



AVOCADO TOAST SM 12 | LRG 17

(GF0 - Holy Bread: + 3)

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

FREE RANGE EGGS YOUR WAY

On organic multigrain sourdough toast

Poached or fried 11

Scrambled 13

EGG & BACON ROLL 14

(GF0 - 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

(GF0 - Holy Bread: + 3)

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

ASIAN CHICKEN BURGER 18

(GF0 - Roll: + 3)

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

TRUFFLED MUSHROOM TOASTIE 16

(VG, GF0)

(GF0 - 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

(GF0 - Roll: + 3)

Tarragon chicken mayo, Meredith goat cheese, avocado, roquette, beetroot relish & baby 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 | Bacon |
Roast Zaatar Sweet Potato | Meredith Goat Cheese
Poached Chicken | Miso Cured Salmon

BOWLS 25

MOROCCAN LAMB (GF)

(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 (VG | GF)

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

(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

ABUNDANCE (VG)

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

KETO (GF)

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

PLEASE ASK ABOUT 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





ACAI BOWLS (VG | GF)
SML 13.5 | LRG 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



COLD PRESS JUICES 9

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
[holly_bowly](https://www.instagram.com/holy_bowly)

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 yoghurt, 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)

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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