



Teahouse & Kombucha Bar

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Food As Medicine Menu

Please order & pay @ the Bar

This menu is prepared here on site as you order. We use local fresh fruit and vegetables. Our bread is baked here in Cairns using organic wholegrains. Each meal is as living & fresh as can be, using nutrient dense plants to nourish your cells. This is a 'CLEAN EATING' Menu

Orders welcome by phone or text - via sms please state your name & if you require take away

v - Vegan

vg - Vegetarian

gf - Gluten free

Natures Bounty

Papaya Fruit Boat 12.5 V Local red papaya topped with seasonal fruit, vegan museli, sesame seeds & pepitas dressed with coconut nectar & oil with a squeeze of fresh lime.

Papaya: nutrient dense & one of the most healing plants on the Earth!

Fruit Harvest 7.5 small 12 large V / gf Local seasonal fruits - made to order & presented delightfully for your pleasure - definitely not just a fruit salad!

Jayne's Granola 8.95 vg Served with bio-dynamic milk, nut mylk or yoghurt. Homemade dehydrated local seasonal fruits (preservative free), coconut, cashews, almonds, himalayan salt, cinnamon, sesame seeds, pepitas clean eggs & raw honey.

Vegan Museli 8.95 Served with house-made activated nut mylk. Locally made, no preservatives.

Gourmet Paleo Museli 8.95 gf Served with bio-dynamic milk or yoghurt.

Vegan option: house-made activated nutmylk.

Gluten free Goji Museli 8.95 Served with bio-dynamic milk or yoghurt.

Vegan option: house-made activated nutmylk.

Cold Pressed Juice \$8 330ml

Cabala Carrot, 3 types of apple, beetroot & lemon - made famous by Don Tolman

Brain Booster Watermelon & mint, great to rehydrate especially on an empty stomach

Bone Builder Celery, pineapple, apple, ginger, coriander

Liquid Light small 220ml \$5 large 330ml \$8 (great entree)

These healthful raw living blends are house-made with re-structured filtered water, activated almond & cashew mylk - designed for easy assimilation, high in protein vitamins & minerals, enzymatic, digestive, anti-inflammatory, nourishing and nurturing.

Nut slinger - Activated nutmylk with a dash of local raw honey and a sprinkle of cinnamon.

Golden Age - Activated nutmylk, turmeric, mango, banana, ginger, cinnamon, black pepper.

Vanilla Spice - Activated nutmylk, local vanilla pods, macca, organic cardamom & dates.

Green Dream Alkaliser - Activated nutmylk, seasonal greens, Moringa, banana, date, coconut oil.

Fusion Blue - Activated nutmylk, blueberries, strawberries, bluegreen algae.

Fire starter - Cacao, coconut milk, half shot of espresso, cinnamon, chilli, macca, banana.

For an extra bit of sweetness in your life add: dates, stevia, raw honey or agave at 20 cents each.

Light Repast - food as medicine

House Specialties (vegan)

Raw Pad Thai with Zoodles 14.50 raw / v / gf Raw Zucchini noodles, spiralized carrot & red capsicum, coriander, kaffir lime & lemongrass served with peanut, organic soy & tamarind sauce with a touch of chilli.

Lafew Club Sandwich 14.5 vg / v 16 gf Lightly toasted organic spelt bread (or gf bread) Avocado w roquet & cherry tomatoes in a ginger lime soy dressing. 2nd layer biodynamic lebneh cucumber capers sea salt & black pepper. For vegan option please request nut cheese

Raw Special 25 raw / v / gf Entree: Gazpacho: Chilled raw soup made from tomato and cucumber with a hint of spice served with raw zucchini crackers . Main: Raw Pad Thai with zoodles Dessert: Raw vegan blueberry cheezecake.

Breads - 2 slices per serve (vegan)

Gluten free \$2 Made from Tapioca flour, non gmo

Organic Spelt \$2

Rye Sourdough \$1 Organic wholegrain fermented bread.

Dinkelbrot \$1 Wholegrain spelt & rye bread - light texture dark colour, low in gluten.

