



Brunch & Burgers

7am - 2pm

SEE OUR FOOD DISPLAY CABINET FOR
FRESH DAILY SALADS + MORE

PLEASE ORDER AT ANY COUNTER

At Grub Organics, we value health. Just like our retail store, our cafe was born from a love of real food - alongside genuine connection with our local community. Aside from our local suppliers, everything on our menu / in our cabinet has been lovingly made from scratch, onsite in the Grub kitchen - using local, seasonal and organic ingredients. We're very proud to support hundreds of local farmers and small-scale local food producers, who share our commitment to quality & sustainability. We believe in knowing where your food comes from, and uncompromisingly prioritise locally-grown.

Nutrient density is our passion and our goal is to nourish you. All of the ingredients we use in our cafe are not only organic, but proudly 100% seed oil free (& available to purchase in our retail store). Everything on our menu & in our cabinet has been made with organic fresh produce, organic / grass-fed & free-range meats & dairy, pastured eggs, and premium quality fats including organic grass-fed butter & ghee, grass-fed & finished beef tallow, and organic extra virgin cold-pressed olive oil. Everything has been intentionally designed to fuel & nourish you from the inside out.

We are passionate about offering you only the best quality in everything we do.

WE PRIORITISE HEALTH.

www.gruborganics.com.au

@gruborganics / gruborganics

Brunch

Banana Cassava Waffle (GF, GRF, PALEO, V + DFO) 27

Organic spiced banana waffle served w/ traditional vanilla ice cream, seasonal organic berries + organic maple syrup

Eggs on Sourdough (V + DFO, GFO) 24

Two poached or scrambled local pastured free-range eggs, served on local organic sourdough

The Benny (V + GFO) 27

Two local pastured free-range eggs + organic sautéed greens, served on local organic sourdough w/ house hollandaise

ADD local chemical free bacon 7

The Keto Benny (GF, V, KETO) 27

Two local pastured free-range eggs + organic sautéed greens, served on locally grown beyond organic sautéed mushrooms w/ house hollandaise

ADD free-range chicken sausage 7

The Smash (V + DFO, GFO, VGO) 27

Organic avocado on local organic sourdough served w/ house marinated goats chevre, lemon, dill + fresh local organic microgreens

The Garden (V + DFO, GFO, VGO) 29

Locally grown beyond organic mushrooms, organic sautéed greens + organic halloumi, served on local organic sourdough w/ roasted cherry tomatoes, fresh local organic microgreens + house salsa verde

The Ancestress (GF + DFO) 31

Two free-range chicken sausages w/ roast pumpkin, avocado, hot honey halloumi, toasted walnuts, fresh local organic broad-leaf rocket + microgreens

The Primal (GF, GRF, DF, KETO, PALEO) 31

Slow-braised organic beef brisket, chemical free bacon, organic beef sausage, organic sautéed greens, local sauerkraut, pastured free-range egg, fresh local organic microgreens + house salsa verde

ADD organic roasted garlic bone marrow 9

Tallow Fries (GF, GRF, DF)

House cut organic potatoes fried in grass-fed & finished beef tallow, served with aioli

Small Bowl 9

Large Bowl 15

Burgers

Classic Brekky Burger (DFO, GFO) 27.5

Chemical free bacon, two pastured free-range eggs, organic wild rocket, organic cheddar + smokey barbeque sauce on a local organic sourdough roll

Golden Veggie Burger (DF, VEGAN + GFO) 27.5

Golden pumpkin + organic tofu burger w/ house coconut raita, house chutney, organic cucumber ribbons + organic lettuce on a local organic sourdough roll

Crispy Chicken Burger (DFO, GFO) 29.5

House crumbed GF free-range chicken, local kimchi, organic cheddar, mayo + organic lettuce on a local organic sourdough roll

Smokey Brisket Burger (DFO, GFO) 29.5

Slow-braised organic beef brisket, organic apple slaw, organic lettuce, organic cheddar + smokey barbeque sauce on a local organic sourdough roll

Sides ADD ON ONLY

Organic smashed avocado 7

Organic sautéed greens 7

Organic sautéed mushrooms 8

Organic grilled halloumi 8

Organic paleo beef / free-range chicken sausage 7

Organic roasted garlic bone marrow 9

Chemical free bacon 7

Wild smoked salmon 9

Pastured egg 5

Local sauerkraut / kimchi 4

Roasted cherry tomatoes 4

GFO 3

DF Dairy Free | **DFO** Dairy Free Option | **GF** Gluten Free |

GFO Gluten Free Option | **GRF** Grain Free | **V** Vegetarian

| **VGO** Vegan Option | **VEGAN** | **KETO** | **PALEO**

15% surcharge applies to Public Holidays.

