



# ICARO

WHOLEFOOD CAFE

Icaro Wholefoods was created out of a desire for a space to connect community and to inspire conscious consumption of wholefoods that nurture our bodies.

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

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

We refuse to cook with harmful seed and vegetable oils.

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

Just real food.

## 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 fresh in house, so cross contamination is highly likely due to the nature of busy service. If you have an allergy, severe or not, please let us know when ordering and when receiving the meal.

## COFFEE

We serve "ST ALi's Feel Good Organic Blend" - Certified organic, ethically sourced, fully traceable, with all packaging recyclable and compostable. Organic "SCHULZ" Grass fed milk as default.

ESPRESSO	\$4.5
LONG BLACK	\$4.5 / \$5.5
FLAT WHITE	\$5 / \$6
LATTE	\$5 / \$6
CAPPUCCINO	\$5 / \$6
MOCHA	\$5 / \$6
HOT CHOCOLATE	\$5 / \$6
ICED LATTE	\$5 / \$6
BABYCHINO	\$3

ST ALi Decaf	+ \$1
"BONSOY" Organic and NON-GMO Soy Milk	+ 50c
"MILKLAB" Almond Milk	+ 50c
"THE ALTERNATIVE" Oat Milk	+ 50c
"PURE HARVEST" Coconut Milk	+ 50c

## MAYDE TEA

Cultivated by a naturopath and handmade from organic ingredients. Blended with herbs harvested in thier native location where they thrive best. The result is a collection of fine-quality teas with the highest therapeutic value and distintive flavours.

ENGLISH BREAKFAST: cylon tea from sri lanka & india	\$5.5
EARL GREY: cylon tea with bergamot oil	\$5.5
DIGEST: peppermint, licorice, calendula & fennel	\$5.5
ENERGISE: papaya, lemongrass, ginger & cinnamon	\$5.5
GREEN SENCHA: green tea, jasmine flowers, rose petals	\$5.5
AUSTRALIAN NATIVE: strawberry gum, lemon myrtle, peppermint gum, rosella, aniseed myrtle, lemongrass	\$5.5
HIBISCUS LEMON: lemon myrtle, rooibos, hibiscus petals, jasmine flowers	\$5.5

## MEDICINAL ELIXRS

Our medicinal elixrs have been blended using specific herbs and spices to help nourish your body. Warmth and nutrients without the caffinated buzz. All served with your choice of milk.

THE CHOCOLATE MUSHROOM	\$6 / \$7
A blend of chaga, lions mane, reishi, cordyceps mushrooms mixed into cacao, maca, mesquite and raw honey. + ESPRESSO \$2	

MONKS STICKY CHAI	\$6 / \$7
Fresh, sticky, spicy, sweet, all organic chai handmade in Melbourne. +ESPRESSO +2	

LIQUID GOLD	\$6 / \$7
A blend of turmeric, cacao, cordyceps mushrooms, black pepper, ginger, cinnamon, vanilla and raw honey.	

MATCHA LATTE	\$6 / \$7
Antioxidant rich organic stoneground green tea leaves ground and concentrated into a fine powder	

CEREMONIAL CACAO	\$10
High grade, high vibration, energy intense cacao. Organic whole bean, heirloom criollo nativo cacao (cacao chuncho) from Peru. Served as a 20g dose with raw honey and milk of your choice or keep it traditional with water only.	

THE BULLETPROOF	\$6 / \$7
A blend of organic coffee, grass fed organic butter and MCT oil.	