Essene \$3 Essene bread is made from whole sprouted grain berries with the angels of water, sunshine & air - a raw bread, it has been the original form of bread for many peoples for thousands of years. Modern bread cannot compare in terms of nutrition or wholeness. It derives its name from the ancient judaic sect 'The Essenses' who practised vegetarianism, fasting & healing. A nutrient dense living food.

Vegan Dishes

Miso Soup 3 v /gf fermented soybeans high in protein, vitamins & minerals.

Gazpacho 6.5 raw /v /gf Chilled raw soup made from tomato and cucumber with a hint of spice served with raw zucchini crackers

Homemade Soup & Bread 9.5 v 10.5 gf Thick & creamy sweet potato, pumpkins & carrot with coconut cream - (no stock used) - all biodynamic local produce.

Trio of Dips 12.5 v 14.5 gf

Egyptian Hommus made in-house topped with paprika.

Cashew cheese made in-house from raw organic cashews with sundried tomato & sumac.

Fresh Basil Pesto made in house - all served with dinkelbrot & sourdough, carrot & cucumber sticks.

Avocado On Toasted Dinkelbrot 9.5 v 10.5 gf fresh local avocado on dinkelbrot - (wholegrain spelt/rye bread with a light texture & dark colour) with rock salt & cracked pepper drizzled with olive oil & lemon.

Vegetarian Dishes

Trio of Dips 12.5 v or 14.5 gf

Lebneh Middle-eastern soft cheese made in-house with bio-dynamic yoghurt, a dash of lime & mint.

Egyptian Hommus Made in-house topped with paprika.

Fresh Basil Pesto Made in-house - all served with dinkelbrot & sourdough, carrot & cucumber sticks.

Choice of 2 Quiches with a Lafew Side Salad 13.5 with no salad 8.5 vg

-Spinach & Fetta Quiche

-Potato & Caramalized Onion Quiche

Traditional french crust pastry hand-baked with natural ingredients & preservative free . The salad is a unique combination of fresh local leaves, seeds, walnuts & avocado - the 'good' oils in avocado allow your body to assimilate & utilise the vitamins & minerals in the greens !

Combination of Eggs & Avocado on sourdough 16 vg 2 slices of toasted bread, 1 with 2 clean fried eggs & 1 with sliced avocado, black pepper & Ayurvedic salt.

Sweet Chilli Eggs on toasted sourdough 9 vg Sweet chilli sauce under 2 clean fried eggs on 2 slices of sourdough

Eggs on Essene 11 vg 2 clean fried eggs on Essene bread with rock salt and cracked pepper drizzled with olive oil and lemon.

Salads

Lafew House Salad 19 v 20 gf 13.5 In a wrap (no gf option)

A delightful combination of local cos & coral lettuce & seasonal greens, shredded carrot & beets, avocado, cherry tomato, sunflower sprouts, walnuts, sunflower seeds, pepitas, hommus, olives & bread, dressed with olive oil, lemon & Ayurvedic salt

Why - Cos? Romaine lettuce provides over 17 times the Vitamin A and beta Carotene found in iceberg, nearly 5 times as much Folate, over 4 times as much Vitamin K and Selenium, and 2.4 times as much Iron.

Raw Falafel Sprout Salad 19 v / gf

Made in house, Egyptian hommus, falafel fingers, raw flax & zucchini crackers & fermented veggies avocado, rocket, cherry tomatoes, fresh mixed sprouts & microgreens, topped with walnuts and seeds. Amazing healing properties of coriander seed & fresh leaf - rich in calcium, iron, antifungal, anti-inflammatory. Flat leaf parsley - high in anti-oxidants a tonic for the whole body. Tumeric is an anti-inflammatory, detoxifier, cumin for digestion & nourishing lentils combined with the fermented probiotic food medicine of Sauerkraut

Sunset Salad 15 v / gf In a wrap 9.5 in a wrap (no gf option)

Grated beetroot and carrot, cucumber & sugar snap peas, sesame seeds, with sesame seed oil, soy, lime, ginger & garlic dressing, on a bed of cos & coral lettuce. Earthy & rich, blood-cleansing beetroot & clean crisp carrot, drizzled with the tangy Thai-style dressing is tasteful & satisfying.

