



Coffee Bar &  
Wholefoods

We Are A Coffee Bar, Eatery & Grocery, Committed To Bringing You A Healthier Alternative. We Believe That Living A Healthier Lifestyle Can Be Achieved Through Food And Beverage Choices.

Ck Wholefoods Proudly Supports Local Growers And Farmers Helping To Supply Only The Best Fresh & Organic Produce The Beautiful Sunshine Coast Has To Offer.

We Are Open For Coffee, Breakfast, Lunch, Cabinet Meals And House Made Raw Cakes From 6 Am To 4 Pm, 7 Days A Week. Kitchen Operates From 7 Am To 2 Pm

17 Brisbane Road  
Mooloolaba 4557 Qld

www.ckwholefoods.com  
facebook.com/ckcoffeebarandwholefoods  
instagram @ckcoffeebarandwholefoods

All Card Transactions Will Attract 1% Merchant Fee

# All Day Breakfast

## 13 ACAI BOWL *(pronounced "ah-sah-ye")*

Seasonal Fruits, Antioxidant Rich Berries, Pura Veda & House Made Granola

## 13 PINK PITAYA BOWL

100% Raw Pitaya (Dragon Fruit), Pura Veda, Berries & House Made Granola

## 17 THE FRENCH TOWER

Stacked Organic Banana Bread French Toast With Strawberries, Topped With Goji Berries, Figs, Walnuts & Co-Yo Coconut Yoghurt, Drizzled With 100% Pure Canadian Maple Syrup

## 15 ORGANIC BIRCHER

Organic Oats Soaked In Almond Milk, Seasonal Fruit, Nuts & Co-Yo Coconut Yoghurt

## 18 BANANA PALEO PANCAKES

Grain & Dairy Free Pancakes With Co-Yo Coconut Ice Cream, Seasonal Fruits, Drizzled With 100% Pure Canadian Maple Syrup

## 19 BREAKFAST BURGER

Fried Egg, Bacon, Sweet Potato Rosti, Sliced Cheddar, Fresh Tomato, Crisp Greens, Homemade Tomato Relish With Organic Turkish Roll

## 18 SUPER GREEN BREKKY SALAD

Raw Broccoli, Kale, Avocado, Omega 3 Rich Nuts & Seeds With 2 Poached Eggs And Your Choice Of Toast

## 18 CK VEGE STACK

Roasted Pumpkin, Sautéed Wild Mushrooms, Haloumi & Rocket With House Made Dukkah, Guacamole & Balsamic Glaze With Your Choice Of Toast

4 ADD 2 POACHED EGGS

## 19 TRUFFLE SCRAMBLED EGGS

Sautéed Wild Mushrooms Tossed With Black Truffle Paste & Creamed Leeks Finished With Truffle Oil With Your Choice Of Toast

## 18 MUSHROOM STACK

Sauteed Mixed Mushrooms, Smashed Avocado, Crumbed Pistachio Goats Cheese With Your Choice Of Toast

4 ADD 2 POACHED EGGS

## 21 BACON EGGS BENNY

Bacon, Guacamole, House Made Kale Infused Hollandaise Sauce & Poached Eggs With Your Choice Of Toast

## 20 VEGE BENNY

Guacamole, Wilted Spinach, Herb Oven Roasted Roma Tomatoes, House Made Kale Infused Hollandaise Sauce, Goats Cheese Basil Crumble & Poached Eggs With Your Choice Of Toast

## 22 SALMON EGGS BENNY

Fresh Tasmanian Grilled Salmon Fillet, Guacamole, Salsa Verde, House Made Kale Infused Hollandaise & Poached Eggs With Your Choice Of Toast

## 16 ORGANIC BONE BROTH

Organic Bone Broth W Sautéed Spinach, Kale & Mushrooms, Poached Egg And Housemade Kimchi

## 23 GRILLED LAMB CUTTLETS

Two Lamb Cutlets, Poached Eggs, Grilled Haloumi, Rocket & Shaved Parmesan Salad With Sundried Tomato & Onion, Drizzled With Apple Vinaigrette

## 25 HIGH PROTEIN PALEO SALAD

Flaked Salmon, Eggs, Avocado, Asparagus, Sundried Tomato & Roast Almonds Tossed Through Kale With A Side Of Grilled Chicken

## 5 SERVING OF TOAST / BUILD YOUR OWN BREAKFAST

Just Choose Which Type Of Bread You Would Like And Add Any Of The Extras From Below!