A surcharge applies to all card transactions.

Drinks

7am - 2pm

PLEASE ORDER AT ANY COUNTER

Hot Drinks

Coffee (100% Certified Organic)	Cup Mug
Long Black	6.5 7.5
Cappuccino, Flat White, Latte	7 8
Long Macchiato	7 8
Piccolo, Short Macchiato	6
Espresso	5.5
Affogato	9.5
Organic espresso w/ your choice of organic coconut or traditional vanilla ice cream	
Bulletproof	9 10
Organic espresso, organic grass-fed butter, organic MCT	
ADD organic gelatin	3
Mocha	9 10
Organic espresso, organic cocoa, organic sugar + organic vanilla	
Hot Chocolate	8 9
Organic cocoa, organic raw sugar + organic vanilla	
Spiced Cacao	9 10
Organic cacao, w/ a blend of organic maca, astragalus, cordyceps, turkey tail + masala spices	
Ceremonial Cacao	14 15
Made with 100% organic whole bean cacao paste	
Ceremonial Matcha	12 13
Made with 100% organic EISA ceremonial grade matcha	
Sticky Chai	8.5 9.5
Local organic loose leaf spiced chai soaked in raw honey	
Dirty Chai	9.5 10.5
Organic loose leaf sticky chai with organic espresso	
Spiced Golden Milk	8.5 9.5
Organic turmeric, ginger + spices w/ rooibos tea + raw honey	
Pot of Tea (100% Certified Organic)	8
Black, Green, Chamomile, Chillax Brew, Peppermint, Rooibos, Spiced Dandelion	
Fresh Organic Ginger, Lemon + Raw Honey	9.5

Iced Drinks

SEE OUR RETAIL STORE FRIDGE FOR MORE COLD DRINKS

Iced Coffee (100% Certified Organic)	
Iced Latte	9
Iced Long Black	8.5
Iced Long Black on Coconut Water	9.5
Iced Bulletproof	11
Iced Mocha	11
Iced Chocolate	10
Iced Spiced Cacao	11
Iced Ceremonial Cacao	16
Iced Ceremonial Matcha	14
Iced Ceremonial Matcha on Coconut Water	15
Iced Strawberry Matcha	17
Made with our housemade organic wild strawberry puree	
Iced Sticky Chai	10.5
Iced Dirty Chai	11
Iced Spiced Golden Milk	10.5

Juices

(Cold Pressed + made with 100% Certified Organic produce)

Cleansing Greens	15
Cucumber, celery, apple, ginger, lemon, parsley + mint	
100% Celery	15
100% Orange	15

Milkshakes

Chocolate	14
Traditional chocolate ice cream + organic full cream milk	
Strawberry	14
Traditional vanilla ice cream, organic full cream milk + organic wild strawberries	
Vanilla	14
Traditional vanilla ice cream + organic full cream milk	

Smoothies

(Made with 100% Certified Organic produce)

Microgreen	19
Broccoli microgreens, sunflower sprouts, avocado, banana, mango, lemon, mint, organic coconut water	
Animal Based	19
Mango, banana, goats milk kefir, pastured egg yolk, beef organ powder, grass-fed colostrum, raw honey, bee pollen, celtic sea salt	
Foraged Princess	19
Strawberries, banana, activated organic macadamia butter, grass-fed collagen, Foraged For You blend, grass-fed colostrum	
Classic Banana	19
Banana, grass-fed collagen, cashew butter, organic peanut butter, organic medjool date, organic mesquite, organic cinnamon, raw honey, organic vanilla	
Black Forest	19
Organic ceremonial cacao, organic coconut cream, avocado, cherries, banana, organic hemp seeds, organic medjool date, celtic sea salt	
Protein	19
Grass-fed vanilla whey protein, grass-fed collagen, bone broth, biodynamic greek yoghurt, cauliflower, cashew butter, medjool date, honey, celtic sea salt	
ADD ON (All 100% Certified Organic + Seed Oil Free)	
Almond Coconut Macadamia	1
Oat Soy Tigernut Milk	
Housemade Vanilla Syrup	2
Organic Coconut or Traditional Vanilla Ice Cream	3
Pure Cream Grass-Fed Butter	3
Grass-Fed Ghee Gelatin	
Local Raw Honey 100% Grade A Maple	.5
Monkfruit Stevia	

All of the drinks in our cafe are made on locally sourced, mineral rich, naturally alkaline Mt Beerwah Spring Water.