



cafe Nurcha

Body  Mind  Earth

Welcome to our family owned and operated cafe serving 100% plant based foods (animal free). All of our meals and desserts are made on site, with love, by our amazing team of chefs and kitchen staff. We ensure the best taste and quality by preparing each meal to order by hand (no microwaves etc), so please take some time to enjoy the space we have created and allow us to be of service.

Please note: Although we take great care there may be traces of allergens in our food. Please notify our friendly staff if you have any allergies or intolerances.

100%
Vegan

Smoothie Bowls

All Smoothie Bowls are topped with our homemade chia & mixed berry compote, quinoa & maple macadamia muesli, and more fresh, seasonal fruit

George of the Jungle (GF) - \$13.9

Blended mango, banana, passionfruit, baby spinach, filtered water

Sun Salute (GF) - \$13.9

Blended pineapple, passionfruit, banana, mango, coconut milk

Purple Power (GF) - \$13.9

Blended acai, mixed berries, banana, almond milk

Strawberries & Cream (GF) - \$13.9

Blended strawberries, vanilla, coconut milk

Breakfast 7:30 - 11:00am

Quinoa Porridge (GF) - \$13.9

Apple & Cinnamon Quinoa Porridge with fruit compote, maple syrup, fresh fruit, our maple macadamia muesli and whipped coconut cream

Pancakes - \$14.9

Fluffy pancakes served with fresh seasonal fruit, blueberry & lemon compote, vanilla ice cream and real maple syrup, topped with pecan praline
NOT GLUTEN FREE

Breaky Benny - \$14.9

Sauteed button mushrooms, grilled asparagus and roasted tomatoes with garlic tossed baby spinach on locally baked multigrain toast, drizzled with our hollandaise sauce, black sesame seeds & pistachio za'atar | GLUTEN FREE ADD: \$1

Breakfast All day

Fruit Toast (GF) - \$4.9

Two slices of delicious, locally baked, fruit toast served with jam **FRUIT TOAST & REG COFFEE \$8.9**

Smashed Avo - \$13.9

Seasoned smashed avocado served on locally baked multigrain toast, topped with pistachio za'atar, crumbled almond "fetta" and a wedge of lemon
GLUTEN FREE ADD: \$1

The Boss (GF) - \$13.9

Generous serving of diced bananas, mixed with our specialty fruit salad and topped with more seasonal fruit, our chia & berry compote and a healthy scoop of coconut vanilla ice cream.
The boss' choice!

ADD MAPLE MACADAMIA MUESLI (GF): \$3

Lunch All day

Stack of Wedges (GF) - \$9.9

Chunky home-style potato wedges, oven baked with thyme & garlic, served with a side of our homemade chilli jam and garlic aioli

Vietnamese Spring Rolls (GF) - from \$10.9

A delightful mix of fresh seasonal vegetables and glass noodles encased in a soft rice and tapioca wrap. Served fresh with your choice of either an Asian or a Vietnamese satay dipping sauce
Serving of 3: \$10.9 | Serving of 5: \$15.9

Vege Tumble - \$14.9

Roasted vegetables tossed with peri peri spices, kale, baby spinach and garlic, topped with smashed avocado & pistachio za'atar and served on thick multigrain toast (or swap toast for mushrooms instead)
GLUTEN FREE TOAST ADD \$1

Hearty Nachos (GF) - \$14.9

Our spicy & saucy black beans & corn served with plenty of corn chips, cashew cheese, chilli jam, a zingy fresh salsa, smashed avo, rainbow slaw and sour cream

Hippie Bowl (GF) - \$17.9

Nurcha your body with a delicious & satisfying selection of fluffy warm quinoa, black bean & corn mix, fresh salsa, kimchi, garden salad, corn chips, avocado, drizzled with aioli and served with a wedge of lemon

Jumpin' Jack Burger & Wedges - \$17.9

Slow cooked pulled jackfruit in our special smoky sauce served on a soft organic panini with creamy rainbow slaw and spicy chilli jam. Served with thyme & garlic wedges, & garlic aioli
GLUTEN FREE OPTION AVAILABLE

Satay Burger & Wedges - \$17.9

Tender local organic tempeh marinated in satay sauce served in a focaccia with smashed avocado, fresh tomato, red onion, crushed peanuts, salad leaves & bean sprouts. Served with thyme & garlic wedges, & garlic aioli
GLUTEN FREE OPTION AVAILABLE

Mushroom Burger & Wedges - \$17.9

Sauteed field mushroom topped with vegan cheese, basil pesto, fresh salad and garlic aioli. Served with thyme & garlic wedges, & garlic aioli
GLUTEN FREE OPTION AVAILABLE



Pizzas 11am-2:30pm

All Pizzas are on 10 inch wholemeal bases
Gluten Free Available - Add \$1

Peace Lovers - \$17.9

Chef's special Napoli sauce, roasted sweet potato & eggplant, olives, sundried tomatoes, mushroom, capsicum, red onion and melty vegan cheese. Topped with fresh rocket & basil pesto. Yum!

