


 nourishbykhhb

 012 261 6990

NOURISH  
bakery & whole foods cafe




 gluten-free

 vegetarian

 vegan





## Breakfast

until 2pm





- big breakfast** 36  
choice of 2 eggs your way, chicken sausage, smoked salmon, house made hashbrown, beans, sauteed mushrooms, baby spinach and cherry tomatoes, crusty sourdough  
gluten-free toast +3
- vegan viking**  40  
Future sausages, sliced avocado, sauteed mushrooms, spiced beans, house made hashbrown, mixed salad, crusty sourdough
- two eggs your way**  14  
with sourdough  
smoked salmon +8 gluten-free toast +3
- feels good granola bowl**  19  
greek yoghurt, house made blueberry jam, red and white dragonfruit, kiwi, granola
- chunky monkey oat bowl**  24  
creamy almond milk soaked oats, cacao nibs, fresh banana, house made peanut butter, candied nuts, pistachio crumbs
- hangover hash**   24  
house made hashbrowns, poached eggs, wilted baby spinach, miso hollandaise


## Sandwiches & Pies

until 6.30pm

- quiche of the day**   24  
side salad +5
- mushroom and caramelised onion toastie\***  28  
slow cooked mushrooms, caramelised onions, and raclette grilled between two slices of sourdough
- shroomami stack\***  28  
roasted red pepper hummus, portobello mushroom, caramelised onions, balsamic glaze, fresh tomato, rocket, sourdough
- ham and cheese toastie\*** 30  
grilled turkey ham and raclette cheese served with pickles, tomato jam and topped with parmesan

\*swap to gluten-free bread +3 vegan cheese +5

- keto sis**   26  
cauliflower cheese muffin, scrambled eggs, sauteed mushrooms, sliced avocado, mixed salad
- mediterranean shakshuka**  26  
baked eggs, tomatoes, roasted red peppers, harissa, fresh parsley, crusty sourdough  
chicken sausage +8 gluten-free toast +3
- kale & miso scramble**  26  
crispy kale, miso mushrooms, scrambled egg whites, sourdough
- ekonomi breakkie** 28  
japanese inspired cabbage pancakes, bonito flakes, seaweed, japanese mayo, sweet soy dressing, sunny-side up egg
- avocado toast** 29  
with smoked salmon, crispy chickpeas, dukkah, fresh pomegranate, and a fried egg
- breakfast burrito** 32  
scrambled eggs, minced sausage, guacamole, tomato salsa, lettuce, and mixed beans in a house made tortilla, served grilled with sour cream and hot sauce
- crab cake benedict** 34  
with chunks of prawn on a hot english muffin with poached eggs, spicy harissa hollandaise, and rocket

- sausage and egg cruffin** 30  
double chicken sausage patties, fried egg, wilted spinach, and cheddar cheese in a house made cruffin. served with a hashbrown on the side
- ocean roll** 36  
chunks of juicy lobster and prawn in a toasted brioche bun, topped with tobiko and served with sweet potato fries
- roast chicken & portobello mushroom pie**  26  
side salad +5
- braised beef & portobello mushroom pie**  28  
side salad +5

## Lunch

11am - closing

- soup of the day**  18  
with crusty garlic bread
- kimchi fried quinoa**   26  
with fresh avocado, crispy tempeh, tofu, seaweed, and toasted sesame  
fried egg +3
- basmati nasi lemak** 28  
basmati rice, ayam berempah, assam prawn, kampung egg, ikan bilis, peanuts, cucumber, house made sambal
- falafel wrap**  28  
crispy falafels, red pepper hummus, lettuce, sliced onion, tomatoes, and pickles in a house made tortilla, served with garlic vegan ranch
- spicy chickn' burger**  32  
phuture crispy fried "chicken" patty, tomato jam, pickles and lettuce, served with skin-on fries
- keto fried chicken (kfc)** 32  
with garlic roasted cauliflower mash, brown mushroom gravy, and side salad
- crab cakes** 32  
with spicy harissa mayo and tobiko, served with a salad of frisse, kale, fennel, and orange vinaigrette
- chipotle chicken** 34  
pan seared sous vide chicken breast, chipotle butter, and roasted vegetables
- hearty beef stew** 34  
slow cooked braised beef with creamy mash, peas, carrots, and crusty sourdough
- baked atlantic salmon**  36  
with garlic lemon butter, served with mashed potatoes, peas, fried leeks, and a side salad
- tenderloin steak**  44  
150g grass-fed tenderloin, served with crispy fried potatoes, sarawak pepper sauce, garlic confit, and a side salad

