



# 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

# Coffee

## STRONG (Served With Filtered Sparkling Water)

- 3.8 Espresso
- 3.8 Macchiato
- 3.8 Piccolo
- 4.0 Long Black

## MILK BASED

- 4.0 Flat White
- 4.0 Cappuccino
- 4.0 Latte
- 4.5 Mocha
- 4.0 Hot Chocolate
- 4.0 Chai Latte
- 5.0 Affogato

## BULLETPROOF

Long Black Blended With Butter & Organic Coconut Oil

- 5.0 Small
- 5.5 Large

## LUSCIOUS LATTES

- 5.0 Matcha Latte  
Organic Matcha Powder Steamed With Coconut Milk (Or Choose Milk)
- 5.0 Dandelion Latte  
100% Organic Roasted Dandelion Root Steamed With Your Choice Of Milk
- 5.0 Turmeric Latte  
Organic Turmeric Powder, Black Pepper, Cinnamon, Pure Canadian Maple All Steamed With Our Fresh Housemade Cashew Milk (Or Choose Milk)

### Our Coffee is 100% Organic

#### MILK CHOICES

##### Standards

- Barambah Organic Full Cream
- Barambah Organic Skim

##### .50c Extras

- Barambah Organic Lactose Free
- Bonsoy
- Coconut
- Rice
- Fresh Housemade Almond
- Fresh Housemade Cashew
- .....
- Organic Swiss Water Decaf .50c

# Drink Fridge

- Coconut Waters: Blue Monkey, Nakula, Taste Nirvana
- Old Cossack Kefir Tonics
- Oracle Organic Bottled Juices
- The Good Apple
- Rebel Kitchen Coconut Mylks
- Teza Iced Teas
- Braggs Apple Cider Vinegar Sparkling Flavours
- Soda Republic Cola & Lemon
- Salty Dogs
- Cold Press Coffees
- Teza Iced Teas
- Sommer Fruit & Vege Smoothies
- Frequency H2O

# Tea & Snacks

## ORGANIC HANDCRAFTED LEAF TEA 4.50

It's Not Just A Cup Of Tea. It's A Cup Of Life. So "Raise Your Pinkie" & Enjoy

- Breakfast At Teaffany's ::: Gourmet Black Tea
- Early Grey ::: Black Tea W Wild Cornflowers & Bergamot
- Aphrodi Tea ::: Raspberry Leaf, Chamomile
- Cinna Min Tea ::: Peppermint & Cinnamon Sticks
- Garden Par Tea ::: Green Tea, Rose Petals
- Sir Chai Tea ::: Black Tea W Cardamon, Cinnamon, Cloves
- Rooibos ::: Rooibos W Orange & Coconut Chunks

## EXTRAS 0.50c

- Add Your Choice Of Milk
- Add Honey
- Add Fresh Lemon

## You Must Come And Check Out Our Display Cabinet! We

Fill It Every Day With Our Very Own Creations. Nutritious Sweets, Wraps, Salads, Biscuits & More... Below Is A Guide To What May Be Available Today.

## SNACKS

- 4.5 Today's Cookie
- 5 Muffin
- 6 Paleo Chocolate Brownie
- 7 Paleo Banana Bread
- 7 Paleo Fruit Toast
- 7 Orange Pistachio Cake

## SALADS

Everyday We Have A New Gourmet Salad Creation From Our Team Of Chefs. Ask One Of Our Friendly Staff Or Come And Check Out The Cabinet To See What We Have In Store For You

## RAW CAKES

- 7 Bounty Bar
- 7 Peanut Butter Square
- 7 Latte Cheesecake
- 7 Orange Poppy Seed Cake
- 7 Macadamia Lime Cheezecake
- 7 Mixed Berry Cheezecake
- 7 Beetroot Brownie
- 8 Raspberry Coconut Slice
- 8 Carrot Cake w Cashew Cream
- 8 Salted Caramel Pecan Slice

## WRAPS

- 7 Falafel W Salad
- 8 Bacon & Scrambled Egg
- 8 Blt W Aioli



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# Super Smoothies

**All Smoothies \$8.00**

## SWEET GREEN SMOOTHIE

Coconut Water, Mango, Pineapple, Avocado, Super Greens

## BANANA ESPRESSO

Fresh House Made Almond Milk, Espresso, Honey, Frozen Banana

## MIXED BERRIES SLUSHIE

Coconut Milk, Mixed Berries, Lemon, Ice

## RAW PROTEIN SHAKE

Fresh House Made Almond Milk, Dates, Raw Protein, Raw Cacao, Banana

## BLUE STEEL

Fresh House Made Almond Milk Blueberries, Banana, Raw Vanilla Protein

## AMAZING ACAI

Amazonia Organic Acai (Pronounced "Ah-Sah-Yee"), Banana, Coconut Water

## PITAYA SMOOTHIE

Pink Pitaya, Banana, Mango, Coconut Water

## ADD for \$1.00

Flaxseed Oil | Coconut Oil | Chia Seeds | Cacao  
Raw Protein | Super Greens | Maca Powder



**Want To Get Featured On Our Instagram?**

Take Your Best Pic & Tag Us:

@ckcoffeebarandwholefoods #ckwholefoods

# Cold Pressed Juices

**All Juices \$8.00**

## EASY GREEN JUICE

Apple, Pineapple, Fennel, Super Greens

## PINK-A-LICIOUS

Beetroot, Carrot, Orange, Pineapple, Sweet Potato

## MINT TO BE

Watermelon, Lime, Mint

## MORNING GLORY

Apple, Carrot, Ginger, Lemon

## DETOX

Apple, Cucumber, Celery, Coriander, Parsley, Fennel

## MAKE YOUR OWN COMBINATION

Don't Fancy Our Recipes? That's Ok, Just Tell Us What You Would Love And We Will Do Our Best To Make It A Reality!

# Kombucha

## BUCHI ON TAP 5.0

Hibiscus Pine Lime  
Ginger & Turmeric

## BOTTLED BUCHI 500ml 6.5

Check Fridge For Flavours

## OLD COSSACK 330ml 5.95

Kombucha Is A Functional Beverage, Lightly Effervescent, That Is Created By A Fermenting Symbiotic Colony Of Probiotics And Beneficial Yeasts Within A Naturally Sweetened Black Or Green Tea. **It Tastes Delicious, And Can Be Incredibly Good For Digestive Health.**