



All day menu

Toasts

Artisan sourdough (white), Fruit Toast	7.00
Buckwheat & pumpkin seed (GF) or Paleo Bread (GF)	8.00
<i>all served with butter and choice of condiment or sides</i>	

All Day Brekkie

ZUCCHINI FRITTERS	19.00
Served with house hot smoked salmon, 1 poached egg, herbed labnah and fresh greens	

RED RICE PUDDING (GF, DF, V)	16.50
With caramelised banana and fresh seasonal fruit, topped with cashew cream, toasted coconut and coconut milk	

BUTTERMILK PANCAKES	16.00
OPTION 1: 2 Pancakes served with our house made whipped honey butter, strawberries, honey and house made sweet dukkha	
OPTION 2: 2 Pancakes served with Nutella, ice cream and strawberries	

FP's BREAKFAST TACOS	9.00 each or 2 for 17
<i>(No variations, contains coriander)</i>	

Vegetarian - Potato, mushroom, guacamole and tomato salsa (V, DF)	
Bacon & Egg - with guacamole and tomato salsa (DF)	
Chorizo & Egg - with guacamole and tomato salsa (DF)	

2 EGGS YOUR WAY ON SOURDOUGH (GF AVAIL.)	12.00
<i>Build your own breakfast with SIDES! (see below)</i>	

MEDITERRANEAN AVO TOAST (VEG, GF AVAIL.)	18.00
Smashed avo, cherry tomatoes, fetta and herbs on sourdough	
ADD egg/s	3.00
or house smoked salmon	6.00

NOURISH BOWL 2.0 (DF, GF, VEG)	18.00
Sauteed greens, pumpkin wedge, 1 poached egg, toasted almonds and house made lemon hommus	
ADD House smoked salmon, chicken breast or lamb	6.00

MIKE'S ONE PAN BREKKIE (GF AVAIL.)	22.00
2 slices sourdough, 2 poached eggs, bacon, chorizo, mushrooms, hash browns and grilled tomato	

TRADITIONAL LEBANESE BIG BREAKFAST	22.00
House made herbed flat bread, 2 eggs, labnah, sujuk (Lebanese sausage), house made chicken sausage, lemony chick peas, oregano tomato salad	

ACAI SMOOTHIE BOWL (GF, DF, V)	18.00
With house made granola, seasonal fruit and coconut	

BACON AND EGG ROLL	10.00
Double smoked bacon, free range egg, cheddar cheese and BBQ sauce on a milk bun	
<i>PIMP IT UP!</i> Add Avo or hash brown	2.00

Lunch (Available all day)

GRILLED CHICKEN AND CITRUS HERB SALAD	18.00
With pearl couscous and fresh sprouts	

JAPANESE STYLE CRISPY CHICKEN BURGER	18.00
With Asian slaw, mayonnaise and house cut chunky chips	

TUNA KATSU (GF, DF)	20.00
Crusted with sesame seeds, lightly seared (served rare) with wasabi avocado, pickled vegetables and quinoa	

WARM CAULIFLOWER AND CHICKPEA SALAD (VEG, GF)	22.90
with mixed herbs, caramelised onion, pistachios, pomegranate and tahini labnah	
Add chicken or lamb	6.00

Wraps

BACON AND EGG (add your choice of sauce)	10.00
Add avo or hash brown	2.00

MEDITERRANEAN CHICKEN WRAP	13.00
Chicken, tzatziki, tabouli, spinach	

CHICKEN AND SWEET POTATO WRAP (DF)	11.00
Chicken, sweet potato, aioli, spinach, Spanish onion	

VEGETARIAN FALAFEL WRAP (V, DF)	13.00
House made falafel, hommus, tahini sauce, lettuce, tomato, pickle	

Vital Kids

• Kid's Buttermilk Pancake	10.00
Served with Nutella, ice cream and strawberries	
• Cheese Toastie	8.00
• Lamb & Chicken Rice (GF, DF)	10.00
• Mini Chicken Wrap (DF)	8.00
Chicken, mayonnaise, lettuce, cucumber	
• Shoestring Fries (GF, Veg)	5.00

Condiments & Sides

• Honey, vegemite, peanut butter, jam and nutella	
• Avocado, 2 Hash Browns, Garlic mushrooms	4.00
• Haloumi, Chorizo, Bacon	5.00
• Egg, Sauteed kale, Sauteed spinach, Feta	3.00
• Chunky Chips with aioli (GF)	8.00
• Mediterranean spiced Lamb, Garlic paprika chicken breast	6.00
• House hot smoked salmon	6.00

vitalo.com.au • vitalocafe  

WELLBEING AND OUTSTANDING NOURISHMENT

Veg = Vegetarian V = Vegan GF = Gluten Free DF = Dairy Free • 10% surcharge applies on public holidays

Vitalo

All day menu

Hot Drinks

SACRED GROUNDS COFFEE	SMALL	LARGE
Espresso	3.50	N/A
Macchiato	3.50	N/A
Piccolo	3.50	N/A
Cappuccino	4.00	4.50
Flat White	4.00	4.50
Latte	4.00	4.50
Long Black	4.00	4.50
Mocha	4.50	5.00
Chai Latte	5.00	5.50
Turmeric Latte	5.00	5.50
Hot Chocolate	4.00	4.50
Filter Coffee	5.00	5.50
Bulletproof Coffee	N/A	5.50
Add 0.50: Extra Shot, Decaf, Alternate Milk (Almond, Coconut, Soy, Oat, Macadamia), Collagen, Cacao		

LOOSE LEAF TEA	4.00
English Breakfast, Earl Grey, Peppermint, Jasmine Green, Ginger and Lemongrass, Chamomile and Elderflower	

Cold Drinks

Iced Latte	5.00
Iced Coffee	6.00
Iced Chocolate	6.00
Iced Mocha	6.50

Fresh Juice

- **GREEN NOT MEAN** Apple, celery, cucumber and mint
- **FRUITYLICIOUS** Watermelon, apple and orange
- **DETOX** Celery, carrot, beetroot and ginger
- **MAKE YOUR OWN!**

Smoothies

9.00

- **TROPICAL FRAPPE (DF)**
Mango, Pineapple, Passionfruit, coconut water
- **SUNRISE FRAPPE (DF)**
Strawberry, Mango, Kiwi, Pineapple, coconut water
- **BLUEBERRY CINNAMON**
Blueberries, toasted muesli, cinnamon, dried fruit and nuts, banana, yoghurt, milk
- **COOKIES AND CREAM SHAKE**
Oreo biscuit crumble, ice cream, banana, milk
- **ACAI SMOOTHIE (DF)**
Organic acai berry, organic guarana, banana, coconut water
- **THE HULK (DF)**
Pineapple, cucumber, green apple, celery, kale, mint, lemon, coconut water
- **NA NA NA (DF)**
Banana, almond milk, maple, cinnamon, chia
+ add cacao 0.50
+ add coffee shot 0.50
- **VITAWEIS (DF)**
Mango, coconut cream, passion fruit, maple

Bottled

Bottled Water, Coke, Coke Zero, Sprite	2.50
Bundaberg drinks, San Pellegrino Sparkling	3.50
Organic Kombucha	5.00

Kids

KIDS MILK SHAKES	4.00
chocolate, strawberry, caramel or vanilla	
KIDS SMOOTHIES	5.00
mango or banana	

Please see our display fridge for GF, DF and Vegan desserts

vitalo.com.au • vitalocafe  

WELLBEING AND OUTSTANDING NOURISHMENT

Veg = Vegetarian V = Vegan GF = Gluten Free DF = Dairy Free • 10% surcharge applies on public holidays