



Icaro Wholefoods is a collaboration between two natural health and longevity 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 wholesomeness.

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

We long soak and pre-ferment all grains, seeds, and nuts.

We don't cook with toxic and harmful seed and vegetable oils.

No preservatives, artificial additives or refined sugars are used in any product we make or 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

Cappuccino \$5 / \$6

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

Mocha \$5 / \$6

"the mixing of organic coffee and ST ALi's signature chocolate powder"

"Bullet Proof" Coffee \$6 / \$7

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

Hot Chocolate \$5 / \$6

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

Babycino \$3

"for the sophisticated youngling"

ST ALi DECAF + \$1

SHULTZ 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 \$10

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

Berry \$10

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

Green \$10

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

Mango \$10

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

Kids Banana Smoothie \$8

"a blend of banana, raw honey and shultz 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 VANILLA WHEY PROTEIN POWDER + \$4

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

TRUE PROTEIN ORGANIC GRASS FED COLLAGEN POWDER + \$4

TRUE PROTEIN CREATINE POWDER + \$4

TRUE PROTEIN ORGANIC SUPERFOOD GREENS 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 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” 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

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 Cacao \$10

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

Matcha Latte \$6 / \$7

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

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FOOD

"all of our food is cooked fresh with seasonal and local produce - organic where possible - and cooked in organic and grass fed Victorian butter. No chemicals, endocrine disruptors or carcinogens"

The Simple Life \$12

"free range eggs fried or scrambled in grass fed butter with our house made chutney and served on "Zeally Bay" organic sourdough handmade in Torquay, Victoria"

Smoothie Bowl \$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/ALMOND BUTTER \$4

+ COCONUT YOGURT \$4

The Bircher \$18

"organic rolled oats soaked and activated for 24 hours with coconut yoghurt, coconut milk and kombucha, topped with seasonal fruits and house made spiced tahini caramel"

Avocado Toast \$22

"smashed avocado infused with lemon, mint, and sea salt on "Zeally Bay" organic sourdough, topped with house made lemon myrtle dukkha, organic beetroot sauerkraut, "Meredith" marinated goat's cheese and chilli"

Keto Breakfast \$22

"omelette of two free range eggs pan fried in grass fed butter and served with organic beetroot sauerkraut, avocado and house made activated cashew cream"

Halloumi Burger \$20

"halloumi pan fried in grass fed butter with pan fried free range egg, caramelised onion, house made relish, avocado, spinach and tomato served in an organic "Zeally Bay" sourdough brioche bun"

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FOOD continued

Mini Me Breakfast \$12

"free range egg fried or scrambled in grass fed butter served on one piece of "Zeally Bay" organic sourdough with a side of avocado"

Cacao Pops \$9

"gluten free and organic 'coco pops' made from puffed rice, coconut flakes, raw honey, almonds, sunflower and flaxseeds, cacao, pecans and vanilla roasted at low temperature with macadamia oil and served with your choice of milk"

Cheese Toastie \$9

"cheddar cheese served on organic local Zeally Bay sourdough and toasted"

FOOD ADD ONS

HALLOUMI PAN FRIED IN GRASS FED BUTTER + \$6

FREE RANGE EGG PAN FRIED IN GRASS FED BUTTER + \$4

SLICED OR SMASHED AVOCADO + \$4

ORGANIC BEETROOT SAUERKRAUT + \$4

HOUSE MADE ORGANIC ACTIVATED CASHEW CREAM + \$4

HOUSE MADE SEASONAL RELISH + \$3

ONION CARAMELISED IN ORGANIC BUTTER AND COCONUT SUGAR + \$4

HOUSEMADE DUKKAH + \$3

ORGANIC PEANUT BUTTER +\$4

ORGANIC ALMOND BUTTER +\$4

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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SLUSHIES AND COOLERS

“antioxidants, nutrients, vitamins and minerals blended into ice with seasonal fruit.
Refreshment without the refined sugar, artificial colours, flavours and additives”

Iced Coffee \$6

“organic coffee served in a tall glass with your choice of cold milk and ice”

Iced Chocolate \$6

“ST ALi’s signature chocolate powder served in a tall glass with your choice of milk over ice”

Iced “Monk’s” Chai \$8

“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 served in a tall glass with your choice of milk over ice”

Iced Coconut Coffee \$8

“organic coffee served in a tall glass over organic coconut water and ice”

The Passionate Slushy \$8

“a blend of passionfruit, lime and raw honey, coconut water and crushed ice”

The Dragon Slushy \$8

“a blend of dragonfruit, lime and raw honey over coconut water and crushed ice”

I’m Electric \$8

“a blend of apple cider vinegar, lemon, raw honey and a Kakadu plum sodium and electrolyte powder served over soda water and ice”

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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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