Pear & Roquet Salad 15 v / gf / vg

Fresh local roquet lightly tossed with pears & walnuts, parmesan or almond cheese, with a light virgin olive oil and ayurvedic salt. Arugula has a high anti-oxidant capacity, it is a rich source of phytochemicals which have anti-cancer properties. High in folate Vit A, C & B-complex & Vit K.

Sides

Artisan Pickles \$6.5 gf / v Fermented veggies, they taste crispy, sour, salty.

Probiotic rich & seething with gut friendly bacteria, one tablespoon of this living food satifies your body's needs for probiotic bacteria for the whole day. Pear & Roquet Salad 15 v / gf / vg

Side Salad \$6.5 gf/ v This salad is a unique combination of fresh local leaves, shredded beets & carrot crunchy snow peas, seeds, sprouts walnuts & avocado with olive oil & lemon dressing. The 'good' oils in avocado allow your body to assimilate & utilise the vitamins & minerals in the greens.

Avocado 3.5

Hommus 4.5

Egg 2.5

Bio-dynamic yoghurt 3.5

For The Children ... 'clean eating meals'



Fruit Fest v 7.5
banana, apple, grape, melon, orange

Mango Tango - (220 ml) v 5

Activated almond & cashew mylk with mango, banana, honey & cinnamon.

Sweet potato & pumpkin soup with bread v & g/f 7.5

Eggs on toast - fried or scrambled. vg & g/f 7.5

Combo on Spelt - 2 small pieces of toast vg 7.5
one with egg on one and avo on the other.

Avocado & salad sandwich (with or without tamari) v g/f 7.5
(salad comprises lettuce, tomato, carrot, cucumber).

Something Sweet

Rustic Fruit Loaf vg 4.5

Scone cream & jam (ask for vegan option) vg 5.5

Chocolate crackle gf/v 4.95

Raw vegan gf slice with buckwheat groats & cacao



Lafew Kombucha Bar

Food as Medicine



Kombucha tea is a fermented living drink made from black tea, filled with enzymes, beneficial yeasts & good bacteria. It is a probiotic culture that tastes great - akin to sparkling cider.

Kombucha was known by the ancients as 'the elixir of immortality'.

The many health benefits include:

- Improved digestion & immunity
- balances blood sugar
- improved joint health
- liberates energy.
- alkalising for the body.

The world is looking for health... Kombucha... good gut health.

Cultivating health one glass at a time

Kombucha on Tap

Glass 5.5 Large Glass 8.5 750ml Bottle 14.95

Original Probiotic, digestive, anti-inflammatory.

Lime & Ginger Probiotic, digestive, anti-inflammatory, vitamin c, sinus.

Turmeric & Chamomile Probiotic, digestive tonic, amazing anti-inflammatory, anti-cancer properties of this spice and herb, detoxifying, emotionally soothing & calms the stomach.

Chai Probiotic, digestive, kidney & liver tonic, circulation, good for gas & bloating.

Vanilla Probiotic, digestive, anti-inflammatory anti-ageing, elevates mood, skin tonic, toning.

Dragon Fruit Probiotic, digestive, high mineral & vitamin content especially vit c, skin & heart health.

Lavender & Mint Probiotic, digestive tonic, natural pain relief, stress, anxiety, refreshing.

Kombucha Granita 7.5 Frozen vanilla chai kombucha with taste of espresso & a twist of lime.

*Due to seasonal fruit availability some flavours may be unavailable for short periods of time.
Please ask what else is available.*

We endeavour to source all products locally.

Your body harmonises with the frequency of the land that you live upon.

Frequent The Frequencies

Our wish is to help you real-eyes, reclaim & celebrate your precious gifts.

We bring a 'clean eating' menu to the community of Cairns

To invoke a sense of joy, clarity & wellbeing in your lives, gifting you & your body.

