



# FOOD

Open 7 days a week  
7:00am - 3:00pm  
icaro.com.au  
@icarowholefoods

Featuring ST ALi organic specialty coffee, ur kitchen focuses on refined, produce-driven dishes made with care, intention, and premium ingredients, handcrafted cocktails, and a curated wine list — all created with intention, quality, and care.

## PLEASE NOTE:

10% surcharge applies on weekends  
15% surcharge applies all public holidays  
Thankyou for understanding and for your support

## KIDS MENU \$9.9

Scrambled Egg On Toast  
French Toast with Icecream and Blueberry Compote  
Mini Acai Bowl with Berries and Banana

## DIETARY REQUIREMENTS

GF = gluten friendly | GFO = gluten friendly option available | V = vegan V O = vegan option available | DF = dairy free DFO = dairy free option | N = contains nuts | NFO = nut free option available

## 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 as you order at the counter.

**BIRCHER MUESLI (n, gf, nfo) \$21.9**  
house made goji and chia bircher on gluten tested oats, topped with chai spiced poached pear, greek yoghurt and local honey.

**ACAI BOWL (v, gfo, df, n, nfo) \$22.9**  
acai, banana and berry smoothie base topped with granola, seasonal fruit, cacao nibs, goji berries and hemp seeds  
+ PEANUT \$3.0 /ALMOND BUTTER \$4.0  
+ PLANT OR WHEY PROTEIN POWDER \$3.0

**AVOCADO TOAST (gfo, vo, dfo, n, nfo) \$23.9**  
local organic sourdough with smashed avocado, goat feta, chimichurri and house made omega 3 nutty dukkha  
GFO - GLUTEN FRIENDLY TOAST (+\$2)  
+ POACHED EGG \$4.0

**CHILLI SCRAMBLE (gfo, dfo) \$23.9**  
soft chilli scrambled eggs, served with house dukkah, on local organic zeally bay sourdough.  
GFO - GLUTEN FRIENDLY TOAST (+\$2)

**SMOKEY HASH STACK (gf, n, nfo) \$28.9**  
crispy potato hash brown topped with two poached eggs, house made hollaindaise, pickled banana chilli and garden greens, toasted nuts and seeds

**CORN & ZUCCHINI FRITTERS (gf, n, nfo) \$24.9**  
pan fried corn & zucchini fritters, poached egg, served with fresh guacamole, garden herbs, pickled cucumber, pico salsa, citrus vinigarette  
+ EXTRA POACHED EGG \$4.0

**NOURISH BOWL (v, gf, df, n, nfo) \$22.5**  
sweet potato hummus, roasted seasonal vegetables and kale, chimichurri, rasins, toasted nuts and seeds.  
+ POACHED EGG \$4.0

**ICARO MEXI BOWL (vo, gf, n, nfo) \$23.9**  
house braised mexican style beans, red rice and quinoa, guacamole, sweet chipotle vegan sour cream, pico salsa, garden greens, toasted nuts, green chilli oil and blue corn totopas.  
+ POACHED EGG \$4.0

**ORGANIC SOURDOUGH TOAST (gfo, vo, df) \$11.9**  
organic 'zeally bay' sourdough toast served with butter and choice of condiment (seasonal jam/peanut butter/vegemite)  
GFO - GLUTEN FRIENDLY TOAST (+\$2)

**EGGS YOUR WAY (gfo, dfo) \$16.5**  
organic 'zeally bay' sourdough toast served with two eggs your way (poached/fried/scrambled)  
GFO - GLUTEN FRIENDLY TOAST (+\$2)

## SIDES

Fried Egg (gf, df) +\$4.0  
Poached Egg (gf, df) +\$4.0  
Hash Brown (v, gf) +\$7.5  
Half Avocado (v, gf, df) +\$5.0  
Grilled Halloumi (gf) +\$6.0  
Goat Feta (gf) +\$4.5  
Chimichurri (v, gf, df) +\$3.0  
Sweet Potato Hummus (v, gf, df) +\$4.0  
House Made Omega 3 Dukkha (v, gf, df, n) +\$3.0  
Local Seasonal Jam (v, gf, df) +\$3.0  
Peanut Butter (v, gf, df, n) +\$3.0  
Almond Butter (v, gf, df, n) +\$4.0

## STILL HUNGRY?

Check out our cabinet and our specials board for a range of additional offerings including toasties, raw vegan treats, chia cups, bircher cups, granola cups and more.



