

VEGAN MENU

... Please let staff know when ordering vegan items

BEAR BONES (TOAST)

Sourdough multigrain, Turkish bread or gluten free, served with dairy free butter and your choice of vegemite, jam or peanut butter 7

BEAR ESSENTIALS (SIDES)

Mushrooms 5

Roasted tomato 5

Rocquette + Fennel Salad 5

Spinach 3

Avocado 5

Potato + cheese hash (GF) 6

Spinach + pea pesto 3

Hommus 3

Caramelised onion 3

Beetroot relish 3

Gummy Bear.. fruit toast served with dairy free butter 3.5 (per slice)

Little Ted.. house made granola w coyo yoghurt and seasonal fresh fruits 13

Grizzly Bowl.. acai, banana + coconut water topped w chia seed, goji berry, toasted coconut + fresh banana 16 (gf) add granola 3

Goldie Locks.. oat milk porridge w cinnamon, buckwheat, brazil nut crunch + fresh banana, maple syrup or ask for mixed berry compote and toasted coconut 16

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Care Bear.. slow roasted field mushrooms, pea and spinach pesto, beetroot relish, hummus, rocket on sourdough multigrain 18.5 (gfo) add potato and cheese hash 6

Bear Gryls.. big V2 'Plant based' beef burgrrr, tomato, caramelised onion, cos lettuce, cheese and mayo 19 add house cut potato skins 3.5

Bearable.. avocado, spinach and pea pesto, cherry tomato, fresh herbs on sourdough multigrain 18.5 (gfo)

Pandamonium.. corn tortilla, roast pumpkin, black beans, crispy potatoes, avocado, pico de gallo (3pc) 19.5 (gf)

Roast Mushroom Tacos..Roasted mushrooms, pickled cabbage, black beans, pico de gallo and avocado (3pc) 19.5 (gf)

House cut potato skins.. Seasoned potato skins w/ mayo 9

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Red Poke Bowl.. Red + white quinoa, sweet potato, broccoli, charred corn, pickled cabbage, hummus, pea + spinach pesto + toasted pepitas (gf) 18.5

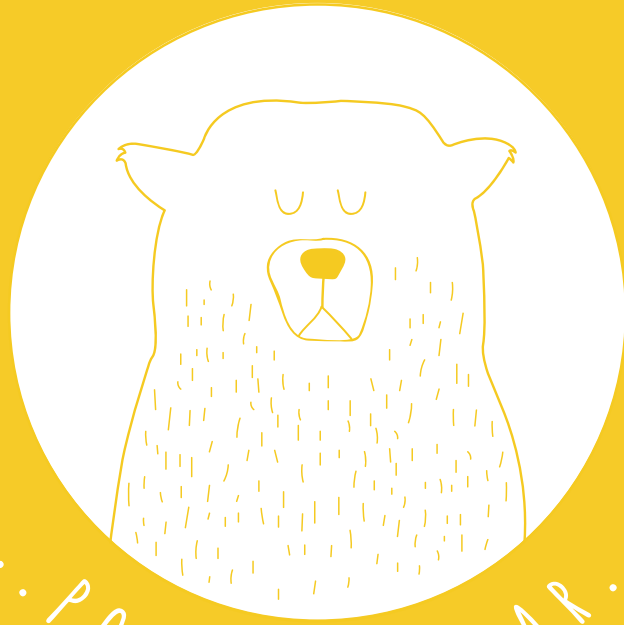
Brown Rice Poke Bowl - Brown rice, avocado, chilli edamame, crispy soy beans, charred asparagus, pickled ginger, hommus + seaweed salad (gf) 18.5

Load up your bowl.. roasted mushrooms 5, roasted tomato 5, avocado 5

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See our **SPECIALS BOARD & CABINET** for **TOASTIES, SWEETS & TREATS**



A surcharge of 10% applies on Saturday / Sunday and 15% on public holidays



... POKE THE BEAR ...