## ON THE SIDE / EXTRAS

2 House Made Tomato Relish | Aioli | Pesto

House Made Kale Infused Hollondaise

4.5 Bacon | Chorizo | Avocado | Haloumi | Mushrooms

Goats Cheese | Grilled Tomato | Sweet Potatoes |

Sweet potato rosti

8 Chicken breast | Smoked salmon | Salmon fillet

## BREAD CHOICES

Walters Organic Rye Sourdough

Walters Organic Ancient Grain Sourdough

Gluten Free Bread

Would You  
Prefer Organic  
Eggs?

\$1 Extra Per Egg



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# All Day Lunch

## 22 PRAWN ZUCCHINI FETTUCCINI

Prawns, Cherry Tomatoes, Roast Capsicum, Spinach, Finished With A House Made Lemon Herb Oil

## 18 HALLOUMI BURGER

Haloumi & Zucchini Pattie, Fresh Lettuce, Tomato, Roast Capsicum, Dijonaise, Homemade Bbq Sauce & Smoked Onion On Organic Turkish

## 18 ANGUS BEEF BURGER

Tomato, Cheddar, Caramelised Onions, Grilled Pineapple Ring, Crisp Lettuce, Homemade Tomato Relish On Organic Turkish Bread

## 18 OPEN CHICKEN SANDWICH

Grilled Chicken Breast, Pesto, Roast Capsicum, Asparagus, Crisp Greens & Shaved Parmesan Drizzled With Balsamic Glaze With Your Choice Of Toast

## 19 LAMB AND BEETROOT BURGER

Fresh Tomato, Goats Cheese, Relish, Beetroot, Rocket, Avocado & House Made Pesto On Organic Turkish Bread

## 4.5 Add Oven Baked Sweet Potatoes

## SALADS

## 18 MIXED QUINOA

Organic White Quinoa, Asparagus, Avocado, Semi-Dried Tomatoes, Haloumi Cheese, Shallots, Pistachios, Lemon Vinaigrette

## 18 KALE & APPLE CRUNCH

Kale, Green Apples, Red Onion, Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Tamari, Avocado Finished With Tahini Dressing

## 21 JAPANESE BROWN RICE SEAWEED SALAD WITH SALMON

Brown Rice, Sprouted Beans, Dried Wakame, Toasted Pepitas, Toasted Black Sesame Seeds, Fermented Carrot & Daikon Pickle, Avocado & Miso Lime Dressing

## 8 Add Chicken Breast | Smoked Salmon | Salmon Fillet

Would You Prefer Organic Eggs? \$1 Extra Per Egg

Pure sparkling water for the table?  
1L bottle only \$4

## FOR THE LITTLE ONES

### 8 BREAKFAST

One Egg, Free Range Bacon On Toast

### 8 BANANA PANCAKES

Maple Syrup, Seasonal Fruit & Ice Cream

### 8 CHICKEN BITES

Grilled Chicken Strips, Oven Baked Sweet Potato Fries

### 8 KIDS BURGER

Organic Turkish Bun, Cheddar, Tomato Sauce, Oven Baked Sweet Potato Fries

## ON THE SIDE / EXTRAS

2 House Made Tomato Relish | Aioli | Pesto  
House Made Kale Infused Hollandaise

4.5 Bacon | Chorizo | Avocado | Haloumi  
Mushrooms | Goats Cheese | Grilled Tomato  
Sweet Potatoes | Sweet Potato Rosti

8 Chicken Breast | Smoked Salmon  
Salmon Fillet

## BREAD CHOICES

Walters Organic Rye Sourdough  
Walters Organic Ancient Grain Sourdough  
Gluten Free Bread

"If You Are Going To Eat Bread, Make Sure Its The Best"