



ICARO

Icaro Wholefoods was created out of a desire for a space to connect community and to inspire conscious consumption of wholefoods to nurture our bodies.

Each item is carefully and intentionally made fresh to order using the best ingredients we can source; seasonal, local and organic where possible.

We do not use any harmful seed oils and vegetable oils, preservatives, artificial additives or refined sugars.

Just. Real. Food.

ALLERGEN ADVICE

Please be aware that our kitchen handles and processes a range of allergens especially nuts. Our kitchen is an open environment where all items are made fresh in house and every product in our store may contain allergens.

If you have an allergy please let us know.

We have designed this menu to cater for a range of dietary requirements, all items can be made vegan or gluten free on request if not indicated on the menu.

COFFEE

Serving speciality coffee ethically sourced and roasted in Melbourne by ST ALi and poured with love by our highly trained baristas. We use St ALi's "Organic" beans as default.

BLACK: espresso + hot water	\$5.0 / \$6.0
WHITE: espresso + choice of milk	\$5.0 / \$6.0
MOCHA: espresso + cacao + choice of milk	\$5.0 / \$6.0
HOT CHOCOLATE: cacao + choice of milk	\$5.0 / \$6.0
ICED LATTE: espresso + ice + choice of milk	\$5.0 / \$6.0
BABYCHINO: milk of choice + cacao	\$3.0

All served with organic grass fed full cream cows milk as standard. We do not offer skim milk or lactose free.

MILK OPTIONS + \$0.5: "Bonsoy" soy, "The Alternative" oat, "Milklab" almond, "Pure Harvest" organic almond OR coconut

DECAF OPTION + \$1.0

MAYDE TEA

Naturopathically blended and 100% organic loose leaf teas free from artificial colors and flavours and made to achieve harmony within the body.

ENGLISH BREAKFAST: black tea from Sri Lanka & India	\$5.5
EARL GREY: black tea with bergamot oil	\$5.5
DIGEST: peppermint, licorice, calendula & fennel	\$5.5
ENERGISE: papaya, lemongrass, ginger & cinnamon	\$5.5
GREEN SENCHA: green tea, jasmine flowers, rose petals	\$5.5
CLEANSE: tulsi, nettle, dandelion, red clover, cornflower	\$5.5
AUSTRALIAN NATIVE: strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle, lemongrass	\$5.5
HIBISCUS LEMON: lemon myrtle, rooibos, hibiscus petals, jasmine flowers	\$5.5

COLD PRESS JUICE

SEE CASE FOR TODAY'S FLAVOURS **\$9.9**

MEDICINAL ELIXRS

Our medicinal elixrs have been blended using specific herbs and spices to help nourish your body, mind and soul.

SOMA SACRED SHROOM	\$7.0
Lions mane, chaga, reishi, shiitake, cordyceps, cacao, maca, MCT and maple served on your choice of milk.	
SUN MILK	\$7.0
A blend of turmeric, black pepper, ginger, cinnamon, maca, mesquite and lions mane, served on your choice of milk.	

MONKS CHAI	\$7.0
Single origin sourced organic loose leaf chai handmade by "Monk Bodhi Dharma" in Melbourne.	

CEREMONIAL CACAO	\$10.0
High grade, high vibration, energy intense cacao. Organic whole bean, heirloom criollo nativo cacao (cacao chuncho) from Peru. Served with raw honey and your choice of milk. 20g dose.	

THE BULLETPROOF	\$7.0
double espresso, organic ghee, maca, and MCT oil	

COCONUT COLD BREW	\$9.0
An Icaro favorite, St ALi cold brew served on ice, with a side of sweet blended coconut cream condensed milk.	

BLUE ICE TEA	\$8.0
An alchemical creation of lemon myrtle and hibiscus iced tea, with a side of sweetened blue spirulina, pour over and watch the magic happen.	

