

BREAKFAST BOWLS

08:30-11:30

all 5.95

CRUNCHY BUCKWHEAT GRANOLA

buckwheat groats, seeds, dried fruits + agave,
with greek or dairy free yoghurt, seasonal fruit,
berry compote + coconut flakes

dairy free and vegan available

ORIGINAL HOUSE GRANOLA

oats, almonds, seeds, maple syrup, cinnamon
with greek or dairy free yoghurt, seasonal fruit,
berry compote + coconut flakes

dairy free and vegan available

contains nuts

RASPBERRY AND ALMOND PORRIDGE

oats, oat milk, raspberry compote,
toasted flaked almonds, banana
allow 10 minutes waiting time

dairy free and vegan

contains nuts

GREEN APPLE AND DATE PORRIDGE

oats, oat milk, maple syrup,
grated green apple, soft dates, cinnamon
allow 10 minutes waiting time

dairy free and vegan

ADD ONS

peanut butter 1.00, almond butter 1.50, vanilla pea protein 1.50, seeds 0.50, cacao powder 0.50
cacao nibs 0.50, toasted almond flakes 0.50, toasted coconut flakes 0.50,

SMOOTHIE BOWLS

all day
all 7.50 each

BERRY ACAI

acai, mixed berries, banana, coconut water
topped with berries, banana, coconut
+ house granola

acai - high in antioxidants, immune boosting

vegan
contains nuts

CACAO ACAI

acai, cacao powder, sea salt, almond milk topped
with berries, banana, cacao nibs, coconut
+ house granola

cacao - high in antioxidants + iron, mood
boosting

vegan
contains nuts

SALTED CARAMEL

tahini, dates, maca, banana, oat milk + sea salt
topped with berries, banana, coconut flakes,
cacao nibs + house granola

maca - contains 8 essential amino acids, boosts
energy + endurance, hormone balancing

vegan
contains nuts + sesame

GREEN GODDESS

spinach, spirulina, avocado, pineapple, banana,
coconut milk topped with berries, banana,
coconut flakes + house granola

spirulina - high in nutrients, anti inflammatory,
rich in vitamin b12

vegan
contains nuts

ADD ONS

peanut butter 1.00, almond butter 1.50, vanilla pea protein 1.50, seeds 0.50, cacao nibs 0.50,
almond flakes 0.50, toasted coconut flakes 0.50.

LUNCH BOWLS

11:30 - 15:30

ORGANIC SASHIMI SALMON POKE

sashimi salmon, shoyu sauce, spring onions, edamame beans, broccoli, kimchi and pickled ginger on sticky brown rice and spinach with mayo and nori + sesame sprinkle

9.95

gluten free
contains raw fish, egg, sesame + soy

SUPER GREEN BAKED FALAFEL

baked herb falafel, carrot salad, red cabbage, corn salsa and pickled red onions on spinach and quinoa with tahini dressing
+ toasted savoury seeds

8.95

vegan, gluten free
contains sesame + soy

NORI + GINGER MARINATED TOFU

marinated tofu, red cabbage, sweet potato, corn salsa and pickled red onions on sticky brown rice and spinach with spicy mayo + crispy onions

8.95

veggie, vegan available, gluten free, dairy free
contains eggs + soy

BANG BANG FREE RANGE CHICKEN

chicken breast, broccoli, corn salsa, carrot salad and pickled red onions on sticky brown rice and spinach with bang bang satay sauce
+ spicy peanuts

8.95

gluten free, dairy free
contains peanuts, sesame + soy

ORGANIC TERIYAKI BAKED SALMON

teriyaki baked organic salmon, edamame beans, broccoli, lemon fennel and house kimchi on brown rice noodles and spinach with teriyaki mayo and nori + sesame sprinkle

9.95

gluten free
contains fish, egg, soy

MISO GRILLED AUBERGINE

miso sesame aubergine, red cabbage, sweet potato, kimchi and pickled red onions on spinach and quinoa with tahini dressing
+ toasted savoury seeds

8.95

vegan, gluten free
contains sesame + soy

ADD ONS

avocado 1.50, seaweed salad 2.50, kimchi 2.50, edamame beans 2.00, spicy peanuts 1.50, pickled ginger 1.00

COLD PRESS JUICE

organic cold press juice from Daily Dose

300ml £4.50

juice shot £2.50

ZEN ZERO

apple, ginger, lemon, thyme

(300ml)

O'FRESCO

carrot, lemon, apple, ginger, turmeric

(300ml)

STRAWB

strawberry, apple, lemon, basil

(300ml)