## DRINKS

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### COFFEE

We use ST Ali's "Organic" beans as default. Retail coffee is also available to purchase.

<b>BLACK:</b> espresso + hot water	\$5.5 / \$6.5
<b>WHITE:</b> espresso + milk your way	\$5.5 / \$6.5
<b>MOCHA:</b> espresso + cacao milk	\$5.5 / \$6.5
<b>HOT CHOCOLATE:</b> cacao + milk	\$5.5 / \$6.5
<b>ESPRESSO:</b> espresso	\$4.5
<b>BABYCHINO:</b> milk froth + cacao + berry	\$3.0
<b>DECAF OPTION + \$1.0</b>	

Served as standard with full cream cows milk, or skinny milk upon request.

Small Size = Single Shot  
Large Size = Double Shot  
**EXTRA SHOT +\$1**

### MILK OPTIONS + \$0.5

Bonsoy, The Alternative Oat, Milklab Almond, Pure Harvest Organic Almond, Pure Harvest Organic Coconut.

### ICED DRINKS

**CHOCOLATE:** icecream + choc + milk \$6.5/\$7.5  
Please ask without icecream if preferred.

<b>COFFEE:</b> ice + espresso + milk	\$5.5/\$6.5
<b>CHAI:</b> ice + chai + milk	\$7.0/\$8.0
<b>MATCHA:</b> ice + matcha + milk	\$7.0/\$8.0
<b>ADD TIMBOON VANILLA ICECREAM +\$2</b>	

### THE ELIXIR BAR

**SOMA SACRED SHROOM \$7.0**  
lion's 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 lion's mane, served on your choice of milk.

**MONKS CHAI \$7.0**  
Single origin sourced organic loose-leaf chai handmade by "Monk Bodhi Dharma". Seriously the BEST chai ever.

**CEREMONIAL CACAO \$9.0**  
High grade, high vibration, energy intense cacao. Organic whole bean, heirloom criollo native cacao (cacao chuncho) from Peru. Served with raw honey and your choice of milk. 25g dose.

**CEREMONIAL MATCHA \$7.0**  
Ceremonial grade matcha, served with your choice of steamed milk.

**ICARO MONT BLANC \$11.0**  
Espresso and coconut water served over ice, with our house made spiced syrup and a layer of delicious heavy cream.

**STRAWBERRY MATCHA CLOUD \$11.0**  
Ceremonial grade matcha on cows milk served over house made berry compote and thick whipped cream.

### ELIXIR ADD ONS

Spagyric Blue Lotus Tincture	\$3.0
Spagyric Francincense Tincture	\$3.0
Spagyric Chaga Tincture	\$3.0

### RAW SUPER SMOOTHIES

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

**#2 | GREEN \$12.0**  
Banana, mango, avocado, spirulina, lemon, spinach, chia seeds and coconut water.

**#3 | CACAO \$12.0**  
Organic cacao, peanut butter, dates, banana, maca, and coconut milk.

**#4 | MANGO \$12.0**  
Mango, pineapple, coconut yoghurt, banana, maca on coconut milk.

**#5 | BANANA PROTEIN \$12.0**  
Banana, organic oats, medjool dates, cinnamon, almond butter, honey, organic almond milk.

**#6 | KIDS BANANA MILKSHAKE \$8.0**  
Banana, cinnamon and honey on organic 'Schulz' cow milk.

**#7 | KIDS BERRY MILKSHAKE \$8.0**  
Berries, banana and honey on organic 'Schulz' cow milk.

### SUPPLEMENTS AND ADD INS

Grass Fed Vanilla Whey Protein	\$3.0
Plant Based Vanilla Prebiotic Protein	\$3.0
Superfood Greens Powder	\$2.0
Collagen Powder	\$2.0
Espresso Shot	\$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 \$5.5**  
black tea from Sri Lanka & India

**EARL GREY \$5.5**  
black tea with bergamot oil

**DIGEST \$5.5**  
peppermint, licorice, calendula & fennel

**ENERGISE \$5.5**  
papaya, lemongrass, ginger & cinnamon

**GREEN SENCHA \$5.5**  
green tea, jasmine flowers, rose petals

**CLEANSE \$5.5**  
tulsi, nettle, dandelion, red clover, cornflower

**AUSTRALIAN NATIVE \$5.5**  
strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle, lemon grass

**HIBISCUS LEMON \$5.5**  
lemon myrtle, rooibos, hibiscus petals, jasmine flowers

**COLD PRESS JUICE \$5.0**  
See case for today's flavors