

OUROBOROS
Organic Wholefoods

MORNING

7:30 – 11:30

Corner Devonshire & Holt Street, Surry Hills | 9698 3691



SONOMA SPELT MAPLE GRANOLA

Greek yoghurt, green apple, strawberry, blueberry

\$12 (\$10T/A)

SMASHED AVOCADO

Fetta, Sonoma sourdough, roasted cherry tomato, basil olive oil

\$16 (\$12T/A)

OUROBOROS PALEO BREAKFAST

Poached eggs, mushrooms, roast cherry tomato, avocado, chilli, kale

\$17 (\$15T/A)

OUROBOROS OMELETTE

Mushroom, chia seed, kale, asparagus, tomato, fetta, Sonoma sourdough toast

\$18 (\$16T/A)

CORN FRITTERS (GLUTEN FREE)

Poached free range eggs, smashed avocado, pastured bacon, homemade tomato relish

\$18 (\$15T/A)

PASTURED BACON & EGG ROLL

Brioche bun, free range eggs, pastured bacon, homemade aioli

\$14 (\$12T/A)

SALMON BENEDICT & KALE

Poached free range eggs, brioche bun, kale, homemade sweet & sour hollandaise, smoked salmon or pastured bacon

\$18 (\$16T/A)

SPANISH CHORIZO SCRAMBLED EGGS

Avocado, roasted cherry tomato, scrambled free range eggs, homemade chorizo, Sonoma sourdough toast

\$18 (\$16T/A)

DUKKAH STACK

Poached free range eggs, diced avocado, fetta, fresh mint, Spanish onion, home made dukkah spice, Sonoma sourdough toast

\$18 (\$16T/A)

SAGANAKI EGGS

Lima beans, mild spiced tomato, fetta, mixed vegetables, Sonoma sourdough toast

\$18 (\$14T/A)

BIG BREAKFAST STACK

Poached eggs, Tasmanian salmon, avocado, kale, cherry tomato, asparagus, homemade tomato relish, Sonoma sourdough toast

\$22 (\$18T/A)

SONOMA SOY & LINSEED, WHOLEWHEAT MICHE OR APPLE & CURRANT

Butter, Vegemite, Peanut Butter, Marmalade, Cinnamon butter, Honey, Fruit Jam, Plum and Bay Leaf, Caramalised Fig & Pear or Apple & Plum

\$5 (\$4T/A)

SIDES

GF bread \$1

Toast \$2

Poached egg, fetta, Greek yoghurt \$3

Roast tomato, Quinoa, Roast Capsicum, Kale, Spinach \$3

Mushrooms, Cypriot Haloumi, Avocado, Pastured bacon \$4

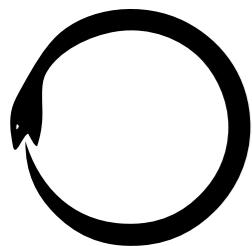
Tasmanian smoked salmon \$4



LUNCH-TIME From 11:30

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OUROBOROS Organic Wholefoods



ORGANIC VEGETARIAN SALADS

BEETROOT

Organic chickpea, lettuce mix, green apple, pumpkin seeds, mixed herbs, walnuts, fetta, cherry tomato, red onion, carrot, cucumber, celery, home made dressing

\$16 (\$13T/A)

ORGANIC QUINOA LENTIL

Fresh parsley, mint, cherry tomato, chilli, coriander, baby kale, celery, carrot, red onion, cucumber, home made dressing

\$16 (\$13T/A)

ROAST PUMPKIN KALE

Organic brown rice, pumpkin seeds, red onion, cucumber, cherry tomato, celery, carrot, mixed herbs, golden raisins, green apple, home made tahini dressing

\$16 (\$13T/A)

Add Protein



14hr slow cooked
pastured lamb shoulder
\$7 (\$6T/A)



Poached free range
chicken tenders
\$7 (\$6T/A)



Tasmanian smoked
salmon
\$8 (\$6T/A)



12hr slow cooked pastured,
pulled pork
\$7 (\$6T/A)

TOASTED SONOMA SOURDOUGH SANDWICHES

FREE RANGE CHICKEN & AVOCADO

Kale, cherry tomato, celery, carrot, cucumber, avocado, fetta

\$15 (\$13T/A)

POACHED CHICKEN

Free range chicken, carrot, capsicum slaw, homemade Sriracha aioli

\$15 (\$13T/A)

SMASHED EGG

Free range egg salad, dill, pickled cucumber, sun dried tomato, aioli, kale

\$14 (\$12T/A)

ROAST PUMPKIN

Kale, marinated roasted capsicum, roasted pumpkin mix, fetta

\$14 (\$12T/A)

TASMANIAN SMOKED SALMON

Avocado, red onion, fetta

\$16 (\$14T/A)

MAINS

BROWN RICE CHICKEN RISOTTO *(vegetarian also available)*

Free range chicken, pumpkin, kale, turmeric, pecorino, mushroom \$20 (\$18T/A)

SAFFRON PRAWN FETTUCCINE PASTA *(vegetarian also available)*

Mild chilli, cherry tomato, Parmesan, zucchini, rocket, asparagus \$22 (\$18T/A)

ATLANTIC GRILLED SALMON

Broccoli, broccolini, lemon butter, asparagus, baked potato \$22 (\$20T/A)

GREEK PULLED LAMB IN A WRAP

Pastured Lamb, tzatziki, iceberg salad \$16 (\$12T/A)

GRILLED LAMB BACKSTRAP SALAD

Cucumber, cherry tomato, mixed herbs, red onion, carrot, mild chilli \$22 (\$20T/A)

