt OR gluten free loaf Served with jam, honey, marmalade, tahini, peanut butter, ricotta or vegemite	O V Ve	6
Sides (each item) lean shortcut bacon - smoked salmon – persian fetta – guacamole roast tomato – avocado – thyme roasted mushroom – extra egg – spinach - bloom baked beans		4.5 4



Welcome to bloom! At bloom we aspire to deliver healthy, nutritious and tasty food, exceptional coffee & friendly, efficient service in a relaxed atmosphere

We believe the key to healthy food is the ingredients. Ideally fresh, local, organic, sustainable and seasonal

With the exception of our organic bread and wraps, everything we offer, including our cookies, cakes, sauces and dressings are handmade in our kitchen

Our food is served as close to its natural state as possible, without processing and additives. We ad no preservatives, artificial colours or flavouring

We cook with lots of fresh herbs and spices not only for taste but for their health and medicinal properties. This also allows the use of less salt

We believe in sustainable practices including sourcing products with low food miles. We believe in providing traceability and transparency in where our food and ingredients come from

We cook with love.....**Life’s short. Stay healthy for it!**

LITE ‘n HEALTHY – AS AVAILABLE IN CABINET - TAKE AWAY AND DINE IN

Fresh seasonal fruit salad An exotic blend of blueberries, strawberries, paw paw, pineapple, kiwi fruit and mint leaves + lush natural yoghurt, sprinkled with cacao nibs + chia seeds + agave syrup	WF GF V Ve	9
Brown rice ball A delicious blend of brown rice, carrots, parsley, tofu, tahini, tamari, pepitas and other treats coated in sesame seeds. Served with our bloom peanut hoi sin sauce	WF GF DF V Ve	6
Beetroot and black bean ball Beetroot and black bean mixed with carrot, onion, brown rice, lemon juice and a rich blend of fresh herbs. Served with tatziki sauce	WF GF V	6
Falafel balls bloom handmade falafel balls served with spicy green tahini dip	WF GF DF V Ve	1 3.5 3 10
Wholemeal organic spelt quiche with organic eggs Made daily with fresh seasonal ingredients. Check the board for today’s flavour	V	7
Sage + ricotta tart Baked with spinach and a hint of nutmeg + topped with roasted sweet potato served with a green goddess avocado dressing	WF GF V	8
Organic egg frittata A light flavoursome vegetarian frittata with organic eggs, roast pumpkin, caramelised onion, olives, fetta + fresh basil, thyme and parsley	WF GF V	8
Organic, gluten free wraps. Fresh or toasted	Vegetarian Chicken	7.5 8.5
Quinoa and hemp seed salad Herbs, cucumber, baby spinach, seeds, tomato & goji berries with pomegranate dressing	WF GF DF V	14
Tuna tabouli Tuna, brown rice, black rice, herbs, lemon zest and pumpkin seeds A healthy protein packed zesty lunch	WF GF DF	12
Side salad with any dish Fresh leafy garden salad with honey mustard dressing	WF GF DF V	5

LUNCH – FROM 11.00am

Smoked salmon bruschetta Smoked salmon shaved cucumber and watercress layered on organic soy linseed sourdough toast with green goddess dressing Good source of antioxidants + omega 3 to help support a healthy immune function	DF	14
The power lunch Steamed asparagus, fresh tomato, baby spinach, avocado, hard boiled organic egg + ricotta. Served with a mint and parsley salsa verde + toasted sourdough High in antioxidants + protein	V	15
Waldorf superfood salad Our healthy twist of this classic salad. Kale mixed with red apple, celery, walnuts and dried cranberries tossed in a delicious raw dressing from liquidized walnuts, chia, rice wine vinegar & honey Kale is a superfood very high in beta carotene, vitamin K, vitamin C and rich in calcium. A great detox food	WF GF DF V	17
Chicken salad with pistachio and honey lemon dressing Poached free range chicken breast tossed through leafy greens, pistachio nuts and a honey lemon dressing and topped with an organic hard boiled egg High in protein – low in carbs to facilitate weight loss	WF GF DF	17
Falafel balls with pita and garden salad bloom. handmade falafel balls served with pita and a spicy green tahini dip + fresh leafy garden salad	DF V	15
Vegetarian brown rice nasi goreng A classic Indonesian dish. We use brown rice cooked with an abundance of fresh ingredients and flavours including organic omelette, corn, spring onion, beans, mirin, garlic, ginger, coriander, tamari, fish sauce and sesame oil Combines all the food groups packed into one dish	WF GF DF	17
Spicy bean & corn nachos with organic linseed chips Beans are slowly simmered with tomato, sweet corn, onion, herbs, arame and a hint of chilli served with organic tortilla chips, guacamole + natural yoghurt. Packed with soluble fibre, protein + iron which helps cut cholesterol, keep you regular + provide your body with sustained energy	WF GF V	17
Burgers – organic wholemeal bun served with a side salad Beef - bloom beef pattie + cheddar + onion + tomato + avocado + beetroot + leaf greens + salsa verde + relish Cajun chicken - guacamole + cajun chicken breast cooled with lemon yogurt + tomato + leaf greens + salsa verde Vegetarian - pumpkin humus + baby spinach + salsa verde + beetroot & black bean pattie + tomato + avocado (Low carb + gluten free options available, please notify our wait staff)		17.5
Fresh herb polenta stack + basil macadamia pesto Grilled polenta cake served with a fresh napolitano sauce, basil macadamia pesto and rocket with a light drizzle of extra virgin olive oil	WF GF V	19
Cajun spiced salmon Cajun spiced atlantic salmon oven baked and served on pomegranate glazed beetroot wedges with a lemon yogurt dressing	WF GF	21