Tree Huggers - \$17.9

Chef's special Napoli sauce, loaded with mushrooms, basil pesto, garlic, spinach, red onion & vegan cheese. Topped with almond "fetta"

Peri Peri Pumpkin - \$17.9

Chef's special Napoli sauce, roasted peri peri pumpkin, eggplant, capsicum & sweet potato, melty vegan cheese & red onion. Topped with yoghurt & fresh rocket.

Mexican Fiesta - \$17.9

Chef's special Napoli sauce, pineapple, capsicum, red onion, cherry tomatoes, cashew cheese, mango chilli sauce & corn chips. Topped with rocket, chilli jam and guacamole. Ariba!

Margherita - \$14.9

Chef's special Napoli sauce, vegan cheese, cherry tomatoes, topped with fresh rocket & pesto.

Garlic Pizza - \$12.9

Oh my! Chef's special garlic blend & melty vegan cheese, topped with fresh rocket & basil pesto

Please note: If you prefer our homemade cashew cheese to melty vegan cheese please let us know and we will swap them for you

Kids

Toastie (GF) - \$5.9

(choose any 2 fillings)
Cheese | Tomato | Avocado
Peanut Butter | Banana | Jam

Fresh Salad Wrap - \$7.5

Crisp fresh vegetables with almond "fetta", basil pesto and our garlic aioli wrapped in a soft tortilla, served with a fresh garden salad.

Mini Margi Pizza - \$8.5 (11-2:30pm)

5 inch wholemeal pizza with Napoli sauce, melty vegan cheese & cherry tomatoes
GF AVAILABLE

Kids Milkshakes - \$4.9

Banana | Caramel | Strawberry | Chocolate

Wraps/Panini

Fresh Salad Wrap - \$11.9

Crisp fresh vegetables with almond "fetta", basil pesto and our garlic aioli wrapped in a soft tortilla, served with a fresh garden salad.
HALF SERVE: \$7.5 - **Great for the kids!**

Mexican Wrap - \$13.9

A 12 inch wrap stuffed full to the brim with a rich, saucy black bean rice & corn mix, fresh capsicum, red onion, chilli jam, vegan cheese & baby spinach. Served toasted with a fresh garden salad & "sour cream"

ADD: Wedges with Aioli \$4.5

Wrap and Smoothie Combo: \$19.9

Pesto Panini \$14.9

A lightly toasted organic panini with layers of roasted seasonal vegetables, red onion & thyme relish, basil pesto, baby spinach & almond "fetta". Served with a fresh garden salad

Salads

Warm Beetroot & Fetta Salad - \$14.9

Seasonal roasted vegetables tossed through fresh rocket & baby spinach with balsamic & roast garlic dressing, topped with crumbled almond "fetta" & sunflower seed sprinkles

Garden Salad - Small \$9.9 / Reg \$13.9

Locally grown leafy greens, tomatoes, capsicum, cucumber, red onion, a tangy yoghurt dressing & sunflower seed sprinkles

ADD: A side of Wedges with Aioli \$4.5

Gourmet Salads of the Day

Check our display cabinet for today's salads!

Small (choice of one salad) - \$11.9

Regular (both salads) - \$14.9

Sides \$3ea

Roast Field Mushies
Smashed Avo
Potato Rosti
Oven Roasted Tomatoes
Warm Corn Chips
Almond "Fetta"
Sunflower Sprinkles
Thick Multigrain Toast
Gluten Free Toast
"Sour Cream"
Coriander Yoghurt
Coconut Yoghurt
Vanilla Icecream
Rainbow Slaw

Sauces \$1.5ea

Chilli Jam
Garlic Aioli
Red Onion & Thyme Relish
Maple Syrup
Satay Sauce
Asian Sauce
Yoghurt Dressing
Maple Balsamic Dressing
Tomato Salsa





Smoothies

REGULAR 650ml: \$8.5 | LARGE 850ml \$10.9

Our smoothies are made from real fruit, cold pressed orange juice and living greens. What you read is what is in them!

Green Machine

Banana, mango, passionfruit, baby spinach, & filtered water

All Good

Mango, banana, strawberry, & cold pressed orange juice

Revitaliser

Pineapple, cold pressed orange juice, mango & baby spinach

Bananarama

Banana, coconut milk, real vanilla extract, dates, cinnamon & ice

Boysenberry Blitz

Boysenberries, mango, cold pressed orange juice, baby spinach

Tropical Nights

Mango, pineapple, passionfruit & coconut milk (or opt for coconut water instead)

Liquid Gold

Turmeric spice blend, banana, dates, coconut milk & ice

Strawberry Delight

Strawberry, vanilla & coconut milk

Acai

Acai, mixed berries, banana & filtered water

Nutty Professor

Banana, peanut butter, real vanilla extract, dates, cinnamon, filtered water & ice

Refresher

Pineapple, mango, mint, coconut water & spinach

Chocolate Bliss

Soy milk, cacao, real vanilla extract & ice cream

Coffee & Tea

Certified organic & fair trade coffee supplied by Diddillibah Beans. We have sourced the best dairy free alternatives: coconut milk, GMO free soy milk and activated almond milk. Enjoy!

