



OUR STORY

Welcome to Barefoot, we're excited to share our love of creating local organic foods with you.

You will find many raw goodies on our menu as well as consciously created whole-foods including toasted sandwiches, house made waffles, nourish bowls and salads, cold pressed juices and indulgent smoothies! All created to allow you to shine.

We're naked and bare, in a good way! We're entirely plant-based, dairy free, gluten free, refined sugar free, and free of any additives. We use as many organic ingredients where possible and consciously create real food to spread high vibes.

Our mission is to offer the most authentic and nutritious foods, and show how fun and delicious it can be! We keep everything close to home to ensure ultimate freshness and quality. This supports our local growers, suppliers and is beneficial for you and our beautiful earth.

Barefoot is also the home of Greenroots Juicery where we continually fill our to go fridge with freshly cold-pressed organic juices, elixirs, shots and tonics. Check it out for new flavours rotating daily!

We make everything from scratch, including our organic house nut mylk, veggie patties, traditional chai and turmeric teas, dips, spreads, and everything in our treat cabinet. To make a lot of our plant based foods we use a variety of tree nuts. To be safe, we recommend anyone with a severe nut allergy does not dine with us. We try to be as allergy friendly as possible, however please be very clear with our staff with any allergies you have so we can do our very best to serve you pure goodness.

Let yourself recharge. Make space in the day for you. Enjoy!

With love and gratitude,
The Barefoot Team x

Please order and pay at the counter





BAREFOOT MENU

100% PLANT BASED - NATURALLY GLUTEN FREE

BREAKFAST 8am – 12pm

ORGANIC FERMENTED TOAST	10.00
Organic and fermented gluten free Cassava and seed loaf. Comes with virgin coconut oil. Choose from house berry chia jam or local peanut butter. Add extra spread (housemade nutella, berry chia jam or peanut butter) + 2.0	
BUCKWHEAT WAFFLES	S 14.50 L 18.00
Made with crushed almonds and organic flours. Served with banana, coconut yogurt, house made nutella, berry chia jam and caramelized buckinis. Add pure maple syrup +2.0 or Blackcurrants +1.5.	
TOASTED SANDWICH	16.50
House veggie seed pattie, organic pickled beetroot, roast pumpkin, salad greens, dukkah spice mix, house made aioli. Served between local fermented organic seed toast.	
SHROOM BENEDICT	19.50
Savoury cajun waffles with Portobello mushrooms, organic kale pesto, spinach and organic house cashew hollandaise.	
ACAI BOWL	15.50
Antioxidant loaded organic acai, berries, banana, date, topped with house made caramelised buckini, coconut, banana, and seasonal fruit. Add on peanut butter +1.5 or house nutella +2.0.	
MATCHA BOWL	16.50
Antioxidant loaded matcha, banana, organic greens, mint, topped with house made sprouted granola, coconut, banana, kiwi and blackcurrants.	

LUNCH 12pm – 3pm

TOASTED SANDWICH	16.50
House veggie seed pattie, organic pickled beetroot, roast pumpkin, salad greens, dukkah spice mix, house made aioli. Served between local fermented organic seed toast.	
BAREFOOT BURGER	18.00
A kumera hemp hash, veggie seed pattie, house cashew cheese, pickled slaw, house aioli, crispy lettuce and tomatoes in a GF sourdough bun.	
BAREFOOT BURGER COMBO	23.50
Barefoot Burger with a side salad and kale chips.	
NOURISH BOWL	19.50
Our famous seasonally changing Barefoot Bowl. House-made falafel balls, roast pumpkin, seasonal herb salad, rainbow quinoa tabouli, organic brown rice topped with house-made hummus and aioli, beetroot pickle and cashew dukkha. Served with lemon tahini dressing. Add organic kale pesto + 2.0	
IMMUNITY PUMPKIN SOUP	14.50
Organic pumpkin, carrot and vegetable based soup with coconut cream, immune boosting fresh turmeric and ginger root, rosemary, spices and fresh herbs. Served with organic fermented GF toast.	
RAW NOODLE SALAD	15.50
Fresh organic salad made with spirals of carrot and beetroot noodles, coriander, ginger, peanuts and seeds, served with salad greens and lemon tahini dressing.	