O	WF	GF	DF	V	Ve
organic	wheat free	gluten free	dairy free	vegetarian	vegan

Please order and pay at the counter
Please ask us for further vegan options
Minimum eftpos or credit card purchase \$10
For the sake of your health & others thank you for not smoking
On Sunday and public holidays we add a 10% surcharge to these menu prices
www.thehealthyfoodco.com.au

SWEET STUFF

Power balls A power packed protein + energy hit made from dates, almonds, macca powder, chia, raw cacao, vanilla and rolled in coconut	WF GF DF V Ve	2.8
Gluten free banana bread Made with almond meal, coconut and banana + really delicious	WF GF DF V Ve	3.5 6
Fresh baked healthy muffins Made from organic wholemeal spelt flour which has 20 % more protein + up to 65 % more amino acids than traditional wheat + packed with fruit and berry goodness	DF V Ve	4
Gluten free chocolate + walnut brownie Made from dark belgian chocolate, high in antioxidants + combined with coconut flour, organic eggs + walnuts. A good source of Omega 3. Extremely addictive	WF GF V	5
Traditional homemade apple pie Made with our delicious wholemeal spelt flour + filled with chunks of caramelised apple and a hint of orange + lemon	V	8
Flourless orange cake Made from whole steamed oranges + almond meal	WF GF DF V Ve	6.5
Really good carrot cake Made with almond meal, coconut + organic dried fruits + plenty of carrots! Topped with lemon + vanilla icing & walnut. Choc full of beta-carotene, protein, omega 3 + fibre	WF GF V	6.5
Gluten free lemon polenta cupcake Made from almond meal + lemon + coconut and of course, polenta. Really yummy	WF GF V	5.5
Selection of home baked cookies Made here in our own kitchen using the finest ingredients. Choose from our famous: Anzacs, maui health peanut butter cookies, organic spelt gingerbread men or oatmeal choc-chip	V	3.5
Extras Vanilla bean gelato or dairy free coconut sorbet Natural bio yoghurt		1.5 1

YUMMY TUMMIES – KIDS MENU

Gluten free banana bread Made with almond meal, coconut and banana + really delicious	WF GF DF V Ve	3.5
3 grain aztec porridge (only available before 1pm) Quinoa, amaranth + oats are combined with organic goji berries, chia seeds, pecan nuts + soy milk to make a nutritious creamy porridge dressed with strawberries, blueberries + agave syrup	WF DF V Ve	9.5
Soft boiled organic eggs with vegemite soldiers (only available before 1pm) 2 x 4 minute boiled eggs served with vegemite toasted fingers of organic sourdough ready to dip	V	11
Home made baked beans on toast Tender white cannellini beans are simmered in our delicious mediterranean sauce then piled onto a slice of toasted sourdough ready to eat. High in protein, fibre + lycopene to fill you up + ready to start the day	DF V Ve	7.5
Spicy bean & corn nachos with organic linseed chips Beans are slowly simmered with tomato, sweet corn, onion, herbs, arame and chilli served with organic tortilla chips, guacamole + natural yoghurt. Packed with soluble fibre, protein + iron which helps cut cholesterol + provide your body with sustained energy	WF GF V	9
Cheese + tomato melt Sourdough topped with tomato + melted cheese	V	6.5



VERY COOL DRINKS

Fresh Juice	regular	6.5
	large	7.5
Immune booster	Carrot + orange with a hint of ginger	
Cleanser	Carrot + beetroot + celery + apple	
Detox	Apple, organic spirulina + lemon, parsley + ginger	
Fruity	Watermelon + apple + orange + pineapple	
Green supreme	Kale + apple + celery + pineapple	
Create your own - up to 4	Apple, beetroot, carrot, celery, cucumber, ginger, kale, lemon, mint, orange, parsley, pineapple, spinach, watermelon	
	For more than 4 ingredients add 30c for each extra ingredient	
		7.5
Smoothies		
Banana	Banana + light milk + yoghurt + raw honey	
Very berry	Blueberries + strawberries + light milk + yoghurt + raw honey	
Stress buster	Blueberry + banana + soy milk + raw honey	
Antioxidant	Mango cheeks + mango sorbet + strawberry + apple juice	
Wake up	Mixed fruit + apple juice + yoghurt + raw honey	
Super Smoothies		8.5
Energy	Acai + guarana + banana + apple juice	
Muscle builder	Banana + strawberry + light milk + pea protein + vanilla	
Crazy ape	Banana + soy milk + espresso shot + cinnamon	
Protein punch	Blackberry + raw honey + pea protein + raw cacao + light milk	
Mango tango	Mango cheeks + coconut sorbet + pineapple + soy milk + chia seeds	
Green power	See specials board for an amazing seasonal super green smoothie	

