

Lafew

(LAFEW) -

LIGHT AIR FIRE EARTH WATER

ALCHEMICAL ELEMENTS OF CREATION

WE ARE HERE TO FILL YOUR LIFE WITH FLAVOUR, AND
NOURISH YOUR SOUL WITH AN ARRAY OF
LOCALLY GROWN WHOLE FOOD
PLANT-BASED CUISINE

WE OFFER YOU A SIMPLE AND
REAL EXPERIENCE
THAT CONNECTS PEOPLE TO THE ABUNDANCE
OF THE TROPICS, AND
BEYOND FOOD, HEARTS
CONNECTING TOGETHER

HARMONISE WITH THE FREQUENCY
OF THE LAND
FREQUENT THE FREQUENCIES

OUR MISSION: TO MAKE HEALTH & WELLBEING A
PLEASURABLE EXPERIENCE

ENJOY YOUR MENU

POWERED BY PLANTS

Made for People

Plant-based Cafe Restaurant Kombucha Bar

33 Sheridan St Cairns Qld 4870

Lafew.k@gmail.com

for Takeaway call or text: 0475 762 838

Tuesday - Thursday 10am-3.30pm

Friday- Sunday 9am-3.30pm

Friday night dinner 5.30-8.30pm

Light Bites

Simple yet flavour-packed any time of the day

Tropical Colada Bowl v/raw/vg 15

Digestion, skin clarifying & anti-inflammatory. Pineapple, Mango, Peach, Banana, Coconut chips, Goji berries, option: bee pollen.

Papaya Fruit Boat v /raw 13

Red papaya with fruit, muesli, sesame seeds & pepitas, coconut nectar & oil with a squeeze of fresh lime.

Homemade Soup & Bread v 10 / gf 13

Thick & creamy sweet potato, pumpkins & carrot, coconut cream.

Miso Soup v /gf 5

Fermented soybeans high in protein, vitamins & minerals.

Trio of Dips* v 16/ gf 19

Served with dinkelbrot & sourdough, carrot & cucumber sticks.
Egyptian Hummus topped with paprika
Cashew cheese, sun-dried tomato & sumac & Fresh Basil Pesto

Avocado on Dinkelbrot v 13/ 16 gf

Sliced avocado on wholegrain spelt/rye bread, rock salt & cracked pepper drizzled with olive oil & lemon.

Add Rocket, baby spinach, cherry tomatoes & feta \$5

Add 2 eggs \$6.

Add Both of the above \$10 extra

*Most popular

A bit on the side...?

Essential gut-health try a ferment

Artisan Pickles v / gf 7

Fermented veggies, are tasty, crunchy, sour & salty. Probiotic rich & seething with gut friendly bacteria - living food

Side Salad v/ gf 7

Fresh local leaves, shredded beets & carrot, snow peas, seeds, sprouts, walnuts & avocado, olive oil & lemon dressing.

Avocado 4 Cashew Cheese 4

Hummus 5 Egg 3 (cruelty free)

Our fresh bread is made from organic whole grains, no eggs or dairy all vegan. Choose from:

Rye Sourdough \$2 fermented bread

Dinkelbrot \$2 wholegrain spelt & rye bread, light texture, low in gluten

Gluten-free: \$3 **Spelt** \$2

Please See Blackboard For Specials

Open For Dinner Friday Nights
5.30-8.30pm

v/vegan vg/vegetarian gf/gluten free raw >40 deg

Mains ...

Lighten My Heart
Nourish My soul

Lafew Club Sandwich v 17 / gf 20

3 tiered sandwich on lightly toasted organic spelt, avocado, Roma tomatoes, rocket, with ginger, lime & soy dressing. Dill & mint cashew cheese, capers, cucumber, sea salt & black pepper.

Spinach & Feta Quiche & Salad vg 17 no salad 12
Short crust pastry baked in house with natural ingredients.

Falafel Wrap v 16

Egyptian hummus, falafel, tabouleh, lettuce, tomato, cucumber, tahini.

Lafew Wrap v 16

Cos & coral lettuce, shredded carrot & beets, avocado, cherry tomato, sunflower sprouts, walnuts, sunflower seeds, pepitas, hummus & olives, dressed with olive oil, lemon & sea salt.