IMMUNITY PUMPKIN SOUP (ENTRE FOR 2)	14.50
Organic pumpkin, carrot and vegetable based soup with coconut cream, immune boosting fresh turmeric and ginger root, rosemary, spices and fresh herbs. Served with organic fermented GF toast.	
MEXICAN NOURISH BOWL	21.50
Spicy marinated jackfruit, house made cajun nourish balls, pickled slaw, salad greens, brown rice, rainbow quinoa, tomato salsa and baked taco chips.	
BAREFOOT BURGER	18.00
A kumera hemp hash, veggie seed pattie, house cashew cheese, pickled slaw, house aioli, crispy lettuce and tomatoes in a GF sourdough bun.	
BAREFOOT BURGER COMBO	23.50
Barefoot Burger with a side salad and kale chips.	
SIDES	
Kale Chips	7.00
Seasonal Green Salad	8.50

RAW CARROT CAKE	9.00
Organic carrot, pumpkin seed, coconut, walnut, peanut, cinnamon, nutmeg, vanilla filling between layers of lemon cashew cream frosting.	
RAW CARAMEL SLICE	9.00
Cashew, tahini, coconut, date, rock salt filling on an almond buckwheat base, topped with dark salted cacao ganache topping.	
RAW APPLE CRUMBLE	8.00
Granny smith and braeburn apples, cinnamon, nutmeg, vanilla, maple date filling on an almond, buckwheat, cashew base, topped with crushed walnuts. Add coconut yoghurt \$1.5	
HAZEL BAR	5.90
SUPERFOOD BAR	5.90

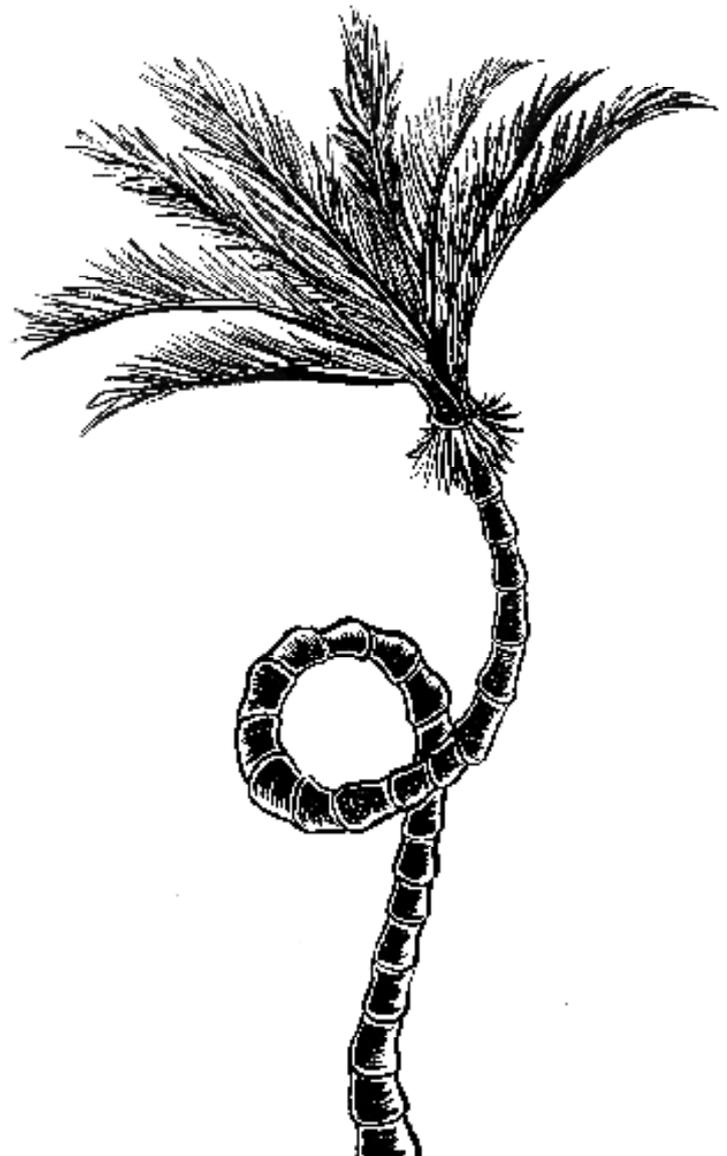




ESPRESSO COFFEE			
Short Espresso, Long Black, Americano			4.00
Latte	S	5.00	L 6.00
Flat White	S	5.00	L 6.00
Cappuccino	S	5.00	L 6.00
Machiato	S	5.00	L 6.00
Piccalo	S	5.00	L 6.00

