



# FOOD

We serve thoughtfully crafted wholefoods, organic ST Ali coffee, curated wines, and seasonal cocktails made with intention. Inspired by South American traditions and local botanicals, our menu is designed to nourish, connect, and be shared — from morning coffee to evening wine.

follow us @icaro.apollobay

## PLEASE NOTE:

10% surcharge applies on weekends  
20% surcharge applies all public holidays  
weekend and public holiday surcharges help us fairly pay our team penalty rates.

thankyou for understanding and for your support

## KIDS MENU \$9.9

scrambled egg on toast  
french toast with icecream and berries  
mini acai bowl with berries and banana

## 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, let us know as you order at the counter.

**FRENCH TOAST** \$22.9  
caramelised french toast, vanilla cream, berries.

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

**AVOCADO TOAST (gfo, vo, dfo, nf)** \$23.9  
smashed avocado, goat feta, chimichurri, seeded dukkah, organic sourdough.  
GFO - GLUTEN FRIENDLY TOAST (+\$2)  
+ POACHED EGG \$4.0

**CHILLI SCRAMBLE (gfo, df, nf)** \$23.9  
chilli scramble, seeded dukkah, chilli oil, fresh herbs, organic sourdough.  
GFO - GLUTEN FRIENDLY TOAST (+\$2)

**MUSHROOM OMELETTE (gfo, dfo, nf)** \$23.9  
pan fried mushrooms, chimichurri, goat feta, garden herbs, seeded dukkah, organic sourdough  
GFO - GLUTEN FRIENDLY TOAST (+\$2)

**SMOKEY HASH STACK (gf, nf)** \$28.9  
crispy house hash, two poached eggs, hollandaise, pickled banana chilli, garden herbs and greens, seeded dukkah.

**SPANISH DONUTS (nf)** \$17.5  
house made donuts, cinnamon sugar and spice, dulce de leche

**NOURISH BOWL (v, gf, df, nfo)** \$24.  
sweet potato hummus, poached egg, seasonal vegetables, kale, chimichurri, raisins, toasted nuts and seeds.

**MUSHROOM CONGEE (vo, gf, df, nf)** \$26.9  
crispy mushrooms, poached egg, garden herbs and greens, seeded chimichurri dukkah, chilli oil.

**PAN FRIED HALLOUMI SALAD (gf, nf)** \$24.9  
halloumi, buckwheat tabouleh salad, lemon, mint, tahini, cashew dukkah.

**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)** \$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  
mushrooms (v, gf, df) +\$5.0  
half avocado (v, gf, df) +\$5.0  
halloumi (gf) +\$6.0  
goat feta (gf) +\$4.5  
chimichurri (v, gf, df) +\$3.0  
sweet potato hummus (v, gf, df) +\$4.0  
omega 3 dukkha (v, gf, df, n) +\$3.0  
seasonal jam (v, gf, df) +\$3.0  
peanut butter (v, gf, df, n) +\$3.0

## STILL HUNGRY?

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

## DIETARY REQUIREMENTS

GF = gluten friendly | GFO = gluten friendly option available | V = vegan | VO = vegan option available | DF = dairy free | DFO = dairy free option | NF = nut free | NFO = nut free option



# DRINKS

## COFFEE

we use ST ALi's "organic feels good" beans.  
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 = single shot  
large = 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 for 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 on your choice  
of milk.

**SUN MILK** \$7.0  
turmeric, black pepper, ginger, cinnamon,  
maca, mesquite and lion's mane on your  
choice of milk

**MONKS CHAI** \$7.0  
single origin sticky chai handmade by "Monk  
Bodhi Dharma" on your choice of milk.

**CEREMONIAL CACAO** \$9.0  
25g dose of organic peruvian heirloom criollo  
nativo cacao on your choice of milk.

**CEREMONIAL MATCHA** \$7.0  
ceremonial grade matcha on your choice of  
milk.

**ICARO MONT BLANC** \$11.0  
espresso, coconut water, ice, spiced orange  
and cinnamon, heavy cream.

**STRAWBERRY MATCHA CLOUD** \$11.0  
ceremonial grade matcha, strawberry  
compote, heavy cream, cows milk.

## 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  
acai, raspberries, strawberries,  
blueberries, banana, dates, coconut water.

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

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

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

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

**#6 | KIDS BANANA MILKSHAKE** \$8.0  
banana, cinnamon, honey, cows milk.

**#7 | KIDS BERRY MILKSHAKE** \$8.0  
berries, banana, honey, cows milk.

## SUPPLEMENTS AND ADD INS

grass fed vanilla whey protein  
plant based vanilla prebiotic protein  
superfood greens powder  
collagen powder  
espresso shot

## MAYDE TEA

**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  
tulsii, 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

## BEER & WINE BY THE GLASS

|       |                                     |        |
|-------|-------------------------------------|--------|
| \$3.0 | asahi super dry                     | \$9.0  |
| \$3.0 | balter cerveza                      | \$8.5  |
| \$2.0 | mountain goat organic steam ale     | \$11.0 |
| \$2.0 | stone & wood pacific ale            | \$11.0 |
| \$1.0 | white rabbit dark ale               | \$10.0 |
|       | riversdale estate "gemini" reisling | \$11.0 |
|       | clyde park pinot gris               | \$9.0  |
|       | longhop fiano                       | \$9.0  |
|       | lawsons dry hills savignon blanc    | \$9.0  |
|       | howard vinyard rose                 | \$9.0  |
|       | mazzini pinot noir                  | \$15.0 |
|       | d'sas redcote shiraz                | \$12.0 |