## SMOOTHIES

<b>BERRY</b>	<b>\$12</b>
Organic acai, raspberry, strawberry, blueberry, banana, dates and coconut water.	
<b>GREEN</b>	<b>\$12</b>
Avocado, mango, banana, spirulina, lemon, spinach and coconut water.	
<b>CHOCOLATE</b>	<b>\$12</b>
Organic cacao, banana, dates, peanut butter, maca and coconut milk.	
<b>MANGO</b>	<b>\$12</b>
Mango, pineapple, coconut yoghurt, banana, maca on coconut milk.	
<b>KIDS SIZE BANANA</b>	<b>\$8</b>
Banana, organic raw honey and organic "SCHULZ" grass fed milk.	
<b>KIDS SIZE BERRY</b>	<b>\$8</b>
Blueberry, raspberry, strawberry, banana and organic raw honey on coconut water	

## SMOOTHIE ADD ONS

<b>SHOT OF ORGANIC ESPRESSO</b>	<b>\$2</b>
<b>GRASS FED WHEY PROTEIN ISOLATE</b>	<b>\$4</b>
<b>PLANT BASED PROTEIN + PROBIOTICS</b>	<b>\$4</b>
<b>GERMAN SOURCED CREATINE</b>	<b>\$4</b>
<b>ORGANIC SUPERFOODS GREEN POWDER</b>	<b>\$4</b>

## ALL DAY BREAKFAST / LUNCH

<b>THE SIMPLE LIFE (gfo)</b>	<b>\$15</b>
Local free range eggs cooked your way with organic grass fed butter and our housemade chutney. Served on organic "Zeally Bay" sourdough bread handmade in Torquay, Victoria.	
<b>THE ROSTI (gf)</b>	<b>\$26</b>
Turmeric and cumin potato rosti served with poached egg, confeit tomato, wilted seasonal greens, "SCHULZ" organic and grass fed whipped feta, salsa verde, almond dukkah and seasonal balsamic vinegarette.	
<b>THE ACAI SMOOTHIE BOWL (gf, vg)</b>	<b>\$20</b>
A blend of organic acai, blueberry, raspberry, strawberry, banana, dates and coconut water. Topped with seasonal fruits and gluten free cacao granola.	
<b>BLACK RICE PUDDING (gf, vgo)</b>	<b>\$22</b>
Cardamon and keffir lime infused black rice pudding served cold and topped with poached local quince, house made lemon curd, seasonal blueberry vinegarette, organic and grass fed "SCHULZ" natural yoghurt.	
<b>THE AVOCADO TOAST (gfo, vgo)</b>	<b>\$24</b>
Smashed avocado infused with lemon, mint and sea salt on "Zeally Bay" organic sourdough, topped with "SCHULZ" organic and grass fed whipped feta, housemade lemon myrtle dukkha and an organic beetroot sauerkraut.	
<b>THE KETO BREAKFAST (gf)</b>	<b>\$22</b>
Omelette of three local free range eggs pan fried in coconut oil and served with avocado, "SCHULZ" organic whipped feta and an organic beetroot sauerkraut.	
<b>THE HALLOUMI BURGER (gfo)</b>	<b>\$24</b>
Grass fed halloumi pan fried in coconut oil with a local free range egg, smashed avocado, housemade caramalised onions, housemade relish, spinach and tomato served in an organic "Zeally Bay" sourdough burger bun	

## FOOD ADD ONS

<b>PAN FRIED HALLOUMI</b>	<b>\$6</b>
<b>FREE RANGE LOCAL EGG</b>	<b>\$4</b>
<b>SMASHED AVOCADO</b>	<b>\$4</b>
<b>ORGANIC "SCHULZ" WHIPPED FETA</b>	<b>\$4</b>
<b>ORGANIC BEETROOT SAUERKRAUT</b>	<b>\$4</b>
<b>HOUSEMADE CHUTNEY</b>	<b>\$3</b>
<b>ORGANIC PEANUT BUTTER</b>	<b>\$4</b>
<b>ORGANIC ALMOND BUTTER</b>	<b>\$4</b>
<b>ORGANIC SEASONAL JAM</b>	<b>\$2</b>

### 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 fresh in house, so cross contamination is highly likely due to the nature of busy service. If you have an allergy, severe or not, please let us know when ordering and when receiving the meal.

SEE SPECIALS BOARD OUTSIDE FOR DAILY SPECIALS

GF = gluten free

V = vegan

GFO = gluten free option available

VO = vegan option available