Flat white | Cappuccino | Latte | Hot Chocolate
REGULAR: \$4.6 | LARGE: \$4.9

Short Black | Long Black
REGULAR: \$3.5 | LARGE: \$4.0

Pot of Tea (Certified Organic) - \$4.5 Tea for 2 - \$8

Dandelion | English Breakfast | Earl Grey
Green Tea | Peppermint | Chai | Dark Chocolate
Lemon & Ginger | Chamomile | Superfruit
Rooibos

Specialty Lattes


REGULAR: \$4.6 | LARGE: \$4.9

Chai - Infused with natural flavours of organic black tea, chai spices & vanilla

Golden - Turmeric, ginger & cayenne with a touch of coconut oil & maple for sweetness

Golden Chai - Our golden turmeric blend + chai

Gingerbread  Coffee with a warming blend of ginger, allspice & nutmeg

Beetroot  Beetroot infused latte with an energising hit of ginger. Full of antioxidants!

Coffee & Cake Combo - \$11.9

Any regular size hot drink with any slice of cake \$8.5 or under

Caramel or Vanilla Iced Latte - \$6.9

2 shots of our organic coffee poured over ice and lightly blended with Caramel or Vanilla & your choice of milk, served in a 650ml mason jar

Coco Espresso - \$6.9

Real espresso coffee, coconut water over ice

Juices

Cold Pressed Juices - \$6.9

Made fresh daily! Please see self-serve drinks fridge for today's selection

Open from 7:30am Monday-Saturday
Limited menu after 3:00pm

Open 9am-4pm Sunday
Limited menu all day Sunday

Sundays at **Nurcha** cafe



Breakfast

9am-3:00pm unless otherwise noted

Breaky Benny - \$14.9 (until 11am)

Sauteed button mushrooms, grilled asparagus and roasted tomatoes with garlic tossed baby spinach on locally baked multigrain toast, drizzled with our hollandaise sauce, black sesame seeds & pistachio za'atar {**GLUTEN FREE ADD: \$1**}

Pancakes - \$14.9 (until 11am)

Fluffy pancakes served with fresh seasonal fruit, blueberry & lemon compote, vanilla ice cream and real maple syrup, topped with pecan praline
NOT GLUTEN FREE

Fruit Toast (GF) - \$4.9

Two slices of delicious, locally baked, fruit toast served with jam {**FRUIT TOAST & REG. COFFEE \$8.9**}

Smashed Avo - \$13.9

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The Boss (GF) - \$13.9

Generous serving of sliced bananas, mixed with our specialty fruit salad and topped with more seasonal fruit, our chia & berry compote and a healthy scoop of coconut vanilla ice cream...The Boss' choice!!
{**ADD OUR MAPLE & MACADAMIA MUESLI (GF): \$3**}

Lunch 9am-3:00pm

Vietnamese Spring Rolls (GF) - from \$10.9

Seasonal vegetables & glass noodles encased in a soft rice and tapioca wrap with either Asian or Satay dipping sauce | 3 for \$10.9 | 5 for \$15.9

Fresh Salad Wrap - \$11.9

Crisp fresh vegetables with almond "fetta", basil pesto and our garlic aioli wrapped in a soft tortilla, served with a fresh garden salad. {**HALF SERVE: \$7.5**}

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Wrap and Smoothie Combo: \$19.9

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Hearty Nachos (GF) - \$14.9

Spicy & saucy black beans & corn served with plenty of corn chips, cashew cheese, chilli jam, a zingy fresh salsa, smashed avo, rainbow slaw and "sour cream"

Jumpin' Jack Burger & Wedges - \$17.9

Slow cooked pulled jackfruit in our special smoky sauce served on a soft organic panini with creamy rainbow slaw and spicy chilli jam. Served with thyme & garlic wedges, & garlic aioli {**GF AVAILABLE**}

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Tender local organic tempeh marinated in satay sauce served in a focaccia with smashed avocado, fresh tomato, red onion, crushed peanuts, salad leaves & bean sprouts. Served with thyme & garlic wedges, & garlic aioli {**GF AVAILABLE**}

Mushroom Burger & Wedges - \$17.9

Sauteed field mushroom topped with vegan cheese, basil pesto, fresh salad and garlic aioli. Served with thyme & garlic wedges, & garlic aioli {**GF AVAILABLE**}

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Margherita - \$14.9

Napoli sauce, melty vegan cheese & cherry tomatoes. Topped with fresh rocket and pesto. Simply delicious!

Garlic Pizza - \$12.9

Oh my! Chef's special garlic blend & melty vegan cheese. Topped with fresh rocket & basil oil.

Kids

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Cheese | Tomato | Avocado
Peanut Butter | Banana | Jam

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