

the beatt cafe

“We offer locally sourced food and health and wellbeing services to nourish mind, body and soul.

The Beatt educates and informs everyday people about their health and wellness choices, and provides space and opportunity for our community to live a better life.”



DRINKS

—

JUICES

—

ALL GREENS \$9.50

cucumber, celery, apple, zucchini, kale,
lemon and ginger

CLEANSE \$9.50

beetroot, carrot, apple, celery, fresh turmeric
and lemon

CITRUS \$9.50

ruby red grapefruit, pear, orange and ginger

STRAIGHT UP ORANGE \$9.50

orange, orange and more orange

STRAIGHT UP APPLE \$9.50

apple, apple and even more apple

**NAKD ARTESIAN SPARKLING WATER
300ML** \$4.50

**NAKD ARTESIAN SPARKLING WATER
500ML** \$7.50

HEALTHY HUMAN COLD DRINKS \$5.50

living peppermint
living ginger beer
living lemon soda

POWER SHOTS

—

THE IMMUNE BOOST \$5.50

ginger, turmeric, orange, lemon, cayenne
and black pepper

SMOOTHIES

ADD COLLAGEN TO YOUR SMOOTHIE \$2

with Verisol + C

natural beauty formulation promoting youthful radiance.
take daily helping you glow inside and out

—

MEAN GREEN \$12.00

kale, spinach, bananas, dates, almonds, spirulina, organic
coconut water, coconut flakes and bee pollen

CHOC PEANUT \$12.00

cacao powder, ridiculously delicious peanut butter,
bananas, dates, organic almond milk, coconut flakes and
cacao nibs

add coffee to my smoothie! \$1.00

BERRY GOOD FOR YOU \$12.00

organic blueberries, mango, biodynamic kefir,
orange and organic coconut water

CHARLIE'S BANGO \$12.00

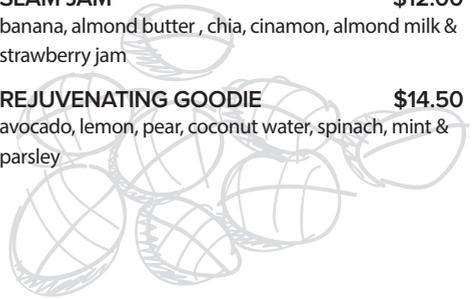
bananas, mango, raw organic honey
and biodynamic milk

SLAM JAM \$12.00

banana, almond butter, chia, cinamon, almond milk &
strawberry jam

REJUVENATING GOODIE \$14.50

avocado, lemon, pear, coconut water, spinach, mint &
parsley



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COFFEE

CROMPTON ROAD BY FIVE SENSES COFFEE

MILKY \$4.50

BLACK (SINGLE ORIGIN) \$4.50
extra shot - + \$0.50

YOUR CHOICE OF:

biodynamic full cream

biodynamic skinny

organic soy milk + \$0.50

organic almond milk + \$1.00

organic coconut milk + \$1.00

GOLDEN TURMERIC LATTE \$5.50

PINK LATTE \$5.50
beetroot, tumeric, ginger

MATCHA LATTE \$5.50

PRANA CHAI LATTE \$5.00

ICE COFFEE/CHOC \$5.00

MOCHA \$5.00

BABYCINO \$1.50



TEA & HOT DRINKS

ORGANIC CHAMELLIA TEA \$5.00
english breakfast, earl grey, gunpowder green or
peppermint

TULSI (HOLY BASIL) TEA \$5.00
revered through india as an ancient herb with
healing qualities including stress relief, anti ageing
and immunity boost

TUMERIC ELIXIR TEA \$5.50
potent anti-inflammatory and supports liver detoxification
tumeric, lemongrass, lemon myrtle,ginger,liquorice.

SKIN RADIANCE TEA \$5.50
enhances waste elimination to promote healthy, luminous
skin
cleavers, red clover, burdock root, yellow dock, fennel,
rosehip, cinnamon.

BEATT COLD CATCHER \$5.50
chunky ginger, fresh lemon and raw organic honey served
in a tall glass with hot water

TUMERIC IMMUNITY \$7.00
our immune boost but bigger topped with hot water in
a tall glass

ORIGINAL BEEF BONE BROTH \$4.50
turmeric flavor

CHICKEN BONE BROTH \$5.50
with lemon and thyme

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CRUNCHY GRANOLA SUITE - V \$14.50

the beatt granola with seasonal fruits schultz organic yoghurt and raw honey served with organic activated almond milk

SUP BOWL - GF, P, V \$17.50

Super Unbelievable Paleo (SUP) Bowl with house made granola, raspbery chia jam, cashew coconut cream, bee pollen and a thick green smoothie of mango, spinach, avocado, parsley, mint, pear, lemon

'IDA THE SPIDER' PORRIDGE - V \$17.00

kialla pure foods oats with cinnamon, maple and sultana baked apple served with diy 'crunchles' (coconut, flaked almonds, sunflower seeds, buckwheat and walnuts) and schultz organic yoghurt and raw honey

