



ICARO

WHOLEFOOD CAFE

boutique coffee
medicinal lattes
house made wholefoods
consciously created

Icaro Wholefoods was created out of a desire for a space to connect community and to inspire conscious consumption of wholefoods to nourish and heal.

Every effort is made to reduce waste and protect the earth reinvesting some of our profits into environmental initiatives in line with our ethos and values to create a cycle of reciprocity.

All of our offerings are made fresh in house daily catering to a range of dietary requirements and are organic/locally sourced where possible.

ALLERGEN ADVICE

please be aware that our kitchen handles and processes a range of allergens. Our kitchen is an open environment where all items are made freshly in house and any product in our store may contain allergens. If you have an allergy please ensure you let us know. We have designed this menu to cater for a range of dietary requirements all our items are vegetarian and refined sugar free, and most 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. Orthodix is our daily house blend poured with love by our highly trained baristas.

- BLACK:** orthodox + hot water \$4.5 / \$5.0
- WHITE:** orthodox + choice of milk \$4.5 / \$5.0
- MOCHA:** orthodox + cacao + choice of milk \$4.5 / \$5.0
- HOT CHOCOLATE:** cacao + choice of milk \$4.5 / \$5.0
- ICED LATTE:** orthodox + ice + choice of milk \$4.5 / \$5.0
- BABYCHINO:** milk of choice + cacao \$2.0
- DECAF:** ST Ali defaf + choice of milk \$5.0 / \$5.5

all served with full cream schulz organic cows milk as standard. we dont offer skinny or lactose free - sorry

MILK OPTIONS + \$0.5: soy, oat, macadamia, coconut, almond

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 \$4.5
- EARL GREY:** black tea with bergamot oil \$4.5
- DIGEST:** peppermint, licorice, calendula & fennel \$4.5
- ENERGISE:** papaya, lemongrass, ginger & cinnamon \$4.5
- GREEN SENCHA:** green tea, jasmine flowers, rose petals \$4.5
- CACAO CINNAMON:** cacao, cinnamon, ginger, honeybush \$4.5
- AUSTRALIAN NATIVE:** strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle, lemongrass \$4.5
- HIBISCUS LEMON:** lemon myrtle, rooibos, hibiscus petals, jasmine flowers \$4.5

COLD PRESS JUICE

we cold press our juices daily in house, cold press juice retains more vitamins, enzymes, minerals and flavour.

SEE CASE FOR TODAYS FLAVOURS \$9.0

MEDICINAL ELIXRS

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

SACRED MUSHROOM \$6.5

chaga mushroom with beta glucans, cacao, maca, mesquite, coconut nectar on choice of milk
+ packed with antioxidants, strength, immunity, inflammation, regulates blood sugar & cholesterol.

NEURAL NECTAR \$6.5

black tahini, lions mane, rhodiola, ginko, macuna, white peony, cacao, spice blend, coconut nectar on choice of milk
+ brain tonic, acuity, memory, mental energy.

IMMORTAL \$6.5

cold pressed beetroot, goji berry, longan berry, pearl powder, cinnamon, schizandra, coconut nectar served on choice of milk
+ beautifying herbs for vitality to hair, skin, nails & fascia.

TURMERIC LATTE \$6.0

cordyceps mushroom, turmeric, black pepper, ginger, cinnamon, coconut nectar on choice of milk
+ anti-inflammatory, warming, immune system boost, stamina.

MONK'S CHAI \$5.5

sticky fresh vegan chai on choice of milk
+ warming, metabolism boost, assists in digestion

FRESH HOUSE MADE HEMP MILK +\$1.0

medicinal elixrs can be served on fresh creamy house made hemp milk instead of one of our standard milk options.

“LET FOOD BE THY MEDICINE,
AND MEDICINE BE THY FOOD.”

- HIPPOCRATES

SMOOTHIES

ACAI BERRY BLISS \$12.0

organic acai, raspberries, strawberries, blueberries, banana, dates and coconut water

+antioxidant boost, nutrient dense, fibre

GREEN ALKALISER \$12.0

banana, mango, spinach, hemp seeds, avocado and coconut water

+ alkalizing, good for digestion, healthy fats

BREAKFAST PROTEIN \$12.0

organic cacao, peanut butter, dates, banana, maca, mesquite, chia, protein powder, cacao nibs, almond milk.

+build and repair tissue, magnesium boost, protein boost

MINI ME BERRY \$8.0

kids size smoothie with fresh strawberries, blueberries and raspberries with coconut nectar and schulz organic cows milk.

MINI ME BANANA \$8.0

kids size smoothie with fresh banana, dates and cinnamon with schulz organic cows milk.

COVID 19 REQUIREMENTS

If you are taking a seat with us today, please ensure you check in using the QR code positioned below or around the store. We ask that you also adhere to any other government imposed restrictions whilst visiting. Thankyou for your co-operation.



SMOOTHIE BOWLS

ACAI BOWL \$16.5

organic acai, bananas, blueberries, raspberries, strawberries and dates topped with organic gluten free granola, fresh fruit, cacao nibs, goji berries and coconut.

+ NUT BUTTER \$1.0

PINK PITAYA BOWL \$16.5

pink pitaya, bananas, raspberries, strawberries, pineapple, coconut nectar topped with organic gluten free granola, fresh fruit, coconut, goji berries, chia seeds.

+ NUT BUTTER \$1.0

ALL DAY BREAKFAST / LUNCH

TOAST

organic sourdough, fruit toast, or gluten friendly with butter and choice of spread (honey, vegemite, jam, peanut butter)

\$9.0 (2 slices) + EGG \$4 EA

SEASONAL BIG BREAKFAST (gfo, vo)

fried eggs, house made baked beans, marinated goat feta, avocado, krout, leafy greens, hemp & black sesame served on local sourdough.

\$22.0

MEXI BREAKFAST BOWL (vo, gf)

house made baked beans, goat feta, fried egg, smashed avocado, krout, fresh herb & tomato salsa, fresh chilli and lime, hemp and black sesame seeds topped with green herb dressing served on organic rice.

\$22.0

MUSHROOM TOAST (v,gfo)

tamari infused mushrooms with sage, house made pepita pesto and cashew cream cheese topped with hemp and toasted pepitas served on organic sourdough

\$20.0 full (2 slices), \$14.5 half (1 slice) + EGG \$4

THE AVO (gfo, vo)

smashed avocado topped with goat feta, dukkah, rocket, pomegranite glaze, microherbs, lime & fresh chilli served on organic sourdough.

\$20.0 Full (2 slices), \$14.5 half (1 slice) + EGG \$4

BUDDHA BOWL (v, gf)

See specials board for todays bowl.

\$20.0

SEE CASE: for a range of raw desserts, cakes, toasties, salads, wraps and other delicious daily offerings.

MINI ME

MINI ME BREAKFAST (gfo)

organic sourdough with fried egg and avocado.

\$12.0

CHEESE TOASTIE (gfo)

organic sourdough toastie with tasty cheese

\$8.0

SWEET TOAST (v)

fruit toast with peanut butter, topped with fresh fruit

\$12.0

GF = gluten free

V = vegan

GFO = gluten free option available

VO = vegan option available