



**Opening Hours:**  
**Monday - Saturday**  
**8am - 3pm**  
**Sunday + Public Holidays**  
**8.30am - 3pm**

**Public Holidays**  
**15% surcharge**

**AVOCADO TOAST SM 12 | LRG 17**

(VGO - Vegan Goats cheese - no charge)

(GFO - Holy Bread: + 3)

Smashed avocado w. mint & lemon on organic multigrain sourdough topped with crumbled Meredith goat cheese, holy seeds & alfalfa sprouts

**ORGANIC OAT PORRIDGE 17**

(VGO - Choice of Milk)

Fresh blueberries, raspberries, toasted coconut flakes & pistachio w. cardamon, pure maple syrup & cinnamon coconut labne

**FREE RANGE EGGS YOUR WAY**

On organic multigrain sourdough toast

Poached or fried 11

Scrambled 13

**EGG & BACON ROLL 14**

(GFO - Roll: + 3)

Fried egg, bacon, housemade tomato relish & roquette on an organic panini bun

**BREAKFAST BURRITO 17**

Scrambled egg with fresh spinach, mushrooms, cheddar cheese and housemade tomato relish in a toasted tortilla wrap w. corn chips, fresh cherry tomato & coriander salsa

**FOLDED GREEN OMELETTE 20**

(GFO - Holy Bread: + 3)

Infused w. kale & spinach, sliced avocado, cherry tomatoes, cashew pesto, lemon dressed roquette, Meredith goat cheese and alfalfa - organic multigrain toast

**TURKISH EGGS 22**

(GFO - Holy Bread: + 3)

Toasted turkish bread, fried sriracha eggs, roasted turmeric cauliflower, beetroot hommus, roasted cherry tomatoes, dukkah and chopped coriander

**VEGAN BLAT BURGER 18**

(GFO - Roll: + 3)

Tempeh bacon, roquette, mint smashed avocado, sliced tomato, vegan cheese, house made tomato relish & celery salt

**ASIAN CHICKEN BURGER 18**

(GFO - Roll: + 3)

Free range Asian infused chicken patty, avocado, mango citrus labne, vietnamese mint & coriander slaw on an organic panini bun

**TRUFFLED MUSHROOM TOASTIE 16**

(VG, GFO)

(GFO - Roll: + 3)

Organic Multigrain sourdough, toasted with fresh avocado, oven baked field mushrooms, truffle oil, cashew pesto, vegan cheese & fresh spinach

**TARRAGON CHICKEN PIDE 17**

(GFO - Roll: + 3)

Tarragon chicken mayo, Meredith goat cheese, avocado, roquette, beetroot relish & baby spinach

**MOROCCAN LAMB BOWL (GF) 25**

(VGO - Tempeh)

Ras el Hanout braised lamb shoulder w. lemon dressed quinoa tabouli, cucumber ribbons, roasted cumin & maple carrots, beetroot hommus, pomegranate molasses, mint labne, toasted pistachios and chickpeas

**MEXICAN BOWL (VG | GF) 23**

House made spicy bean mix, guacamole, fresh tomato salsa w. charred corn, brown rice, organic corn chips, fresh coriander, chilli & cashew chipotle sour cream

**MISO CURED SALMON BENTO BOWL 25**

(VGO - Tempeh / Dressing)

Miso cured salmon, asian slaw, avocado, brown rice, edamame, pickled ginger, toasted sesame seeds, kewpie mayonaise, chilli soy dipping sauce and coriander

**SUPERFOOD BOWL 23**

(GFO - VGO Tempeh: + 2)

Red & white quinoa, steamed broccoli, kale, baby spinach, asparagus, sliced red cabbage, cherry tomatoes, avocado, poached egg, carrot spirals, holy seeds, alfalfa and superfood dressing

**KETO BOWL (GF) 25**

Poached egg, shredded chicken, bacon, Meredith goat cheese, avocado, baby spinach, roquette, cherry tomatoes, capsicum, cucumber sticks, carrot spirals, fresh blueberries, cashew pesto, pomegranate, almond butter & a side dressing of lemon/flaxseed & keto seeds

**ABUNDANCE BOWL (VG) 23**

Za'atar roasted sweet potato, roasted turmeric & chilli cauliflower, soy tempeh, beetroot hommus, dill, kale & carrot sauerkraut, wilted kale, sliced avocado, alfalfa, holy seeds & fresh spinach

