



OUR PHILOSOPHY

Our brand encompasses three pillars: **EAT. NOURISH. COMPASSION.**

EAT - Food is our common ground and brings people together on many levels. Catching up with family and friends, that first anticipated date, that special occasion, a business meeting. Food offers a transient escape from our busy and often stressful lives. Eating out needs to be enjoyable, it's not just food, it's the environment, the service and overall experience.

NOURISH - Every time you eat, it is an opportunity to nourish your body. The food we input into our bodies is fundamental to our physical and mental wellbeing. But for too long food that is nutritious has an image as food which isn't exciting. We are breaking that mould!

COMPASSION - Compassion for the people, the planet and the animals. Plant based food is an act of compassion and the link to reducing animal suffering and global climate change. We don't preach so we let the food do the talking.

OUR FOOD

FRESH - There's fresh food and then there's OFFBEET food. For a decade now we have been making almost all the elements on the menu. We make yoghurts, cheeses, pickles, fermented products like miso, tempeh, spice mixes, sauces, mayos, hummus, breads, pestos, harissa and sprouting seeds to name just a few.

COST - We live in a world where sadly it is cheaper to buy mass produced ultra processed food. These products will never nourish you in the same way freshly made food can. Ask our staff about the food and they will take great pleasure telling you how we produce it. We have priced our menu accordingly to ensure you receive high quality food made from great ingredients and our staff are paid and rewarded as they should be.

INFO ON SOME ELEMENTS...

Kimchi - Our kimchi is a vibrant twist on a traditional kimchi by using British savoy cabbage. The resulting kimchi is vibrant, fresh and tangy with just the right amount of heat. From start to finish the process takes a minimum of two weeks allowing the kimchi to ferment and develop it's renowned flavour.

Almond Ricotta - Our almond ricotta is a 3 stage process. First we soak almonds, blend and make almond milk. The milk is then heated to 90C. Our chefs then add citric acid, salt and lemon zest to initiate the separation process where the whey is separated from the solids. Left over night to strain, we are then left with the remaining creamy and tangy ricotta.

Lacto Fermented Sriracha - A lacto fermented sauce ferments for about 4-6 weeks at room temperature. We use a certain percentage of salt and liquid to prohibit any bad bacteria forming. The resulting sauce has complex flavours but also contains good gut bacteria essential to maintaining a health microbiome such as *Leuconostoc mesenteroides*, *Lactobacillus brevis*, *Pediococcus pentosaceus*, and *Lactobacillus plantarum*.

OFFBEET Eggs - This menu features a variety of egg alternatives demonstrating how it's still possible to have the richness of an egg using only plants. We make all these alternatives ourselves, from the omelette and pumpkin scramble to the soft boiled eggs and yolks.

OUR MENU...

NIBBLES

GLAZED STICKY 'BACON' ROASTED NUTS (GF)	4.5
18HR DEHYDRATED 'CHEEZY' KALE CRISPS (GF)	5

BREAKFAST/ BRUNCH (Available all day)

CUBAN CUBANO 'OMELETTE' (GFO AVAILABLE)

A chickpea and rice flour omelette smothered with melted 'cheese' and filled with mojo griddled mushrooms, onions and cabbage. Finished with dill pickles, smokey 'honey' roast seitan 'ham' and yellow mustard. Garnished with lettuce leaves and a citrus cumin dressing.

Recommended upgrades: Avocado | Rose Harissa

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OMELETTE MIX USED
AVAILABLE TO BUY ON OUR
DELI RANGE

KOREAN OPEN 'EGG' DROP TOAST

Thick cut toasted brioche smothered with gochujang butter. Topped with savoy kimchi, bulgogi soy pieces, 'egg' drop sauce and house fermented sriracha. Finished with OFFBEET signature soft boiled v'eggs.

Recommended upgrades: Seitan Honey Roast 'Ham' | Avocado

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JAPANESE TAMAGOYAKI STYLE SCRAMBLE

Toasted sourdough with garlic butter and topped with tamagoyaki pumpkin scramble, seasoned with house dashi, mirin and tamari. Finished with smoked carrot 'Salmon', avocado salsa, and dressed with a toasted black sesame and tahini dressing. **Recommended upgrades: Avocado | Fermented Sriracha Sauce**

13.5

CAULIFLOWER PAKORA STACK (GF)

Lightly spiced and golden crisp pakoras on a bed of beetroot yoghurt with salad leaves, lentil hummus and yoghurt. Finished with smoked carrot lox, tamarind sauce, cheesy fermented pumpkin salt and mustard seed vegetable pickles.

Recommended upgrade: Avocado

13.5

SMASHED AVO & ROSE HARISSA

Toasted sourdough topped with almond ricotta and smashed avocado. Finished with salad leaves, za'atar, tempeh sweet & smokey crumb and drizzled with rose harissa. **Recommended upgrade: Smoked Carrot 'Salmon'**

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Due to restrictions in our kitchen we politely decline any modifications or substitutions to our menu. If you have an allergy please speak to a member of our team so we can help.

LIGHTER OPTIONS

Chunky Peanut Butter - Toasted sourdough with chunky dark roast peanut butter.

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Gingerbread Granola (GF) - Oats, chia seeds, flax seed and stem ginger with yoghurt, spiced biscuit and poached pear.

7.5

LATE RISERS (Available from 12pm)

SPICED INDIAN PAKORA TACOS (GF)

Biryani red quinoa with lightly spiced cauliflower pakoras and garnished with yoghurt, tamarind sauce and house vegetable pickles. Served on traditional corn tortillas. **Recommended upgrade: Smoked Carrot 'Salmon'**

14.5

KOREAN SALAD BOWL (GF)

Korean brown rice with sesame hummus. Topped with bulgogi soy pieces, kimchi, pickles, sprouts and OFFBEET signature v'egg. **Recommended upgrade: Fermented Sriracha Sauce | Avocado**

13.5

UPGRADES

Avocado (GF)	2.5	Smoked Carrot 'Salmon' (GF)	3	Rose Harissa (GF)	1.5
Sriracha Sauce (GF)	1.5	Seitan 'Honey Ham'	3.5	Cheesy Pumpkin Salt (GF)	1.5

FOR THE LITTLE ONES

TINY OMELETTE (GF)

A mini chickpea and rice flour omelette with melted 'cheese'.

6.5

LITTLE JAPAN

Sourdough topped with Japanese Pumpkin scramble.

6

MINI SMASHED AVO

Toasted sourdough with smashed avocado.

5.5

PETITE 'SALMON' & CREAM CHEEZE

Sourdough topped with almond ricotta and carrot lox.

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Allergen Info: ALLERGENS ARE ALWAYS PRESENT IN OUR KITCHEN AND IN SOME DISHES.
Please ask for our allergy information sheet if you are unsure about a dish.
Kitchen closes 30 minutes before cafe closing.