Please note: 10% weekend surcharge, 20% public holiday surcharge - thank you for understanding

SMOOTHIES

BERRY \$12.0
Organic acai, raspberries, strawberries, blueberries, banana, dates and coconut water.

GREEN \$12.0
Banana, mango, avocado, spirulina, lemon, spinach and coconut water.

CHOCOLATE \$12.0
Organic cacao, peanut butter, dates, banana, maca, and coconut milk.

MANGO \$12.0
Mango, pineapple, coconut yoghurt, banana, maca on coconut milk.

SMOOTHIE ADD ONS

ORGANIC SUPERFOODS GREENS POWDER \$4.0
SHOT OF ORGANIC ESPRESSO \$2.0
PLANT BASED PROTEIN + PROBIOTICS \$4.0
ORGANIC NUT BUTTER \$4.0

MINI ME MENU

KIDS BANANA SMOOTHIE \$9.0
Banana, organic raw honey and schulz organic grass fed milk.

KIDS BERRY SMOOTHIE \$9.0
Mixed berries, banana, organic raw honey and coconut water.

CHEESE TOASTIE \$9.0
organic zeally bay sourdough with cheese

EGG ON TOAST \$10.0
one slice of zeally bay sourdough with one egg scramble or poached egg

ALL DAY BREAKFAST / LUNCH

THE SCRAMBLE (gfo) \$22.0
Local free range eggs cooked with organic cream and topped with fresh chives, half an avocado, meredith goat feta and black sesame on organic local sourdough.

THE AVOCADO SMASH (gfo, vo) \$23.0
Avocado smash, house made omega 3 hazlenut dukkah topped with meredith goat feta and house made beetroot cashew cream, garden herbs and fresh lemon, served on organic zeally bay sourdough.
+ EGG \$4.0

THE FRITTERS (gf) \$24.0
House made corn and zucchini fritters served with fresh salsa, poached egg, house made salsa verde, lemon infused yoghurt, meredith feta and garden herbs.

THE BIRCHER (v, df) \$20.0
House made organic berry and coconut bircher made with gluten tested oats, infused with house made omega 3 fibre mix, topped with berry compote and coconut yoghurt.

BREAKKY GREENS (vo, gf, df) \$20.0
Black rice and seasonal greens, cranberries, toasted pepitas and sunflower seeds, roasted pecans and almonds topped with zesty apple and honey mustard dressing and topped with a poached egg.

THE MEXI BOWL (v, gf, df) \$24.0
Cumin roasted cauliflower, red cabbage and lime slaw, smoked jalapeno and charred corn, pico de gallo salsa, guacamole and fresh lime served on organic rice and topped with chipotle aoli.
+ EGG \$4

THE SMOOTHIE BOWL (v, gfo, df) \$20.0
Organic acai, bananas, blueberries, raspberries, strawberries and dates topped with organic gluten free granola, fresh fruit, cacao nibs, goji berries and coconut.
+ PEANUT BUTTER \$4.0

SEE SPECIALS BOARD FOR DAILY SPECIALS

FOOD ADD ONS

FREE RANGE LOCAL POACHED EGG \$4.0

HALF AVOCADO \$4.0

HOUSE MADE SALSA VERDE \$3.0

MEREDITH GOAT FETA \$4.0

SEASONAL CHUTNEY \$4.0

ORGANIC PEANUT BUTTER \$4.0

ORGANIC ALMOND BUTTER \$4.0

ORGANIC SEASONAL JAM \$2.0

SWAP GLUTEN FRIENDLY TOAST \$2.0

**No Alternations during Peak Times

To keep things running smoothly and ensure everyone gets their food as quickly as possible, we're unable to offer menu alterations during peak times. Our kitchen is working at full steam, and sticking to the menu helps us serve you and others faster. Thanks so much for your understanding.

OTHER OFFERINGS

Please see our specials board for daily specials.

You will also find a range of cakes, raw desserts, toasties and other items in our display case.

GF = gluten free DF = dairy free V = vegan GFO = gluten free option available VO = vegan option available