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**V** vegetarian

**V+** vegan

## Plants

11am - closing

**chopped kale & avocado** **GF** **V+** 32

with sundried tomatoes and candied nuts in a maple mustard dressing

**charred broccoli and cauliflower** **V** 26

with cranberries and crispy kale in a roasted sesame dressing

**the caesar** 30

baby romaine, caesar dressing, shaved parmesan, soft boiled egg, duck prosciutto, crisp garlic bread

**harvest plate** **GF** **V** 34

roasted pumpkin, mixed mushrooms, rocket, kale, balsamic reduction, dukkah, mixed seeds, ginger flower, goat cheese

**salad nicoise** **GF** 34

sesame crusted seared tuna, french beans, baby potatoes, black olives, cherry tomatoes, quail eggs, and mixed greens in a red wine vinaigrette

## Pastas

11am - closing

**nourish "chilli pan mee"**

house made pasta with minced chicken, baby spinach, crispy fried shallots, fried anchovies, house made dried chilli paste, poached egg

**vegan bolognese** **V+**

with mushrooms and fresh basil

**gluten-free pasta +3**

**seafood aglio olio**

with tiger prawns, mussels, clams, and baby squid

**triple cheese mac** **V**

red cheddar, mozzarella, and parmesan mac and cheese served with mixed mushrooms, topped with garlic parmesan breadcrumbs

## Snacks

11am - closing

**skin-on fries** **V+** 14

with ketchup and vegan ranch

**hot ones** **V+** 18

vegan popcorn chicken tossed in house made buffalo sauce, served with vegan ranch

**fried cauliflower** **V+** 18

with vegan sriracha mayo

**sweet potato fries** **V+** 18

with ketchup and vegan ranch

**chips and dip** **GF** **V+** 18

baked mixed herb crackers, roasted red pepper, hummus, guacamole

## Drinks

### Coffee & Chocolate

espresso	9	<b>short white</b>	
black	9	macchiato	10
<b>white</b>		piccolo	11
flat white	11	cortado	11
latte	11	magic	11
cappuccino	11	<b>chocolate</b>	
seasonal filter	20	mocha	13
		chocolate	13

### Tonics & Teas

tumeric latte	13	english breakfast	11
chai latte	14	early grey	11
matcha latte	15	chamomile	11
hojicha latte	16	green tea	11
		peppermint	11

ice +2 extra shot +3 oatly +3 soy milk +3 almond milk +4

### Smoothies

**sunset glow** 19

mango, orange, ginger, carrot, turmeric, dash of beetroot

**green latifah**  19

matcha, avocado, almond milk, banana, dark chocolate

swap to hojicha +1

**chocolate anavrin** 19

organic raw cacao powder, banana, almond milk, almond butter, greek yoghurt, cacao nibs, dates

**that pink drink** 19

strawberries, red apple, green grapes, blueberries, greek yoghurt, soy milk

**resting beach face (RBF)** 19

mango, passionfruit, banana, pineapple, soy milk

### Fresh Pressed Juice

apple, beetroot, carrot	15
apple, celery, cucumber	15
pure orange	15
watermelon	15

### Botanicals

fresh passionfruit & wild honey	12
fresh squeezed lemonade	14
san pellegrino sparkling water (250ml) with lemon wedge	12
mineral water (600ml)	5

### By The Bottle

ginger tumeric wellness shot	8
pure orange (500ml)	20
<b>cold brew</b>	
black	15
oat	16
chai	18
hojicha	18