



Brunch & Burgers

7am - 2pm

SEE OUR BRUNCH SPECIALS BOARD +
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)	29
Organic spiced banana waffle served w/ traditional vanilla ice cream, organic berries + organic maple syrup	
Eggs on Sourdough (V + DFO, GFO)	24
Two poached, fried 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	
The Keto Benny (GF, V, KETO)	31
Two local pastured free-range eggs + organic sautéed greens, served w/ locally grown beyond organic sautéed mushrooms + house hollandaise	
The Smash (V + DFO, GFO, VGO)	28
Organic avocado on local organic sourdough served w/ goats chevre, lemon, dill, fresh local organic microgreens + herbed olive oil	
The Beans (V + DFO, GFO, VGO)	29
Housemade organic butter beans w/ creamy organic pumpkin, organic sautéed greens, raw gruyere, parmigiano reggiano + local organic sourdough	
The Garden (V + DFO, GFO, VGO)	31
Locally grown beyond organic mushrooms, organic seasonal greens + organic halloumi, served on local organic sourdough w/ roasted cherry tomatoes, house herbed hummus + salsa verde	
The Ancestress (GF + DFO)	32
Two free-range chicken pinenut sausages w/ organic roast pumpkin, organic avocado, organic hot honey halloumi, fresh local organic rocket + microgreens w/ a toasted nut + seed crumb	
The Primal (GF, GRF, DF, KETO, PALEO)	32
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 sweet potato rosti	9
The Carnivore (GF, GRF, PALEO, KETO + DFO)	39
250g grass-fed + finished rib eye steak w/ pastured free-range poached egg, house hollandaise + organic roasted garlic bone marrow	

Burgers

All available as burger bowls on request

Classic Brekky Burger (DFO, GFO)	29
Chemical free bacon, two pastured free-range eggs, organic wild rocket, organic cheddar + smokey barbeque sauce on a local organic sourdough roll	
Crispy Chicken Burger (DFO, GFO)	31
House crumbed GF free-range chicken, local kimchi, organic cheddar, mayo + organic lettuce on a local organic sourdough roll	
Smokey Brisket Burger (DFO, GFO)	31
Slow-braised organic beef brisket, organic apple slaw, organic lettuce, organic cheddar + smokey barbeque sauce on a local organic sourdough roll	
Open Steak Sandwich (DFO, GFO)	37
200g grass-fed + finished rump steak on local organic sourdough w/ sautéed local organic mushrooms, organic caramelised onions, fresh local organic microgreens, saffron aioli + house chimichurri	
Fries (GF, GRF, DF)	
House cut organic potatoes fried in grass-fed & finished beef tallow, served with aioli	
Small Bowl	9
Large Bowl	15
Sides ADD ON ONLY	
Organic beef brisket organic roasted garlic bone marrow organic sweet potato rosti organic sautéed mushrooms wild smoked salmon	9
Organic smashed avocado organic seasonal greens organic grilled halloumi chemical free bacon organic paleo beef or free-range chicken pinenut sausage	7.5
Organic roasted pumpkin roasted cherry tomatoes local pastured egg organic sourdough	5
Local sauerkraut kimchi GFO	4

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

10% surcharge applies to weekends
15% surcharge applies to public holidays

Drinks

7am - 2pm

ALL DRINKS ARE AVAILABLE ICED +1

Cup | Mug

Coffee (100% Certified Organic)

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

Mocha 9 | 10

Organic espresso, organic cocoa, raw sugar + vanilla

Chocolate Hazelnut Mocha 11 | 12

Our house mocha + organic chocolate hazelnut spread w/ crushed hazelnuts + dark chocolate shavings

Hot Chocolate 8 | 9

Organic cocoa, organic raw sugar + organic vanilla

Spiced Cacao 11 | 12

Organic cacao w/ a blend of organic maca, astragalus, cordyceps, turkey tail + masala spices

Hot Chocolate Bone Broth 12.5 | 13.5

Organic cacao w/ grass-fed bone broth, organic maca + celtic sea salt

Ceremonial Cacao 14 | 15

Made with 100% organic whole bean cacao paste

Ceremonial Matcha 12.5 | 13.5

Made with 100% organic 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 Dandelion 9.5 | 10.5

Organic roast dandelion root w/ agave, ginger + spices

Spiced Golden Milk 8.5 | 9.5

Organic turmeric, ginger + spices w/ rooibos tea + raw honey

Signature Iced Drinks

Honey Drift 11.5

Organic double espresso over ice w/ housemade honey cold foam + cinnamon

Dubai Chocolate Espresso 12.5

Organic double espresso + chocolate coconut water over ice w/ housemade maple pistachio cold foam

Coconut Matcha Cloud 17.5

Organic ceremonial matcha + coconut water over ice w/ housemade maple matcha cold foam

Strawberry Matcha 17.5

Organic ceremonial matcha + milk over ice w/ housemade organic wild strawberry puree

Tea + Broth

Pot of Tea (100% Certified Organic loose leaf) 8

Black, Green, Chamomile, Peppermint, Rooibos, Traditional Chai

Fresh Organic Ginger, Lemon + Raw Honey 9.5

Housemade Chicken Broth 9.5

Short-simmered for two hours, served w/ lemon + celtic sea salt

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

Immunity Shot 7

Orange, turmeric, ginger, lemon + cayenne

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% Seed Oil Free)

Almond | Coconut | Macadamia | 1

Oat | Soy | Tigernut Milk | Coconut Water | Chocolate Coconut Water

Housemade Vanilla Syrup 2

Organic Coconut or Traditional Vanilla Ice Cream | 3

Honey Cold Foam | Maple Pistachio Cold Foam | Maple Matcha Cold Foam | Pure Cream | Grass-Fed Butter | Grass-Fed Ghee | Collagen | Gelatin | Lions Mane or Reishi Mushroom

Local Raw Honey | 100% Grade A Maple | 0.5

Monkfruit | Stevia

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