Smoothie & Juice Additives

acai, bee pollen, raw cacao, chia seeds, espresso shot, granola, guarana, flaxseed oil, LSA, macca, malt, psyllium husk, pea protein powder, organic spirulina

Iced Drinks

Pure coconut water	Pure hydration from nature. Great source of electrolytes	4.5
Iced coffee	Espresso poured over ice then topped up with icy cold light milk and a hint of vanilla syrup + vanilla bean gelato	5 6.5
Iced mocha	Chocolate gelato + espresso blended with light milk + ice	6.5
Iced chocolate	Blended chocolate gelato, chocolate syrup + light milk + ice	6.5
Iced soy chai	Exotic spiced tea blended with soy milk + ice + vanilla	6.5
Milk shakes	Chocolate – strawberry – vanilla – caramel – spearmint	6.5
Kids milk shake	Chocolate – strawberry – vanilla – caramel – spearmint	4.5
Strawberry spider	Monin strawberry syrup poured over vanilla bean gelato then topped with sparkling mineral water. A deliciously refreshing drink	7.5

O	WF	GF	DF	V	Ve
organic	wheat free	gluten free	dairy free	vegetarian	vegan

HOT DRINKS

Coffee		Small	Large
Campos organic/fair trade coffee	latte – flat white – cappuccino – macchiato - piccolo	3.5	4.5
Espresso	single – double	3.5	4.5
Cold drip		3.5	
Mocha		4	5
Chai latte (from leaf)		3.5	4.5
Dandelion latte		3.5	4.5
Proper hot chocolate		4	5
Extra shot		0.5	
Bonsoy or organic rice milk		0.5	
Almond milk		1	
Flavoured syrups		0.5	

Please also ask about our **single origin** coffee

OVViO Organic Teas

English breakfast	A full bodied black tea made from the leaves of camellia sinensis	4
Earl grey	Black tea leaves of camellia sinensis imbued with the fragrant oil extracted from the rind of the bergamot citrus fruit	
Green sencha	Antioxidant rich full bodied green tea	
Japanese gen mai cha sencha	Rice adds a roasted depth to the fresh grassy taste of sencha	
Dandelion chai spice	A caffeine free blend of dandelion root with aromatic spices including clove, cinnamon & cardamom	
Vanilla mint sky	A cool fusion of peppermint with smooth vanilla. Contains no caffeine	
Rise & shine	A good morning, wake up blend of lemon myrtle, lemongrass, liquorice & ginger zing. Contains no caffeine	
Spring day elderflower	Brighten & clear with the change of season. For sinus & hay fever. Elderflower, chamomile flower, rose petal, linden flower, peppermint leaf, eyebright & lemon myrtle leaf. Contains no caffeine	
White jasmine	A refreshing tea made from pure, fragrant white jasmine flowers blended with a green tea base	
Love blush floral	A floral green tea fusion of jasmine, rose, lavender, chamomile, elder & hibiscus	
Red rooibos	Antioxidant & caffeine free. tastes almost like black tea	
Camomile flower	Gentle, pure tea for the digestive & nervous system. Contains no caffeine	

T2 Tea

Irish breakfast	A deep, rich malty brew with a twinkle in its eye & a little flirty sweetness
Lemongrass & ginger	Cool lemongrass brings zesty zing, which is followed by warming spice of ginger. Contains no caffeine
Silver needles	Highly prized, the highest grade of white tea, made exclusively from exquisitely shaped white-tipped buds. A wonderfully tactile, creamy and smooth sensation that rewards all the senses
French earl grey	A medium-bodied black tea base with pretty petals and slivers of fruit that play with classic bergamot in an inspiring, bold and refined infusion
Very berry fruita	A deliciously rich infusion with a red colour and intense berry aroma. Contains no caffeine
Liquorice legs	With fennel & peppermint too. A calming, comforting brew. Digestive, cleansing, refreshing and invigorating. Contains no caffeine
Ruby red rosehip Chai	Rosehip, hibiscus & rose. High in vitamin C. Contains no caffeine
Chai	Complex spicy and incredibly tasty with hints of cinnamon, clove, ginger and cardamom
Detox	A detoxifying blend of herbs that's so so good for you and tastes great. Contains no caffeine

Other Tea

Dandelion	Studies have shown that dandelion stimulates and cleanses the liver. A delicious full-bodied nutty flavour. Contains no caffeine
------------------	--

Please order and pay at the counter
Please ask us for further vegan options
Minimum eftpos or credit card purchase \$10
For the sake of your health & others thank you for not smoking
On Sunday and public holidays we add a 10% surcharge to these menu prices