

MENU

ALL DAY BREAKFAST

SOURDOUGH TOAST / 7

Two pieces of 48hr fermented sourdough served with cultured butter & your choice of everymite, organic raw honey, house-made nut butter or house-made chia jam

BANANA BREAD / 7

Gluten free house-made banana bread served with cultured butter **gf**

DAILY MUFFINS / 7

Gluten free house-made muffins
Please see front counter for our selection **gf df**

SMASHED AVO / 14

Two pieces of 48hr fermented sourdough with avocado, topped with hemp seeds & served with lemon **df ve**

SAVOURY BRUSCHETTA / 15

48hr fermented sourdough, avocado, fresh tomatoes, red onion & house kraut drizzled with olive oil and topped with goat's cheese and sunflower seeds

EGGS ON SOURDOUGH / 14

Local biodynamic eggs, fried or scrambled on 48hr fermented sourdough **df**

OMELETTE / 17

Local biodynamic eggs with spanish onion, mushroom, baby spinach & seasonal greens mixed with nori seasoning, topped with grilled gruyere cheese & wild rocket

BACON & EGG TOASTIE / 14

Local biodynamic eggs, nitrate free bacon, house relish on 48hr fermented sourdough **df**

ACAI BOWL / 14

Acai berries blended and topped with house activated muesli, coconut flakes and seasonal fruit **ve**

HOUSE ROASTED MUESLI / 11

Activated nut muesli with seasonal fruit and your choice of either coconut yogurt, sheep's milk yogurt or nut milk **gf**

FERMENTED CRUMPETS **ve**

Served with cultured butter and your choice of:

~ Organic honey, everymite or house chia jam / Single 7 Duo 12

~ Nitrate-free bacon and pure maple syrup / Single 11 Duo 19

SIDES / each

Fried egg, house kraut, relish, cashew mayo, pesto or dukkah.....add 2

Grain free bread, Avocado, Mushroom, or spinach.....add 4

Nitrate-free bacon.....add 7

TREATS

Our treats are free from dairy, gluten and are refined sugar free!

Please see display fridge or front counter for our selection

MENU

LUNCH

EGG SANDWICH / 8

Local biodynamic eggs, cashew mayo and organic spinach on 48hr fermented sourdough **df**

HAM TOASTIE / 14

Nitrate-free ham, cheese and organic tomatoes toasted on 48hr fermented sourdough

BACON & EGG TOASTIE / 14

Local biodynamic eggs, nitrate free bacon, house relish on 48hr fermented sourdough **df**

SOUP OF THE DAY / 17

See our specials board

DAILY LUNCH SPECIAL / 22

Home style cooking ranging from slow cooked casseroles, stews and bakes

SIDES / each

House-made kraut, relish, cashew mayo, onion, spinach or pesto.....add 2
Grain free bread or Avocado.....add 4

LUNCH BOX / 19

Make your own lunch box. Choose one item from each category below. All meals and condiments are house-made.

CHOOSE ONE OF THE FOLLOWING

Roasted Pastured Chicken **gf**

Nitrate-free ham **gf**

Chicken Patty **gf df**

Earth Rice Cake **gf ve**

Red Lentil Bites **gf ve**

Vegetarian Frittata **gf**

Daily Lunch Special

ADD ONE OF OUR SALADS

Please see display fridge or front counter for our daily selection of freshly house-made salads & sides

ADD A CONDIMENT

Tomato Relish **gf df ve**

Sauerkraut **gf df ve**

Vegan Pesto **gf df ve**

Cashew Mayo **gf df ve**

MENU

COFFEE & DRINKS

ORGANIC COFFEE

Locally roasted Delano coffee

Espresso. Ristretto / 3

Macchiato. Piccolo / 3.6

Long Black / 3 Sml 3.6 Lge

Cappuccino / 4.3 Sml 4.9 Lge

Flat White / 4.3 Sml 4.9 Lge

Latte / 4.3 Sml 4.9 Lge

Mocha / 4.8 Sml 5.4 Lge

Hot Chocolate / 4.3 Sml 4.9 Lge

Sticky Chai / 4.3 Sml 4.9 Lge

Coffee Extras / each

Extra shot, Raw Honey,

Pure Maple Syrup.....add 0.5

Coconut Milk, Soy Milk,

Almond Milk.....add 0.8

House-made Oat Milk.....add 2

House-made Almond Milk.....add 2

BULLETPROOF COFFEE

Made with fat-burning, brain-boosting XCT oil, an energizing blend of C8 and C10 CT oil

Standard Bulletproof Coffee / 6.9

Espresso, XCT oil, grass fed butter

Bulletproof Mocha / 6.9

Espresso, XCT oil, grass fed butter and raw cacao powder

SPECIALTY DRINKS

Healthy Hot Chocolate / 7.9

Made with coconut oil, coconut milk, maca powder, pure maple syrup and raw cacao powder

Infused Hot Chocolate / 6.9

Made with house-made almond milk, raw cacao powder, pure maple syrup and your choice of Young Living peppermint or jaffa essential oil

Tumeric Latte / 7.9

Made with all things nice spice, cinnamon, coconut milk, fresh ginger and tumeric

Matcha Latte / 7.9

Made with matcha powder, coconut milk

Organic Tea by Owio Organics / 4.5

Earl grey, English Breakfast, Chai high spice, Chamomile, Dandelion Coffee, Rise and Shine, Sencha Green & Vanilla Mint

Bone Broth / 5 Sml 7 Med 9 Lge

House-made bone broth

Extras / each

Chilli flakes, fresh herbs, garlic granules, ginger, lemon juice, tumeric.....add 0.5

Our oat milk and bone broth are all made in-house. House-made almond milk is also available.