Coffee cup 4 mug 4.5 - Served with bio-dynamic milk

Flat white	
Cappuccino	
Latte	
Cardamom Coffee	4.5
(served as a long black)	
Short Black (espresso)	3.5
Machiatto	3.5
Long Black	3.5
Mocha	4.5
Hot Chocolate	4.5
Turmeric & Ginger Latte	5.5

Non-dairy options & extras	Add
Soy (non-gmo)	80c
Almond mylk (in-house activated)	80c
Cashew Mylk	80c
Coconut milk	\$2
Decaf	80c

Chai

Black chai (Pot)	4.5
Green chai (Pot)	4.5
Rooibos chai (Pot)	4.5 (caffeine free)
Dandy Chai	5.5 (caffeine free)
Lafew Chai Latte	5.5
Dirty Chai	5.5

Iced Drinks 5.5

Chai Latte
Mocha
Coffee
Chocolate
Tea (any)
herbal infusion
Turmeric & Ginger Latte

Sweets - Vegan

Raw chocolate (3 pieces)	5.5
Raw Snickers cake	8.5
Raw Blueberry and vanilla slice	8.5
Coconut cake & vegan icecream (5.95 with no icecream)	8.5
Raw Strawberry Mousse tart	6.5
Decadent Dessert	7.5
Devonshire Tea	10

A traditional tea-time treat: a pot of your favourite tea with a warm home-made scone w preserves & Mungalli jersey cream (or ask for vegan version)

Scones Jam & Cream	7.5
2 scones, warmed oven fresh with mungalli cream & preserves/ Vegan: served with cashew cream & preserves	
Rustic Fruit Loaf	4.5

Loose Leaf Organic Tea 4.5 per pot

English Breakfast	full-bodied premium black teas.
Earl Grey	premium black tea with oil of bergamot
Darjeeling	unique light bodied muscatel flavour.
Ceylon	medium bodied, delightfully tangy.
Nerada (local)	insecticide free, I just love it.
Daintree	Local natural unblended pesticide free.
Green	An afternoon pick me up, medium caffeine.
Jasmine green	Soft full-bodied & sweet flavour.
Gunpowder	classic green tea with rolled leaf.
Sencha	A steamed green tea from japan.
Lemon Sencha	Blended with dried lemon.
Oolong	Semi-fermented, medium caffeine.
Rooibos	caffeine free, fruity sweet & mild.
China White	Low caffeine; a moment of 'me time'
Morrocan Mint	gunpowder green tea with spearmint.

Large Selection of Organic Tisanes

A Tisane is an herbal infusion
You can have a medicinal blend of herbs tailored to your needs - Please ask Lorna (full herb list available).

We also sell loose leaf herbs and teas & blends for you to take home:

Squeeze me Softly - a gentle aromatic tonic
Serenity Blend - blissfully calming
Immuni-Tea - strengthening
Life's Lemons - refreshing & uplifting
Oh She Glows - a beautiful skin tonic

For more cakes and sweets please look in the cake display fridge

Sentient Sovereignty at Lafew



The Template Ceremonies

The Template ceremonies are a coded convergence of sound and sacred geometry, which, together with the revelations of Humanity's origins and

history and the full potential of the immortal Human design, initiates a powerful and transformative journey into the past, the ability to courageously be conscious and grounded in the present, and an understanding of the future which we will collectively co-create through the resurrection of the light body and the resurrection of the original human blueprint through the reconnection of bio-circuitry.

For details of workshop times and dates please email thetemplatecairns@gmail.com

For an Introduction to The Template body of work, please see our monthly event 'Harmonic Haven'



Access Consciousness Bars - by appointment

Have you ever had your 'Bars'Run'? Having your bars run can change your life, It's like deleting your old files and having a faster computer, it keeps you feeling energized & alive and opens up new possibilities.

This is an incredibly nurturing and relaxing process, undoing limitation in all aspects of your life that you are willing to change. Access Bars® has assisted thousands of people to change many aspects of their body and their life including sleep, health and weight, work, money, sex and relationships, anxiety, stress and so much more. At worst you will feel like you have just had 'time out'. At best your whole life can change into something greater with total ease. Would you like to operate at your highest potential?

For a calendar of events and monthly workshops please contact us on:

lafew.k@gmail.com ph: 0475 762 838

facebook: Lafew Teahouse & kombucha bar <https://www.facebook.com/lafewteahouse?ref=hl>

instagram Lafew_Teahouse www.lafew.weebly.com

Opening hours:

Tuesday - Saturday 10am - 5pm / Sunday 10am - 4pm



Lafew is for you