Earth Burger v 16 / 19 gf bread

Vegetable & bean patty, tomato salsa served with salad in a toasted bun. Delicious earthy, mild peppery flavours.

Falafel Burger v 16 / 19 gf bread

Chickpea, coriander, parsley, cumin & onion patty, with tabouleh salad and tahini in a toasted bun

Salads & Bowls

A perfect salad when your'e too hungry for a salad

Lafew Salad v 20 / 23 gf

Cos & coral lettuce, shredded carrot, beets, avocado, cherry tomato, sunflower sprouts & seeds, walnuts, pepitas, hummus, olives & bread, olive oil, lemon & sea salt

Falafel Salad v / gf 20

Egyptian humous, falafel fingers, raw flax & zucchini crackers & fermented veggies, avocado, rocket, cherry tomatoes, sprouts, micro greens, tabouleh, tahini.

Pad Thai Bowl v / gf 20

Spiralised raw zucchini zoodles, carrot, red capsicum, tofu & coriander. kaffir lime, ginger, lemongrass, peanut, tamari, tamarind sauce with a touch of chilli.

Earth Bowl v / gf 20

Bean & veggie patty, rocket, baby spinach leaves, tomato & bean salsa, kraut & potato salad

Burrito Bowl v /gf 20

Black beans, brown rice, baby spinach guacamole, coriander, cherry tomato, cucumber & corn chips

Please See Blackboard For Specials

Elixir of immortality

Lafew Kombucha

Cultivating health one glass at a time

Probiotic, digestive, anti-inflammatory, balances blood sugar,
brewed to perfection to give you a full belly laugh.
All flavours are natural, fresh & true.

Lafew Kombucha is good gut health.

Glass 6 Large Glass 9 750ml Bottle 15

Original (and the Best!) tastes akin to sparkling cider.

Lime & Ginger vitamin c, sinus relief.

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

Vanilla anti-ageing, elevates mood, skin tonic, toning.

Dragon Fruit mineral & vitamins, skin & heart health.

Lavender & Mint analgesic, stress, anxiety, refreshing

Turmeric & Chamomile detoxifying, emotionally soothing

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

Wholesale enquires for Lafew Kombucha.

We have the experience to make it work for you
contact:lafew.k@gmail.com

Sweet Stuff

Organic ingredients.... something for everyone

For indulging your sweet desires:
LOOK FOR THE DAILY DELIGHTS
IN OUR CAKE FRIDGE

Please Order and Pay at the bar

Smoothies 400ml \$9

Activated nut mylk., filtered water, full of protein, vitamins & minerals, enzymatic, digestive, anti-inflammatory, nourishing and nurturing.

Golden Age turmeric, mango, banana, ginger, cinnamon, black pepper

Alkaliser seasonal greens, Moringa, banana, date, coconut oil

Fusion Blue blueberries, strawberries, blue-green algae

Fire Starter cacao, macca, coconut milk, half shot espresso, cinnamon, chilli, banana.

Add sweetness: dates, stevia, raw honey, agave 50c each

Fresh Juice 400ml \$9

Naked as nature intended

Brain Booster

Watermelon & Mint, great to rehydrate best on an empty stomach.

Bone Builder

Celery, pineapple, apple, ginger, coriander.

Please See Blackboard For Daily Juices

Or create you own

Plant-based delights
Cultivating health one glass at a time

Open For Dinner
Friday Nights
5.30-8.30pm

LATTES ~ REMIXED

2 sizes: regular cup / or large mug - Served hot or Iced
Choose your milk: coconut/soy/oat /almond cashew/ dairy

*The cafe latte: that perfect combination of strong espresso
and hot creamy milk.*

Caffe Latte or Cappuccino 4.5 / 5.5
Fresh roasted organic arabica beans topped with frothed milk

Macchiato 3.8
Like it short and strong? Half the size and double the strength of a regular latte.

Cafe Spice 6 / 7
Feel like something different? This rich coffee experience is based on a unique coffee taste from the Middle East - brewed with cardamom and cinnamon blended with frothed milk.

Cafe Mocha or Hot Chocolate 4.5 / 5.5
Shot of organic espresso & hot chocolate blended with frothed milk.

