



Icaro Wholefoods is a collaboration between two natural health and wellness obsessed friends, Mikhala and Tristan. We are a community focused cafe along the Great Ocean Road encouraging whole and natural foods for mental, emotional, physical, and spiritual wellness. **You become what you consume.**

This menu is a culmination of simplicity and dietary intention.

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

We soak and activate all grains, seeds, and nuts.

We refuse to cook with toxic and harmful seed and vegetable oils.

No preservatives, artificial additives or refined sugars are used in any product we make or that we have to buy in.

Just real food.

“Let food be thy medicine, and medicine be thy food” - Hippocrates.

www.icarocafe.com.au

[@icarowholefoods](https://www.instagram.com/icarowholefoods)

1G Moore Street, Apollo Bay, Victoria

ORGANIC COFFEE

“the ST. ALi’s ‘Feels Good blend’ is the compilation of everything we’ve been working on for the last few years. Ethically sourced, skillfully roasted, 100% organic coffee beans, 100% recyclable coffee bag—and tasty AF! Organic, ethical, sustainable and roasted in Melbourne - ST. ALi feels good!”

Stone Fruit | Caramel

COUNTRY: Ethiopia | Peru

REGION: West Guji | San Ignacio

Espresso \$4

"double shot by default"

Long Black \$4.5 / \$5.5

Latte \$5 / \$6

Flat White \$5 / \$6

Iced Coffee \$5 / \$6

Cappuccino \$5 / \$6

"the frothy one topped with ST ALi's signature chocolate powder"

Mocha \$5 / \$6

"a blend of organic coffee and ST ALi's signature chocolate powder"

Hot Chocolate \$5 / \$6

"ST ALi's signature chocolate powder frothed to perfection"

+ OPTION TO ORDER AS ICED

Babycino \$3

"for the sophisticated youngling"

ST ALi SWISS WATER METHOD DECAF + \$1

SCHULTZ ORGANIC GRASS FED COWS MILK (Default)

BONSOY NON-GMO SOY MYLK + 50c

MILKLAB ALMOND MYLK + 50c

THE ALTERNATIVE OAT MYLK + 50c

15% surcharge applies on public holidays.

(v) = vegan, (gf) = gluten friendly, (gfo) = gluten free option available (vo) = vegan option available

SMOOTHIES

"Highly digestible, easily absorbed and biologically available; the smoothie is nutrients blended for your convenience. Organic and locally sourced when available"

Chocolate \$12

"a blend of banana, dates, cacao, maca, peanut butter and coconut milk"

Berry \$12

"a blend of acai, blueberry, raspberry, strawberries, banana, dates and coconut water"

Green \$12

"a blend of avocado, mango, banana, spirulina, lemon, spinach and coconut water"

Mango \$12

"a blend of mango, coconut yogurt, pineapple, banana, maca and coconut milk"

Kids Banana Smoothie \$10

"a blend of banana, raw honey and "SCHULZ" organic grass-fed cows milk"

SMOOTHIE ADD ONS

SHOT OF ESPRESSO + \$2

HOUSE MADE ORGANIC ADAPTOGENIC ENERGY POWDER + 4

"a blend of cordyceps, panax ginseng, ashwagandha, suma root"

HOUSE MADE ORGANIC ANTI-INFLAMMATORY POWDER \$ +4

"a blend of turmeric, vanilla, macuna, lacuma, black pepper and cinnamon"

TRUE PROTEIN GRASS FED WHEY PROTEIN POWDER + \$4

TRUE PROTEIN PLANT BASED PROTEIN POWDER WITH PROBIOTICS + \$4

TRUE PROTEIN ORGANIC GRASS FED COLLAGEN POWDER + \$4

TRUE PROTEIN ORGANIC SUPERFOOD GREENS POWDER + \$4

TRUE PROTEIN GERMAN SOURCED CREATINE POWDER + \$4

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MEDICINAL ELIXIRS

“Warmth and nutrients without the caffeine. Micro-nutrient dense plants, herbs and spices served hot with your choice of milk”

The Medicinal Mushroom \$6 / \$7

“a blend of chaga, lion’s mane, shiitake, maitake, cordyceps, reishi, with heirloom ceremonial cacao, maca, mesquite and raw honey”

+ ESPRESSO \$2

“Monks” Handmade Organic Sticky Chai \$6 / \$7

“fresh sticky and all organic chai hand made in Melbourne with assam black tea, agave syrup, ginger, cinnamon, nutmeg, clove, star anise, cardamom, black pepper, cayenne, pimento.”

