



M-F 6.30am-4pm
S-S 7.30am-4pm

DINE IN MENU
Served until 3pm

FARRO PANCAKES – farro grande flour, seasonal fresh fruit and a side of coconut nectar, dusted with berry powder with choice of agave labneh or coconut milk vanilla ice cream – 18 (df, v)

SMASHED AVO WITH LIME AND CHILLI – poached egg, cherry tomatoes, beetroot labneh, black salt flakes, served on sprouted sourdough. – 17

EGG WHITE OMELETTE WITH PULLED LAMB –feta, roasted capsicum, spinach, served with sourdough or sweet potato rosti. – 16 (df)

WARM CHICKEN AND FARRO GRAIN SALAD – Lebanese spices, farro grain, lentils, chickpeas, caramelised onion, kale, currents, barberries and pomegranate. – 18 (df)

RAW SUPERFOOD ACAI CHIA PUDDING – raw cacao, fresh berries, crispy quinoa puffs, house toasted coconut chips. – 15 (v, df, gf)

FARRO NOURISHING PLATE – spiced broccoli, caramelised kale, pumpkin, grain salad, dukka and tyrokafetyri. – 19 (df, v)

LEAN BEEF BURGER – pepperonata, caramelised onion, kale, silverbeet, herbed shanklish, seed bun. - 17

or go commando! – No bun, optional sweet potato rosti. – 17 (df, gf)

ROMAN STYLE SPINACH GNOCCHI – pepperonata, daikon sprouts, Danish feta, beetroot puree, black salt flakes. – 18

HOUSE CURED TROUT SALAD – radicchio, witlof, frisee, beetroot petals, mint, lime and avocado puree. – 18 (paleo, gf, df)

EGGS YOUR WAY – two eggs poached / scrambled - served on sweet potato rosti or sprouted sourdough. – 9

Gluten free bread +\$1.50

df = dairy free | v = vegan | gf = gluten free

Sides

Farro grain salad | sweet potato rosti | charred pumpkin – 4

Spiced chicken | house cured trout - 5

Extra egg – 2.5

Pepperonata | Danish feta | smashed avo – 3

SPECIALTY COFFEE

BEAUFORT Blend by Clement Coffee

Butterscotch sweetness, rich chocolate fudge, red apple, raisins, bold and smooth.

40% Colombia – Valle De Laboyos – Caturra, Castillo

60% Brazil – Botelhos – Red Bourbon

White

Latte – 3.80

Cappuccino – 3.80

Flat White – 3.80

Chai Latte (Calmer Sutra chai) – 6

Babycino – \$1.00

Almond base +1.00

Soy base +0.50

Coconut base +0.50

Black

Short Espresso – 3.80

Long Black – 3.80

Macchiato – 3.80

Iced

Long Black – 5

Latte – 6.5

Coffee, served with coconut milk vanilla ice cream – 7.5

DRINKS

Raw Superfood Smoothie – 9

Blueberries, banana, kale, acai, maqui berry, chia seeds, almond milk.

Cold Pressed Juice – 7.5

Iced Chocolate by Sensory Lab, served with coconut milk vanilla ice cream – 7.5

Hot Chocolate by Sensory Lab – 5

Sparkling water - 5

Teas by Sensory Lab

English Breakfast, Earl Grey, Lemongrass Ginger, Australian Sencha Green, Peppermint, Chamomile - 5

DESSERT

Selection of raw treats – 7-9.50 (v, df)

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Catering enquiries:

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