Coffee ... straight up

Short Black (espresso) 3.5
Long Black 4
Spiced Coffee 4.5
Served as long black brewed w cardamom pods and cinnamon

*If coffee makes you jittery try some
of our other stimulating drinks:*

The chai latte: that warm & fuzzy feeling:

Organic ginger root, cloves, cardamon, cinnamon & nutmeg, black pepper, liquorice, a touch of fennel with Daintree black tea made on frothed milk.

\$6 / \$7 choose from:

Lafew Chai latte - the epitome

Dandy Chai - with roasted dandelion root as a kidney tonic

Dirty Chai - with a shot of espresso to get ya jumpin'!

Turmeric Chai - with fresh turmeric

Turmeric & Ginger Latte 6 / 7

Buzz your way into the day. Fresh organic cold pressed turmeric & ginger root and black pepper, lightly sweetened with palm nectar, topped with frothed milk

Medicinal Chocolate 7 organic cacao, chaga, reishi or he shou wu!
on almond and cashew mylk served warm or iced

Cacao Ceremony v 7 / 8

The purest hot chocolate around.:Organic cacao beans, frothed coconut milk and palm nectar. Made creamy sweet with bitter undertones.

Iced Cacao v 9

served with fresh coconut nice-cream

Tea Ceremony 4.5 per pot

Loose leaf organic tea freshly brewed and served just the way you like it

English Breakfast	Full-bodied premium black teas.
Earl Grey	Premium black tea with oil of bergamot
Darjeeling	Unique light bodied muscatel flavour.
Nerada	Insecticide free, I just love it.
Daintree	Local natural unblended pesticide free.
Green	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.
Moroccan Mint	Gunpowder green tea with spearmint.
Black Chai	Classic chai spice with black pepper
Green Chai	Classic chai with green tea
Rooibos Chai	Caffeine free fragrant south African red bush

Herbal Infusions 4.5 per pot

Squeeze Me Softly A gentle aromatic tonic that tones the lymphatic system, with lavender & mint.

Serenity Blissfully calming & renders you charming!
With rose petals, oat straw, blue cornflower, chamomile, lavender & more.

Immuni-Tea Strengthen your immune system.

Life's Lemons A refreshing & uplifting digestive. Lemon verbena, myrtle, balm, lemon peel

Oh She Glows ! A beautiful skin tonic, enlivens & revives the skin from the inside!

Awareness Improves cognitive function & memory. With the mighty ginkgo, gotu kola, brahmi & rosemary.

Pick Me Up A tonic of nourishing herbs to stimulate & rejuvenate. With ashwaganda, herb Robert, mint, thyme, rose root

Misty Ridge Great for colds or the sniffles, lemon myrtle hibiscus, peppermint, elderflower.

De-tox Tea A Nourishing tonic with cleansing herbs to eliminate toxins, Burdock, Dandelion root, liquorice root, nettle, st Mary's Thistle seed, Lemon Peel, Lemon verbena, Red Clover, Calendula Petals

For the Children ...

Let the children play

Fruit Feast Bowl v 9

A selection of seasonal fruits that children love

Soup v 9 g/f 13

Sweet Potato & Pumpkin with bread

Eggs on toast vg 9 g/f 12

fried / scrambled / poached

Combo on Spelt vg 9

2 pieces of toast with egg and avocado

Avocado Salad Sandwich v 9 g/f 12

lettuce, tomato, carrot, cucumber (add tamari)

Drinks

Apple & Orange Juice v 220ml 6

Mango Tango Shake v 220 ml 6

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

Kids Kombucha v 4.5

Kids hot chocolate 4.5

Something Sweet

For Cakes and sweets check out the cake fridge

vg - vegetarian

v - vegan

Our Vision

What would it be like
for every Being to be
in a state of joy & communion
with their body?

Wholesale

enquires for Kombucha are welcome ...
we have the experience
to make it work for you

#Kombucha class 101

Brew your own Majik
Check fb and in store for times and dates

Lafew is for You

Opening hours:
Tuesday - Thursday 10am - 3.30pm
Friday-Sunday 9am-3.30pm
Friday Dinner Service 5.30-8.30pm

Contact Us

phone: 0475 762 838
email: lafew.k@gmail.com
www.lafew.weebly.com
facebook: Lafew Cafe & kombucha bar
Instagram Lafew_Teahouse