

# wrayorganic

## cafe menu

open 7 days

Our selection varies daily\* based on the certified organic ingredients available that day.

### organic hot drinks \*sample menu

#### latte, flat white or cappuccino

Your choice of milk with Dibella's flagship certified organic, single origin bean from Peru. Taste the difference with 'crop to cup' coffee.

(gf, vegan)

#### bullet coffee

Refuel every morning with grass fed butter & cold pressed coconut oil infused through your morning coffee. (gf, paleo, vegan option)

#### real hot chocolate

Enjoy a pot of your favourite steaming milk as you stir through chunks of European Rapunzel chocolate... the old fashioned way. (gf, grf)

#### chai latte

No syrups here! Real spices of cinnamon, nutmeg, cassia & cardamom blended with black tea from the Daintree Rainforest, North Qld.

(gf, vegan, csf, grf)

#### LSD

Made on beautiful Bonsoy, enjoy the herbal health benefits of wild cultivated dandelion in our latte soy dandelion. Caffeine free! (vegan, csf)

#### love tea range

Our superb quality certified organic tea means no irradiation or sprays. Herbal or caffeinated varieties to suit everyone. Taste the difference.

(gf, paleo, vegan, csf, grf)

### organic refreshments \*sample menu

#### wray classic juice

Our classic blend of apple, carrot, beetroot, celery, kale with the option of real turmeric & ginger for those who like the kick.

(gf, paleo, vegan, csf, grf)

#### green supreme juice

We loooove our greens at Wray Organic & this blend really lets them shine. Alkalise your body everyday with pure green organic goodness.

(gf, paleo, vegan, csf, grf)

#### wray energizer smoothie

Amazonian purple berries of acai, blended with frozen fruit, chia seeds & rich omegas from Inca Inchi oil. Pure, satisfying & energising.

(gf, paleo, vegan, csf, grf)

#### salted caramel smoothie

Creamy deliciousness from our raw organic cashews & is free from artificial colours & sweeteners. A guilt free, sweet & salty organic treat.

(gf, vegan, csf)

### organic treats \*sample menu

#### raw paleo brownie

Exclusive to Wray Organic, this brownie is packed with protein from raw almonds & anti-oxidant rich raw cacao. Addictive!

(gf, vegan, paleo, csf, activated, raw)

#### spelt carrot & cranberry cake

Moist & full of flavour with cranberries that burst in your mouth.

Try with our organic Greek yoghurt. (df)

#### raw tiramisu

Layers of coffee, chocolate & coconut cream in a gluten, cane sugar & dairy free, vegan, raw & certified organic indulgence!

(gf, vegan, paleo, csf, activated, raw)

#### spelt double choc brownie

Made with the finest Swiss-German white & dark chocolate, this brownie boasts chocolate chunks of pure bliss.

#### paleo lime & coconut cake

This paleo friendly, cane sugar free cake is packed with coconut & eggs. Let it melt in your mouth with our Cocoluscious vanilla ice cream.

(gf, paleo, csf)

#### spelt raspberry crumble

Layers of organic raspberries & a dreamy spelt crumble made with certified organic butter & coconut sugar...yum! (csf)

#### paleo power muffin

Sweetened with dates, not cane sugar, this paleo friendly muffin is the perfect treat for a kids lunchbox. (gf, paleo, csf)

#### go go bar

Based on chia seeds this snack bar is not only very satisfying, but incredibly nutritious & no added sugar! (vegan, csf)

#### raw cranberry slice

Only at Wray Organic using the world's most exclusive cane sugar free cranberries & dark chocolate, it just melts in the mouth.

(gf, vegan, paleo, csf, activated, raw)

#### spelt blueberry caramel slice

A decadent layer of blueberries on a buttery spelt caramel base with a fine crumb. Served with organic cream or yoghurt. (csf)

gf – gluten free

vegan – vegan friendly

grf – grain free

df – dairy free

csf – cane sugar free

yeast free – free of

paleo – paleo friendly

commercial yeast

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### organic breakfast \*sample menu

#### breakfast toastie

A Wray Organic favourite – eggs, spinach, tomato & your choice of ham or cheese or both! Try with spelt megagrain or our gluten free Turkish foccacias. **(gf, yeast free)**

#### daily croissants

Fresh or toasted & served with pure fruit spread & butter, or with ham & melted Barambah cheddar...yum!

#### toasted spelt banana bread

Our low gluten banana bread is delicious with butter & slices of creamy organic banana.

#### spelt superfood fruit & nut loaf

Goji berries, pepitas, prunes & chia seeds, sweetened with apples & dried fruit. The perfect way to start the day!

#### acai bowls

Packed with anti-oxidants, this superfood bowl will blast you through the morning. Choose from deluxe or chocolate.

**(gf, vegan, csf, grf, activated)**

#### chia bowls

A cane sugar free coconut chia mousse with loving earth activated buckinis & superfood berries. Try our goji or choc-raspberry varieties.

**(gf, vegan, csf, activated)**

#### muesli bowls

Natural, toasted, gluten free, grain free, paleo or activated – your choice! All served with a variety of milks, seasonal organic fruits & daily yoghurts.

**(gf, vegan, paleo, csf, activated)**

#### sourdough toast with avocado, lemon & greens

100% organic sourdough vegan breads with creamy avocado, lemon & daily greens. Spelt or gluten free available. **(gf, vegan, yeast free)**

### organic lunch \*sample menu

All served with baby mixed leaves, Wray dressing & a side of your favourite chutney or condiment.

#### daily gluten free salads

Vegan, vegetarian & sustainable meat options every day. All made gluten free with seasonal produce & delicious herbs. **(gf, vegan options)**

#### quinoa lentil bake

A Deborah Wray recipe favourite! Great high protein, gluten free lunch option with some tasty Indian spices. **(gf, vegan)**

#### spelt wild salmon lasagne

Spelt lasagne sheets layered with wild caught salmon & roasted vegetables. Warning salmon lovers! This may be addictive.

#### spanish tortilla

A tantalising mix of certified organic eggs with Spanish style vegies & baked until golden. **(gf, grf)**

#### vegie pattie

Vegies, seeds, herbs & spices baked into a tasty pattie. Definitely a favourite with our vegan customers. **(gf, vegan, grf)**

#### paleo lemon tuna frittata

Sustainable tuna baked with delectable certified organic eggs, roasted vegies, a hit of lemon zest & Tunisian spices. **(gf, paleo, grf)**

#### roast vegie toastie

Seasonal roasted vegies, vegan hummus & creamy vegan mayo stacked between toasted layers of spelt or gluten free sourdough. **(gf, vegan)**

#### wild salmon pattie

Served with sweet chilli & mayo, you'll love the wild salmon & sweet potato combination, dusted with a fine coconut crumb. **(gf, df, grf)**

#### daily pizza's & wraps

Topped & toasted with whatever delicious vegies arrive in-store on the day, plus daily herbs & seasonings. **(gf, df, vegan)**

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