+ ESPRESSO \$2

+ OPTION TO ORDER AS ICED

Liquid Gold \$6 / \$7

“a blend of ceremonial cacao, black tahini, cayenne spice mix, cordyceps mushroom, turmeric, black pepper, ginger, cinnamon, macuna, lacuma, vanilla, cardamom, clove and raw honey”

Ceremonial Grade Cacao \$10

“high grade, high vibration, energy intense cacao. Organic whole bean, heirloom criollo native cacao (cacao chuncho) from Peru. 20g dose with raw honey on your choice of milk or keep it traditional with water only”

Note: may not be available in peak season

Matcha Latte \$6 / \$7

“Antioxidant rich organic Japanese green tea leaves ground and concentrated into a fine powder”

+ OPTION TO ORDER AS ICED

“Bullet Proof” Coffee \$6 / \$7

“for those ketogenic monsters; a blend of organic coffee, grass fed butter and organic coconut oil”

Note: may not be available in peak season

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ORGANIC “MAYDE” TEA

“Cultivated by a naturopath and made of organic ingredients, Mayde tea was born out of a deep love for the natural healing properties of plants. Made with herbs harvested in their native location where they thrive best. The result is a collection of fine-quality teas with the highest therapeutic value and distinctive flavours.”

English Breakfast \$5.5

“black tea from Sri Lanka & India with your choice of milk”

Earl Grey \$5.5

“black tea infused with bergamot oil from Sri Lanka & India with your choice of milk”

Digest \$5.5

“Peppermint, liquorice, calendula & fennel to assist and enhance digestion”.

Energise \$5.5

“Papaya, lemongrass, ginger & cinnamon to boost energy and vitality”.

Green Sencha \$5.5

“Green tea, jasmine flowers, rose petals for an antioxidant boost”

Cleanse \$5.5

“Tulsi, nettle leaf, dandelion leaf, red clover, blue cornflowers to assist with detoxification.”

Australian Native \$5.5

“Strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle, lemongrass.”

Hibiscus Lemon \$5.5

“Lemon myrtle, rooibos, hibiscus petals, jasmine flowers can be served hot or over ice.”

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FOOD

"all of our food is cooked fresh with seasonal and local produce – vegetarian and organic where possible and cooked in organic coconut oil. No vegetable or seed oils, ever, your health is our priority"

The Simple Life (GFO) \$15

"local free range eggs cooked your way served with organic grass fed butter and our house made chutney. Presented on organic "Zeally Bay" sourdough bread handmade in Torquay, Victoria"

The Acai Smoothie Bowl (GF, V) \$18

"a blend of acai, blueberry, raspberry, strawberries, banana, dates and coconut water topped with fresh seasonal fruits and organic gluten free cacao crunch granola"

+ PEANUT BUTTER \$4

+ COCONUT YOGURT \$4

The Sticky Date Brioche (V) \$20

"organic "Zeally Bay" sourdough brioche served with house made sticky date sauce, house made coconut labne, candied nuts, and baked seasonal fruit and berries"

The Avocado Toast (GFO, VO) \$24

"smashed avocado infused with lemon, mint, and sea salt on "Zeally Bay" organic sourdough, topped with "SCHULZ" organic jersey feta, house made lemon myrtle dukkha, organic beetroot sauerkraut, and chilli"

The Keto (GF) \$22

"omelette of three free range eggs pan fried in organic coconut oil and served with organic beetroot sauerkraut, avocado and "SCHULZ" organic grassed fed jersey feta"

The Halloumi Burger \$24

"grass fed halloumi pan fried in coconut oil with a pan fried free range egg, our caramelised onion, house made relish, smashed avocado, spinach and tomato served in an organic "Zeally Bay" sourdough burger bun"

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FOOD ADD ONS

HALLOUMI PAN FRIED IN COCONUT OIL + \$6

LOCAL FREE RANGE EGG COOKED YOUR WAY + \$4

SMASHED AVOCADO + \$4

ORGANIC SCHULZ GRASS FED JERSEY FETA + \$5

ORGANIC BEETROOT SAUERKRAUT + \$4

HOUSE MADE SEASONAL CHUTNEY + \$3

CARAMELISED ONION + \$4

HOUSEMADE DUKKAH + \$3

ORGANIC PEANUT BUTTER + \$4

ORGANIC ALMOND BUTTER + \$4

GFO = Gluten Free Option, GF = Gluten Free, V = Vegan, VO = Vegan Option

ALLERGEN ADVICE

Please be aware that our kitchen handles and processes a range of allergens. Our kitchen is an open environment and any product in our store may contain allergens.

If you have an allergy, please let us know when ordering.

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