

HELLO, WELCOME TO NOOK.

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, buddha bowls and acai smoothie bowls.

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, 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 allergies and dietary requirements when ordering.

BREAKFAST BOWLS

08:30-11:30

TOASTED BANANA BREAD

coconut yoghurt, blueberry compote, banana, maple + toasted flaked almonds

5.50
vegan
contains: almonds

HOUSE GRANOLA

oats, seeds, nuts, cinnamon, maple, coconut flakes + coconut yoghurt, compote, berries

5.95
vegan
contains: almonds

RASPBERRY + ALMOND PORRIDGE

oats, oat milk, raspberry compote, maple, raspberries, banana + flaked almonds

5.95
vegan
contains: almonds

PEA + COURGETTE FRITTERS

soft boiled egg, avocado, savoury seeds, coconut yoghurt, chilli jam (swap egg for tofu for vegan)

7.95
contains: egg, soy

SMOOTHIE BOWLS

all day
all 7.95

BERRY ACAI

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

acai - high in antioxidants, immune boosting
contains: almonds

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
contains: almonds, soy

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
contains: sesame (tahini), almonds

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
contains: almonds

ADD NUT BUTTER

peanut butter 1.00 or almond butter 1.50

ALL BOWLS ARE DAIRY + GLUTEN FREE

ADD NUT BUTTER + EXTRAS

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

ALL BOWLS ARE DAIRY + GLUTEN FREE

POKE BOWLS

11:30 - 15:30

SHOYU SALMON POKE

organic sashimi salmon in shoyu dressing, broccoli edamame, kimchi, spring onions and pickled ginger

on sticky brown rice and spinach with mayo + nori + sesame sprinkle

10.95

gluten free, dairy free, egg free
contains: soy, sesame, fish

BANG BANG CHICKEN

free range chicken breast, broccol, sweetcorn salsa, rainbow slaw and pickled red onions

on sticky brown rice and spinach with bang bang satay sauce + spicy peanuts

9.95

gluten free, dairy free, egg free
contains: peanuts, soy, sesame

TERIYAKI BAKED SALMON

organic teriyaki salmon, broccoli, edamame kimchi, pickled ginger

on brown rice noodles and spinach with teriyaki mayo + nori + sesame sprinkle

10.95

gluten free, dairy free, egg free
contains: soy, sesame, fish

NORI + GINGER TOFU

marinated tofu, sweetcorn salsa, rainbow slaw, baked sweet potato and pickled red onions

on sticky brown rice and spinach with spicy mayo + spicy peanuts

9.95

gluten free, vegan
contains: peanuts, soy, sesame

BUDDHA BOWLS

11:30 - 15:30

THYME + MISO SHIITAKE MUSHROOMS

thyme + miso shiitake mushrooms, sweet potato, kimchi, broccoli on ponzu kale + brown rice noodles, miso mayo + savoury seeds

8.95

gluten free, vegan
contains: soy, sesame

ROASTED SPICED CHICKPEAS

roasted chickpeas, rainbow slaw, broccoli, sweetcorn salsa, pickled red onions on ponzu kale, quinoa, spicy mayo + savoury seeds

8.95

gluten free, vegan
contains: soy, sesame

BALSALMIC ROASTED BEETROOT

balsamic roasted beetroot, sweetcorn salsa, sweet potato, broccoli pickled red onions, ponzu kale + quinoa, tahini dressing + savoury seeds

8.95

gluten free, vegan
contains: soy, sesame

MISO SESAME AUBERGINE

miso aubergine, rainbow slaw, sweet potato, broccoli, pickled red onions, ponzu kale + quinoa, tahini dressing + savoury seeds

8.95

gluten free, vegan
contains: soy, sesame

ADD AVOCADO OR SEAWEED SALAD

avocado 1.50 seaweed salad (contains sesame) 2.50

ADD AVOCADO OR HUMMUS

avocado 1.50 hummus 2.00

SUPERFOOD SMOOTHIES

made by us
5.45

ACAI BANG

acai, 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
contains: sesame

CHAI BABY

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

chai - high in antioxidants, great for digestion
contains: almonds

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
contains: almonds

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

COLD PRESS JUICE

organic cold press juice from Daily Dose

4.95

juices are 300ml | shots are 150ml

ZEN ZERO

apple, ginger, lemon, thyme

O'FRESCO

carrot, lemon, apple, ginger, turmeric

STRAWB

strawberry, apple, lemon, basil

ROUGE

beetroot, apple, ginger, aloe vera

DULCE VERDE

cucumber, apple, kale, lemon, mint

C BOMB

orange, lemon, cherry

CAYENNE SHOT

lemon, ginger, agave, cayenne

TURMERIC SHOT

lemon, ginger, turmeric

DRINKS

SUPERLATTE
SUPERBLENDS

HOT - 4.00

ICED - 4.95

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

CHAI BY MIRA

HOT - 4.00

ICED - 4.95

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 desiccated coconut

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

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