EAT IN OR TAKE-AWAY. PLEASE ORDER AT THE COUNTER & LET US KNOW IF YOU HAVE A FOOD ALLERGY.



MENU

SUPER SHAKES

RAW CACAO / 9.9

Made with almond milk, banana, cacao powder, cold-pressed coconut oil & protein*

gf df ve

GREEN MONSTER / 11.9

Made with almond milk, almond butter, banana, LSA, spinach & protein* **gf df ve**

CACAO ESPRESSO / 11.9

Made with almond milk, banana, cacao butter, medijool dates, espresso & protein*

gf df ve

MUSCLE BUILDER / 11.9

Made with almond milk, banana, chia seeds, cinnamon honey, activated muesli &

protein* **gf df**

PURPLE POWER / 13.9

Made with acai, activated almonds, banana, blueberries, coconut water, vanilla bean

& protein* **gf df ve**

CHUNKY MONKEY / 12.9

Made with banana, cacao nibs, coconut milk, chunky peanut butter, maca powder &

beef broth cubes **gf df**

GYM JUNKIE / 12.9

Made with almond milk, almond butter, banana, cacao nibs, cinnamon, chia seeds &

protein* **gf df ve**

MR MINT / 13.9

Made with avocado, banana, cacao nibs, coconut milk, young living peppermint oil,

spirulina & beef broth cubes **gf df**

THE HULK / 12.9

Made with almond milk, banana, activated cashews, raw egg, honey, spirulina, yo-

gurt & protein* **gf df**

*PROTEIN OPTIONS / each

Eggs, Grass fed whey, Help, Hydrolysed Gelatin.....add 1



MENU

SMOOTHIES & JUICES

SMOOTHIES

MEGA GREENS / 12.9

Made with apple, banana, coconut water, orange, spinach & live raw greens

gf df ve

BANANA / 4.5 kids 8.9 adults

Made with almond milk, all things nice spice, banana, honey & LSA **gf df**

ENERGY BOOST / 11.9

Made with avocado, banana, medijool dates, chia seeds, coconut milk and raw cacao powder **gf df ve**

RAW CHOC MINT / 12.9

Made with almond milk, banana, cacao nibs, raw cacao powder, coconut oil & Young Living Peppermint Oil **gf df ve**

BERRY REVITALISER / 13.9

Made with almond milk, banana, blueberries, orange, bee pollen, medijool dates & maca powder **gf df**

GREEN GODDESS / 12.9

Made with avocado, coconut milk, maca powder, mango, honey, spinach & spirulina **gf df**

SALTED CARAMEL / 9.9

Made with almond milk, banana, activated cashew butter, pure maple syrup & himalayan salt **gf df ve**

JUICES

DAILY JUICE SPECIAL / 10

See our specials board for our daily juice special

HOUSE KOMBUCHA / 8

House-made kombucha with Owio Organics earl grey tea and organic raw sugar



ALL GOOD THINGS CAFE.

All Good Things is the passion project of husband and wife team Cindy & Matt Russell. Their aim is to share the health and environmental benefits of choosing nutrient dense, ethically sourced produce, that nourishes the mind, body & soul.

OUR PRODUCE IS SPECIALLY SOURCED FROM GROWERS, SUPPLIERS & REGIONS...

DELANO COFFEE - The best organic beans sourced from around the world & roasted under special conditions right here in Wollongong. These guys are so passionate about their coffee & the love is felt in every shot.

TALUCA PARK - Frank, Anne-Marie and their Southern Highlands family are amazing for the way they operate their farm and the quality of their produce. Happy, healthy animals living as they are meant to live. We love their eggs, bacon, ham and salami.

MAUGERS - Grass fed & finished (which is important for many reasons) The Southern Highlands farms deliver red meat that we LOVE to eat and are so proud to sell.

THOROUGHREAD - Organic sourdough using local ingredients and no additives. Fermenting for 48 hours, means less gluten and a crusty, fluffier loaf.

THIRLMERE - John's pastured chickens are used in their entirety here in our chicken pieces, patties, toasties & broth where we utilise the feet (for extra gelatin & frames).

RITAS FARM - On the outskirts of Sydney, Rita's Farm is certified organic and so helpful in filling our cool room with the best fruit and veges. Every Friday, their delivery makes sure we have ingredients for our yummy food and a supply of produce to sell straight to you.

COUNTRY VALLEY - Milk bottled in Picton, by the Fairley family, which has been in the area for almost 15 years. Their organic milk is farmed in Moss Vale and Nowra on fully certified organic farms with no pesticides, herbicides or chemicals.

BYRON BAY - A holiday and food haven. We are proud to offer some of the region's standard-setting goodies. Georgie from Mindful Foods scans the region and distributes everything from nuts to sauces to spreads. Our walls are loaded with it!

all good things

Cafe · Produce · Wellbeing