

Lunch

Marie Anita's is a solely gluten free and cane sugar/refined sugar free cafe. We source organic and local farm produce and ingredients whenever possible. We use seasonal fruits and vegetables from our region. All our animal products are free range and hormone free. We source our meat and eggs from Byron Bay to the Glass House Mountains. All water used at Marie Anita's is filtered. A selection of freshly baked gluten free artisan breads is available daily with our meals. Please ask our staff for any dietary assistance as we can generally cater for any needs. 10% surcharge on public holidays.

Cinnamon and paprika roast sweet potato wedges | organic hummus | organic coconut oil (DF, V, GrF) \$14.0

Organic hummus bowl | cold-pressed extra virgin olive oil | dukkah | sorghum toast (DF, V) \$16.0

Chunky wild rice salad | raw activated pepitas and sunflower seeds | organic cucumber | sliced pear | organic mint | organic seasonal greens | organic cold-pressed green herb olive oil (DF, V) \$16.5
with organic feta \$20.5
with sustainable hot smoked salmon \$25.0

Organic sweet potato, black bean and quinoa patty | organic hummus | organic seasonal salad | raw green tahini sauce (DF, V, GrF) \$17.5
as a burger \$20.5

Organic mung bean burrito | organic seasonal salad | avocado | wild rice | organic hummus | raw green tahini sauce (DF, V) \$18.0
with organic grilled tempeh \$24.5
with free range shredded Angus beef cheek \$26.5

Raw organic spaghetti bolognese | organic raw walnut bolognese sauce | portobello mushroom | kalamata olives | walnut parmesan (DF, V, GrF) \$18.5

Loaded organic baked potato | house made braised beans | organic seasonal salad | organic coconut bacon | avocado | raw cheese sauce (DF, V, GrF) \$18.5
with organic fermented vegetables \$23.0
with free range shredded Angus beef cheek \$27.0

Organic satay kale salad | organic raisins | organic cucumber | organic seasonal salad | cashews (DF, V, GrF) \$23.0
with organic grilled tempeh \$25.0
or free range crispy chicken \$25.0

The bowl | organic grilled tempeh | organic fermented vegetables | organic coconut bacon | cinnamon and paprika roast sweet potato | organic seasonal salad | avocado | raw green tahini sauce (DF, V, GrF) \$23.0

Pan seared wild caught fish | organic roast sweet potato salad | organic tomato | kalamata olives | asparagus | organic living sprout medley | raw green tahini sauce (DF, GrF) \$27.0

Extras | activated bread upgrade \$2.0 | free range eggs \$3.0 | avocado \$3.5 | organic feta \$4.0 | organic fermented vegetables \$4.5 | house made braised beans \$4.5 | free range streaky bacon \$4.5 | organic grilled tempeh \$6.5 | sustainable hot smoked salmon \$8.5 | free range shredded Angus beef cheek \$8.5