SPROUT ME AVO - GF, VG \$18.00

avocado smashed with organic snow peas and mint, 'the beatt' seed mix, organic chick pea & lentil sprouts and macadamia cream on GF toast, finished w/ toasted chili powder and lemon

*ADD AN EXTRA BIODYNAMIC EGG - \$4.00

*ADD SUSTAINABLE TASMANIAN SMOKED SALMON - \$5.50

THE GREEN OMELETTE - GF \$20.50

the classic beatt omelette with a green twist - basil and spinach oil infused into a organic egg omelette with fresh baby spinach leaves and meredith goats feta served on gluten free precinct toast

*add crispy skin salmon \$8.50

ORGANIC BEN AND BREAKFAST SALAD - GF, V \$21.50

the healthiest start you could ever have, salad of kale, organic quinoa, organic peas, mint, coriander, chili, broccoli, avo, mixed organic nuts and 2 poached biodynamic eggs

CHILI CON CARNE - GF \$22.50

spicy organic beef chili con carne served on steamed brown basmati rice with a poached biodynamic egg, coriander and lime avo smash and blue corn chips

THE B&B WITH CHICKEN - GF \$23.50

our classic ben and breakfast salad without the eggs but replaced with shredded cherry tree organic roasted chicken

*ADD AN EXTRA BIODYNAMIC EGG - \$4.00

THE SALMON POKE BOWL - DF, GF \$25.50

"Mark Eather" wild caught sustainable atlantic salmon (cured), organic quinoa, turmeric "sour cream", pickled cucumber, torn beetroot, fermented carrot, avocado and spiced cashews

BIODYNAMIC EGGS YOUR WAY WITH TOAST \$12.00

poached, fried or scrambled

SIDES

—
"Mark Eather" crispy skin baked wild caught atlantic salmon

\$8.50 ea

sustainable tasmanian smoked salmon, or meredith goats feta -

\$5.50 ea

roasted field mushrooms, sautéed kale and spinach mix, 1/2 avo

\$4.50 ea

tomato chili chia jam

\$2.50

TOAST

—
BAKER D.CHIRICO TOAST WITH
ORGANIC BUTTER, JAM, PEANUT
BUTTER OR VEGEMITE **\$8.00**

YOUR CHOICE OF:

pane di casa

whole-wheat, linseed and sunflower

or

gluten free precinct quinoa and soya toast - GF **+\$1.00**

KIDS MENU

—
1 biodynamic egg & toast **\$6.00**
kids granola board **\$7.50**

SOUP OF THE DAY

—
please ask our staff for soup of the day **\$12.00**
with toast **+\$1.50**
gluten free toast **+\$2.50**

SERVED ALL DAY EAT IN OR FAST TAKEAWAY

SANDWICHES

—
OUR SANDWICHES ARE MADE FRESH EVERY
MORNING, CHECK AVAILABILITY

CHICKEN SANDWICH \$12.00

shredded roast organic chicken, lemon zest, dill, tarragon,
pickled celery, homemade mayonnaise, crushed flaked
almonds on baker d.chirico bread

TOASTED VEGAN SANDWICH - GF \$11.50

charred grilled zucchini, avocado, kale, spinach and a chilli
cherry tomato chutney

TOASTED CHEESE & TOMATO \$9.00
gruyere cheese, roma tomatoes and mozzarella on pana
di casa bread

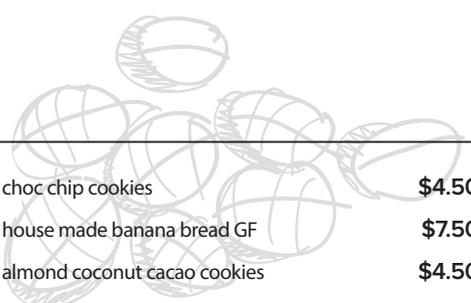
TOASTED MUSHROOM SANDWICH \$11.50

field mushroom, kale and tallegio cheese and duxelle

with side salad +\$6.00

SWEET TREATS

—
goji & seed bar **\$4.00**
"beatt-ners" bar **\$4.50**
raw caramel slice - V **\$4.50**



choc chip cookies **\$4.50**
house made banana bread GF **\$7.50**
almond coconut cacao cookies **\$4.50**
tahini balls **\$4.00**

WINE / BEER LIST -

ALL ORGANIC / BIODYNAMIC

—

WILLIE SMITH ORGANIC APPLE CIDER

330 ML BOTTLE \$9.00

MOUNTAIN GOAT STEAM ALE BEER

330 ML BOTTLE \$9.00

ASK OUR STAFF WHATS AVAILABLE BY THE GLASS TODAY

WHITE

DORMINOLA - BLANCO

\$55/BOTTLE

ROSE

ROSE DE MACERATION - HOCHKIRCH

\$55/BOTTLE

STEINBRUCH PINOT NOIR - HOCHKIRCH

\$55/BOTTLE

10X2016 SPARKLING BLANC DE BLANC

MV BOTTLE

\$65/BOTTLE



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