

Plant-Based Menu

Entree

Vanilla Spice Liquid Light

Activated nutmylk made in-house with restructured filtered water,
a great way to prepare the stomach to receive nutrition
local vanilla pods, Macca, organic cardamom, cinnamon & dates.
8 raw / gf

Homemade Soup

*Thick & creamy sweet potato, pumpkin, carrot, coconut cream (no stock)
served with sourdough or GF bread.*
9.5 / 10.5 gf

Gazpacho

*Chilled raw soup made from tomato and cucumber with a hint of spice
served with raw zucchini crackers*
7.5 raw / gf

Trio of Dips

Made in-house: Egyptian hummus topped with paprika,
Cashew cheese: raw organic cashews, sun dried tomato & sumac.
Fresh Basil Pesto served with dinkelbrot, sourdough, carrot & cucumber sticks.
12.5 / 14.5 gf

Lafew Bruschetta

Toasted ciabatta (or gluten free bread), with a tangy blend of cherry tomato, fresh basil,
red onion, garlic & balsamic vinegar
9.5 / 11.5 gf

Happy Chicken

Aromatic herb crumbed tofu with lemon in a herb salad stack.
Created for a little boy who's friends ate KFC and his family were vegan
Light and tasty - you must try this dish.
(This chicken is very happy because its not on the menu)
14.5 gf

Mains

Vegan Carbonara

This vegan, creamy carbonara with organic pasta, eggplant bacon and shrooms is everything carbonara pasta should be. It's rich, bacon-y, salty, comforting, peppered, and satisfying.

18

Chickpea Curry Bowl

This gentle curry is pure comfort!

An amazing mix of spices simmered slowly come together to create a revelation of flavours in your mouth. The sauce made from lemongrass, garlic, shallots galangal, chill, kefir lime, and coconut cream with a hint of sweetness to balance the spices. The coconut gives the curry a luxurious texture and flavour, served with jasmine rice.

18 gf

Earth Burger

This burger is...insane...mainly due to its 'umami', a word that sounds pretentious but is actually the fifth element of taste - 'savoury' that is often absent in vegan foods. The composition of flavours and textures is delicious with a peppery wattle seed twist - Vegetable & bean patty with a tomato salsa in a toasted bun, served with potato salad & crisp tangy fermented veggies.

18

Raw Vegan Pesto Pasta

You wouldn't believe zucchini could be made into pasta! It's amazing just how similar it tastes! When people realise that raw vegan foods can be so flavourful like this, many would open their eyes to it. Basil is one of the ancient herbal plants brimming with health-benefiting phytonutrients. This highly prized plant revered as a "holy herb" in many cultures, combined with crunchy yet butter textured, pleasantly sweet and delicious pine nuts, gives a satisfying, aromatic flavour.

16 raw / gf

Raw Pad Thai

Lafew's house specialty; Spiralised zucchini, carrot & red capsicum, coriander, with kaffir lime, lemongrass, ginger, organic gf tamari sauce & peanuts with a touch of chilli. Tofu (not raw).

16 raw / gf

Tom Kha

Raw Vegan Thai Soup

Even though the Thai word 'Tom' means boiled, in this raw version the herbs are simply blended. Young coconut flesh & cream gives it a sweet and creamy undertone that rounds off the spiciness of the Thai chilli. Since the broth is extremely rawsome by itself, it needs little adornment.

Served with zoodles, bok choy, broccoli, beansprouts & crushed activated cashews

16 raw / gf

Living Nourish Bowl

Bursting with enzymes, trace minerals & complete protein, sprouts support all your organs, improving digestion & vitality. Sunflower sprouts, micro greens, rocket, cos,, pumpkin seeds, avocado, beets, cherry tomato, cucumber, fermented veggies (salty, tangy and spicy or ask for sauerkraut for no spice) soy sesame seed garlic ginger dressing with toasted Essene bread.

16 raw / gf

If you have any dietary requirements please let us know when you order.

The menu is vegan and raw, with no GMO, sourced locally and organic where possible; enjoy ethical food.

Raw Dessert

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Cappuccino Cream Pie

Creamy cashew and avocado mousse with a splash of espresso
& organic cacao butter in a macadamia pie base

9.5 raw / gf

Snickers Slice

Activated cashews with dates and cacao create an authentic caramel flavour.

The top layer is a vanilla cashew nougat

9.5 raw / gf

Chai Latte Slice

A divine creation from 'Magic Tree Kitchen'
Authentic chai spices with creamy cacao butter, cashews
and beautiful medjool dates

9.5 raw / gf

Berry Nice

Activated cashew cheesecake with 2 layers,
one of blueberry and one of organic local vanilla beans.

9.5 raw / gf