BURGERS

MARINATED GRILLED CHICKEN

Free range chicken, cos lettuce, tomato, Jack cheese, home made aioli \$17 (\$15T/A)

ROAST PUMPKIN

Roasted pumpkin, organic chickpea, Cypriot grilled haloumi, rocket, marinated red capsicum \$16 (\$14T/A)

PULLED PORK

Pulled pork, slaw, chipotle mayonnaise, guacamole \$17 (\$15T/A)

HALOUMI WAGYU

180g Wagyu patty, gherkin, red onion, lettuce, Cypriot grilled haloumi, sriracha mayonnaise \$19 (\$17T/A)

CLASSIC WAGYU

180g Wagyu patty, tomato, cos lettuce, jack cheese, mac sauce \$18 (\$16T/A)

PERI PERI CHICKEN

Lettuce, tomato, burger cheese, peri peri sauce \$17 (\$15T/A)

GLUTEN FREE +\$1

SIDES

GF bread \$1 | Toast \$2

Poached egg, Fetta, Greek yoghurt, Roast tomato \$3

Quinoa, Roast Capsicum, Kale, Spinach \$3

Mushrooms, Haloumi, Avocado, Pastured bacon \$4

Tasmanian smoked salmon \$4



OVVIO ORGANIC LOOSE LEAF TEAS \$4

ENGLISH BREAKFAST ORGANIC TEA

Antioxidant

An ode to fine-lipped china, mild English manners and the warmth of the breakfast table.

Savour a timeless tradition and feel pleasantly sentimental.

Certified organic ingredients: Black Ceylon orange pekoe leaf

FRENCH GREY ORGANIC TEA

Antioxidant

A Perfect afternoon tea with an air of effortless sophistication.

Certified organic ingredients: Black Ceylon orange pekoe leaf, Bergamot essential oil, Rose petal,

Orange segment, Lavender flower. Contains caffeine.

MINTY FRESH ORGANIC TEA

Cooling / Adrenal Support / Cleanses the palate

Soak in sweet refreshment. A zephyr on the tongue and a breeze on the lips.

Certified organic ingredients: Peppermint leaf Licorice Root. Caffeine Free.

RISE & SHINE ORGANIC TEA

Pick me up / Sugar cravings / Immunity / Adrenal restorative

Entice wakefulness with a cup of spritely lemon and ginger zing.

Perfect for the early bird or those needing a little extra incentive.

Certified organic ingredients: Lemon myrtle leaf Lemongrass. Licorice root, Ginger root. Caffeine Free.

SENCHA GREEN ORGANIC TEA

Antioxidant

The highly anticipated leaves are plucked in their prime: fresh, green and clean. Make every day feel

like a dewy early morning, a breath of crisp mountain air.

Certified organic ingredients: Steamed green tea leaf.

CHAMOMILE DAYS ORGANIC TEA

Calming, Stress relief

Subtle and serene, a floral reverie in a cup. Sip when you have somewhere important to be but would prefer to dolly blissfully.

Certified organic ingredients: Chamomile flower. Lavender flower. Linden flower. Caffeine free.

DANDY CHAI ORGANIC TEA

Digestion. Circulation, Immunity.

Meet Dandy, the health-conscious cousin of Chai. The warming spices you love without the caffeine.

Certified organic ingredients: Raw and roasted dandelion root, Roasted chicory root, Ginger root, Fennel seed, Cinnamon, Clove bud, Cardamom pod. Caffeine free.

PURE-IFY ORGANIC TEA

Cleanse/Radiant Tonic

Prescribe yourself on all-in-one, radiant tonic for inside-out beauty. Drink to your wellbeing. Fresh, grassy lemon.

Certified organic ingredients: Lemon myrtle leaf, Linden flower, Peppermint, Dandelion root and leaf, Green rooibos. Caffeine Free.

WINTER OLIVE ORGANIC TEA

Bolster immunity

An invincible tea: bold and patent. Strengthen your reserves and sail through winter. Fresh herbal.

Certified organic ingredients: Lemon myrtle leaf, Peppermint leaf, Eyebright, Elderflower, Olive Leaf.

Caffeine Free.

HOT AND COLD

COFFEE, FILTER. ICED & COLD BATCH BREW

Regular \$3.50 | Large \$4

Chai, Dirty Chai, Mocha, Hot Chocolate +\$0.50c

Spirit Blend: Dark cocoa, caramelised raisin and plum +\$0.50c

Single Origin +\$0.50c

GREEK COFFEE \$3.50

ORGANIC SPARKLING DRINKS \$4.50

Blood Orange, Karma Cola, "Lemmy" Lemonade

WATERS

KAI King Coconut Water \$7

Sonoma Natural Spring Water \$4

Tasmanian Sparkling Mineral Water \$6

SMOOTHIES \$8

BANANA BOOST

Banana
Cinnamon
Chia & Flax Seeds
Granola, Honey
Yoghurt

BERRY BLAST

Mixed Berries
Chia Seeds
Flax Seeds
Granola

Wicked Whey

Whey Powder
Chia Seeds
Flax Seeds
Granola

ADD WHEY PROTEIN FOR \$1 EXTRA

Ouroboros Cold Press Juices \$8

Green Alkalize

Kale
Celery
Apple
Spinach

Immunity Boost

Carrot
Apple
Ginger

100%
Orange Juice

100%
Apple Juice

Make Your Own Juice \$9

Choose 4 ingredients below:

Apple	Ginger	Orange
Beetroot	Kale	Pineapple
Celery	Lemon	Spinach
Cucumber	Mint	Turmeric