ORGANIC TEAS	
Black Breakfast Tea	5.00
Pure Green	5.00
Pure Peppermint	5.00
Pure Ginger	5.00
House Brew Chai	5.50
We use a organic loose leaf wet chai blend made with fresh ginger and ayurvedic spices. Comes standard black or infuse into mylk of your choice + 1.0.	
Immunity Turmeric Brew	5.50
We use brew fresh turmeric and ginger root with indian spices to create a delicious immune boosting and digestive soothing blend.	
Morning Detox (Storm and India)	5.50
Earthy green tea, zesty lemongrass, and orange peel kissed by warming spices to uplift and revitalise your day.	
Afternoon Detox (Storm and India)	5.50
An intriguing blend of fermented earthy pu'erh organic rooibus, strawberries and a hint of vanilla.	

SPECIALTY LATTES			
Ayurvedic Chai	S	6.0	L 7.0
House Ayurvedic Chai brewed with black tea, fresh organic ginger root, cardamon, cinnamon, nutmeg, star anise, clove, coconut sugar with steamed mylk of your choice.			
Golden Latte	S	6.0	L 7.0
House brew of fresh organic turmeric root, ginger root, vanilla, cinnamon, cardamon, nutmeg, black pepper, coconut sugar served with steamed mylk of your choice.			
Matcha Latte	S	6.0	L 7.0
Premium Japanese matcha with steamed mylk of your choice for an antioxidant boost.			
Raw Choc Mug	S	6.0	L 7.0
A delicious blend of organic raw cacao, vanilla bean, spices with steamed mylk of your choice.			





SMOOTHIE & BOWLS (ALL DAY)

ORGANIC BOWLS

SPROUTED CRUNCHY GRANOLA 14.50

Raw and activated house sprouted and dehydrated organic buckini, coconut and seed granola sweetened with date, cranberries and spices. Topped with banana, slithers of green apple, and a dollop of organic coconut yoghurt. Served with a side of organic house cashew mylk. Add Pure Maple 2.0, Black Currants 1.5

ACAI BOWL 15.50

Antioxidant loaded organic acai, berries, banana, date, topped with house made caramelised buckini, coconut, banana, and seasonal fruit. Add on peanut butter +1.5 or house nutella +2.0.

MATCHA BOWL 16.50

Antioxidant loaded matcha, banana, organic greens, mint, topped with house made sprouted granola, coconut, banana, kiwi and blackcurrants.

ORGANIC SMOOTHIES

CHOC NUT - 10

Raw cacao, banana, vanilla, date, cinnamon, orange, cacao nibs, nut mylk.

WILD GREENIE - 12

Kale, leafy greens, banana, passionfruit, coconut, lemon, ginger root, turmeric root.

PURPLE HAZE - 12

Berries, blackcurrants, banana, chia seeds, vanilla, raw fermented protein, date, coconut.

PEANUT BUTTER JELLY - 12

Raspberries, peanut butter, banana, coconut flakes, chia seeds, date, nut mylk.

HEMP POWDER - 13

Hemp protein, banana, maca root, raw cacao, coconut flakes, tahini, date, orange, nut mylk.

SHINE ON - 13

Passionfruit, mango, raw fermented protein, vanilla, banana, turmeric root, coconut flakes, dates, nut mylk.

KIDS SMOOTHIE- 7

Berries, banana, date, nut mylk.



GREENROOTS
JUICERY

COLD PRESSED ORGANIC JUICES

Rose Tonic - 7	Turmeric Tonic - 7	Wellness Shot - 5.5
Beet Bliss - 8		Sun Rising - 8.5
Beetroot, carrot, green apple, lemon, ginger.		Carrot, tangelo, turmeric root, green apple, ginger root, lemon.
Garden City - 8.5		Awaken - 8
Kale, silverbeet, green apple, bok choy, lemon.		Tangelo, orange, green apple, lemon, beet.
Berry Ade - 8.5		Sparkling Citrus Juice- 8
Raspberries, green apple, lemon, beetroot, acai.		Orange, tangelo, green apple, lemon.
Kombucha - 7		Immunity Box - 5 for 39
Blueberry and Cinnamon.		Choose any 5 drinks from the menu for a big antioxidant boost!