

## BREAKFAST (ALL DAY)

<b>TOAST W/SPREADS</b> HOUSE MADE STRAWBERRY JAM / WILDFLOWER HONEY OR ALMOND BUTTER (GF, VEGAN)	\$10.00
<b>GRANOLA</b> RASPBERRIES, BLOOD ORANGE, COCONUT CHIPS, BANANA, CRUSHED ACTIVATED ALMONDS, STRAWBERRY & AGAVE COYO YOGHURT (GF, DF, V, LOW FODMAP)	\$15.50
<b>CHOCOLATE ACAI BOWL</b> FREEZE DRIED RASPBERRY AND CASHEW CHOCOLATE BARK, CACAO NIBS, MAPLE SYRUP, COCONUT CHIPS, BUCKINIS, GRANOLA AND FRESH SEASONAL BERRIES (GF, VEGAN)	\$15.50
<b>SMASHED AVO</b> ON TOAST WITH BEETROOT-HEMP SEED HUMMUS, MIXED HERBS, EDAMAME BEANS, FREE RANGE POACHED EGGS, CRUSHED ACTIVATED ALMONDS, CRUMBLD GOATS CHEESE AND CANDY-STRIPED BEETROOT CHIPS (GF, VEGAN OPT, LOW FODMAP OPT, DF OPT)	\$19.00
<b>MATCHA, RASPBERRY AND COCONUT PANCAKES</b> COYO ICE-CREAM, CRUMBLE, FRESH APPLE, RASPBERRIES, APPLE CHIPS W/CANADIAN MAPLE SYRUP (GF, DF, V)	\$19.00
<b>SUPER GREEN BREAKKY</b> STEAMED ASPARAGUS, KALE, BROCCOLINI, GREEN BEANS W/ KALE PESTO, PISTACHIO AND ALMOND DUKKAH, FRESH AVOCADO, GRILLED HALLOUMI AND A FREE-RANGE POACHED EGG (GF, V, VEGAN OPT, LOW FODMAP OPT)	\$20.00
<b>CHILLI SCRAMBLED EGGS</b> ROASTED PURPLE SWEET POTATO, SAUTÉED BOK CHOI, BROCCOLINI, FRESH CHILLI, FRIED SHALLOTS AND CORIANDER (GF, DF, LOW FODMAP OPT, VEGAN OPT)	\$19.00
<b>EGGS YOUR WAY</b> W/ A TOASTED BAGEL, RYE, OR SEEDED LOAF (GF)	\$12.50
<b>SIDES / BUILD YOUR OWN</b>	
CURED SALMON / TUMERIC CHICKEN + \$6.00	MISO EGGPLANT + \$4.00
AVOCADO W/ CHARCOAL SALT + \$4.00	STICKY TEMPEH / TOFU SCRAM + \$4.00
HALOUMI W/ HONEY + \$4.00	POACHED EGG + \$2.00
GOATS CHEESE / VEGAN CHEESE + \$4.00	FREE RANGE STREAKY BACON + \$4.50
SHERRY VINEGAR THYME MUSHROOMS + \$4.00	GRILLED TOMATO + \$3.50

## SOMETHING MORE

<b>OKONOMIYAKI</b> JAPANESE PANCAKES TOPPED W/ A ROCKET AND KIMCHI SALAD, KOMBUCHA MAYO, CRISPY FRIED SHALLOTS AND FRESH CORIANDER (GF, V, VEGAN OPT, LOW FODMAP OPT)	\$19.00
<b>FENNEL AND CURED SALMON SALAD</b> SHAVED FENNEL, FRISEE, ORANGE SEGMENTS, CANDIED WALNUTS, GREEN PEAS, RADISH, FRESH MIXED HERBS, AVOCADO AND A FREE RANGE POACHED EGG (GF, DF, LOW FODMAP)	\$18.00
<b>MACROBIOTIC TUNA BUDDHA BOWL</b> SEARED SASHIMI YELLOWFIN TUNA, RED QUINOA, FRESH CUCUMBER, PICKLED DAIKON, WAKAME, AVOCADO, KIMCHI, EDAMAME BEANS (GF, DF)	\$20.00
<b>MISO EGGPLANT BOWL</b> SAUTÉED BROCCOLINI AND BOK CHOI ON TAMARI BLACK RICE WITH ROASTED PURPLE SWEET POTATO AND SAUERKRAUT (GF, VEGAN)	\$19.50
<b>NASI GORENG</b> MIXED RICE, CHILLI, CABBAGE, SPRING ONIONS, FREE-RANGE FRIED EGG, CRISPY FRIED SHRIMP, FRESH CUCUMBER, TOASTED COCONUT CHIPS, CRUSHED CASHEWS AND FRIED SHALLOTS (GF, DF, LOW FODMAP OPT, VEGAN OPT)	\$18.00
<b>RAW ZUCCHINI PASTA</b> TOSSED IN A BASIL-CASHEW PESTO WITH SUN-DRIED TOMATOES, LEMON ZEST, MIXED HERBS, DEHYDRATED OLIVES, AND VEGAN PARMESAN CHEESE (GF, VEGAN, LOW FODMAP OPT)	\$17.00
<b>BAGELS (GF)</b>	\$15.00
CARAMELIZED PUMPKIN, KALE PESTO, GRILLED HALLOUMI, ROCKET	
TUMERIC CHICKEN, RAW SLAW, KOMBUCHA MAYO, KALE PESTO	
HAM, GRUYERE CHEESE, SAUKRAUT, TOMATO, PICKLE, ROCKET	

## BEINGWELL HEALTHCARE AND WELLNESS HUB

INSPIRING INDIVIDUALS AND FAMILIES TO LIVE HAPPIER AND HEALTHIER LIVES

*Beingwell Healthcare's mission is to inspire individuals and families of all ages to make a commitment to a healthy and happier life.*

*MOM Cafe is a place where our food is served as medicine. Our team of doctors, nutritionists, dietitians, naturopaths and chefs have created a menu with ingredients that have been researched, analysed and accredited with the purpose to heal your body and mind.*

### HEALTHCARE SERVICES:

CHIROPRACTIC  
MYOTHERAPY  
REMEDIAL MASSAGE  
INTEGRATED GENERAL MEDICINE  
MEDICAL SKINCARE  
NATUROPATHY  
DIETETICS  
CLINICAL NUTRITION

ACUPUNCTURE  
PODIATRY  
PSYCHOLOGY  
PSYCHOTHERAPY  
HYPNOTHERAPY  
HEALTH & LIFE COACHING

### TEST SERVICES:

FOOD ALLERGIES  
FOOD INTOLERANCES  
INTESTINAL PERMABILITY (LEAKY GUT)  
GUT BACTERIA & PARASITES  
BACTERIAL OVERGROWTH  
LIVE BLOOD  
THYROID AND HORMONES  
GENETIC DNA  
FUNCTIONAL PATHOLOGY

### WORKPLACE WELLBEING:

HEALTH CHECKS  
WORKSHOPS  
WELLBEING TALKS  
WORKPLACE MASSAGE  
GROUP FITNESS  
COOKING DEMONSTRATIONS

### BEINGWELL HEALTHCARE

386 MALVERN ROAD, PRAHRAN 3181 | P: (03) 95108866 | F: (03) 9510 7886

1/225 HEPEAN HWY, HIGHETT 3190 | P: (03) 95108866 | F: (03) 9585 7468

RECEPTION@BEINGWELLHEALTHCARE.COM,AU

BEINGWELLHC.COM.AU