**ADD ONS | OPTIONS**

Chilli Flakes | Butter | Sriracha

Olive Oil | Salt Flakes

GF Organic Roll | | GF House Holy Bread

Poached Egg 3

VG: Avo | Cashew Pesto | Soy Tempeh

Turmeric & Chilli Roasted Cauli | Grilled Tomato

Roasted Herb Mushrooms | Vegan Goats Cheese

Roast Zaatar Sweet Potato 4.50

Meredith Goat Cheese | Bacon | Poached Chicken

Miso Cured Salmon |

Smoked Salmon 5

**PLEASE CHECK OUR WEEKLY SPECIALS AND TAKEAWAY OPTIONS**



\* Please inform staff of any allergies or food intolerance when ordering

\* All items may contain traces of gluten, dairy & nuts

\* Holy seeds are our house blend of toasted pepitas, sunflower seeds & puffed quinoa

\* Keto seeds - toasted almonds, pepitas, chia & flaxseeds



**Gluten Free Options and Peak Times, may result in slightly longer wait times.**

**Please do not hesitate to pre-order: (03) 9521 0722 or download the 'SKIP' App and make us one of your Favourites**



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**ACAI BOWLS (VG | GF) 17**

**PEANUT BUTTER**

Organic acai blended with banana, blueberries and coconut water topped with house crunch, cacao nibs, coconut yoghurt, strawberries and house peanut butter

**FULLY LOADED**

Organic acai blended with banana, blueberries and coconut water topped with house crunch, chia, cacao nibs, coconut yoghurt, strawberries, banana, passionfruit & superfood ball

**MANGO BOWL**

Mango smoothie base topped with toasted coconut, coconut yoghurt, chia, house crunch, strawberries & passionfruit

**CHOC BOWL**

Choc smoothie base topped with cacao nibs, toasted coconut, chia, banana, raw choc sauce & house peanut butter

**CHOC MINT BOWL**

Banana, dates, coconut yoghurt, cacao nibs, cacao powder, peppermint essence & almond milk topped with fresh banana, cacao nibs, raw choc sauce & coconut yoghurt

**KIDS SIZE ACAI BOWL 13.50**



**COLD PRESSED JUICES 9**

**CELERY JUICE**

Celery & lemon juice

**WATERMELON & PEAR**

Watermelon, pear, apple, lime & rhubarb

**KALE JUICE**

Kale, cucumber, spinach, celery, lemon, pear, spirulina

**TONIC JUICE**

Orange, lemon, carrot, ginger, tumeric

**BEETROOT JUICE**

Beetroot, apple, cucumber, ginger & lime

**GARDEN OF EDEN JUICE**

Apples, ginger & lemon

**DESIGN YOUR 'OWN' COLD PRESS 11 (10 MINUTE WAIT)**

Choose from the following ingredients: Apple, orange, strawberry, pear, tomato, lemon, carrot, celery, ginger, turmeric, kale, spinach



**CHECK OUR FRIDGE FOR OTHER DRINK ALTERNATIVES**

**Please follow us on Instagram**  
 holy\_bowly

[www.holybowly.com.au](http://www.holybowly.com.au)

**SMOOTHIES**

**SML 11 | LRG 14**

**HOLY GREENS - DETOX**

Spinach, kale, banana, lemon, cucumber, ginger & coconut water

**MANGO BLISS - ANTI INFLAMMATORY**

Mango, toasted coconut, passionfruit, coconut yogurt, tumeric, chia & coconut milk

**GO GREEN**

Banana, mango, kale, spinach leaves & coconut water

**PEANUT BERRY**

Banana, blueberries, peanut butter, dates, cinnamon, chia seeds, coconut yoghurt & coconut milk

**CHOC ENERGY**

Banana, cacao powder, cacao nibs, coconut yoghurt, almond milk & your choice of honey or maple

**PEANUT POWER**

House peanut butter, banana, \*protein powder, house crunch & almond milk (\*vegan opt available)

**BLUE BALANCE**

Banana, blueberries, coconut yoghurt, shredded coconut, chia seeds & coconut milk

**KIDS BANANA SMOOTHIE 9.50**

Banana, vegan coconut icecream, cinnamon & your choice of milk, honey/maple

**HOLY B MILKSHAKES**

**SML 6 | LRG 7.5**

Full cream milk, coconut ice cream, homemade chocolate sauce or fresh strawberries (alternate milk options + .5)

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