ROUGE

beetroot, apple, ginger, aloe vera

(300ml)

DULCE VERDE

cucumber, apple, kale, lemon, mint

(300ml)

C BOMB

orange, lemon, cherry

(300ml)

CAYENNE SHOT

lemon, ginger, agave, cayenne

(juice shot)

TURMERIC SHOT

lemon, ginger, turmeric

(juice shot)

DRINKS

SUPERLATTE SUPERBLENDS

HOT - 3.50

ICED - 4.50

BEETROOT + CACAO

organic beetroot powder, cocoa powder,
ginger, cinnamon, coconut blossom

MATCHA + MINT

organic matcha,
peppermint leaf, coconut blossom

TURMERIC + SPICE

organic turmeric, cinnamon, ginger,
cayenne, cardamom, nutmeg

RIVER ROASTERS COFFEE

double espresso, americano

2.50

flat white

2.80

cappuccino, latte, mocha, hot chocolate

3.00

alternative milk - oat, almond, coconut

0.50

all served as double espresso

CHAI BY MIRA

HOT - 3.50

ICED - 4.50

CLASSIC CHAI

ginger, cardamom, cinnamon, black pepper,
white pepper, nutmeg, clove, coconut sugar

GINGERBREAD CHAI

as above, plus extra ginger

COCOA CHAI

as above, plus cocoa powder

COCONUT CHAI

as above, plus dessicated coconut

BREW TEA CO

2.50

english breakfast

earl grey

lemon + ginger

moroccan mint

green tea

decaffeinated

ICED COFFEE

3.50

iced americano, iced latte,
iced mocha, iced chocolate

SUPERFOOD SMOOTHIES

made by us
4.95

ACAI BANG

acai, mixed berries, banana, coconut water

acai - high in antioxidants, benefits include skin health, brain health and immune health, nutrient dense

BANOFFEE PIE

tahini, dates, maca, banana, oat milk

maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing

CHAI BABY

chai - ginger, cinnamon, nutmeg, cardamom, dates, maca almond butter, banana, oat milk

maca - contains 8 essential amino acids, boosts energy + endurance, hormone balancing

DO YOU EVEN LIFT BRO?

vanilla pea protein, banana, cinnamon, dates, oat milk

pea protein powder - rich in iron, amino acids, improved muscle growth, feelings of fullness and heart health

NUTTY CHOCOLATE

cacao, almond butter, banana, maple syrup, almond milk, sea salt

cacao - high in antioxidants + iron, improves blood sugar levels, mood boosting

NOOKIE

double espresso, banana, maple syrup, oat milk + ice

espresso - high in antioxidants, energy boosting, improves concentration + digestion

TROPICANA

pineapple, mango, coconut, baobab, oat milk

baobab - high in antioxidants, vitamin c + fibre, aids digestion + immune boosting

50 SHADES OF GREEN

spinach, avocado, banana, pineapple, spirulina, coconut water

spirulina - high in nutrients, anti-inflammatory, rich in vitamin b12

BROTH BOWLS

11:30 - 15:30

MISO BROTH

4.00

SESAME GRILLED AUBERGINE BROTH BOWL

noodles, pak choi, broccoli, carrot ribbons, grilled aubergine, spring onions,
nori + sesame sprinkle

**contains sesame
vegan**

8.95

TERIYAKI BAKED SALMON BROTH BOWL

noodles, pak choi, broccoli, carrot ribbons, baked salmon, miso broth, spring
onions, nori + sesame sprinkle

contains sesame, fish

9.95

all are gluten free and dairy free

HELLO, WELCOME TO NOOK.

We are happy you came here today...
let us tell you a bit about us.

Nook is an aussie influenced cafe that gives a lovely nod to the wonderful cafes in coastal Australia. It was dreamed up whilst sitting on a beach in Byron Bay eating poke bowls and drinking cold press juice in the early aussie summer months of 2018.

Our vision was to create a place that sold all the healthy, wholesome and colourful food that these cafes had to offer. Think cold press juices, superfood smoothies, aussie quality speciality coffee, poke bowls, acai smoothie bowls and much more! The influence goes even deeper with Californian and Japanese flavours.

It is about providing nourishment that is good for you but does not sacrifice flavour and taste. We also wanted to be super inclusive to all diet types so we decided to go totally gluten free (super easy with fresh produce) mostly dairy free and have heaps of options for plant based and vegan lifestyles.

Our produce is local, sustainable, ethical and where possible organic.

Please make us aware of any allergens when ordering.