

RUBY LANE

Quality food is our passion

Here at Ruby Lane we are passionate about *organic* and *biodynamic* produce which is why we only use *organic pasture raised* and *finished* meats and *sustainably caught* fish.

This means that you and your family can enjoy healthy food while supporting the environment and our local growers and suppliers.

What's more it tastes absolutely awesome!



Winner

2016 Northern Beaches
Sustainability Award

FOOD - PEOPLE - CONNECTED



Turtle Power

All proceeds of our sparkling water is
donated to the Manly Sea Life Trust

Breakfast

7 A M - 12 P M

Toast

Served with a choice of almond butter, cashew butter, hazelnut cacao butter, local raw honey or home made triple berry coconut sugar and cinnamon jam

Organic wholemeal sourdough <small>df vg</small>	6.5
Rice crumpets <small>gf df vg</small>	7
Fruit and nut loaf <small>gf df</small>	7
Ruby's seasonal paleo bread <small>gf df</small>	8

Homemade banana bread gf df 7

Nut filled banana bread with coconut, chia, eggs and dates served with cashew cream
Add coconut yoghurt and local raw honey +2

Ruby's açai protein bowl gf vg df 16

Organic açai, banana, coconut water, vegan protein and coconut yoghurt, topped with coconut, paleo muesli, bananas, strawberries and mint

Seasonal berry bircher bowl (vg option) 15

Organic steel cut oats, inca berries, dates, lemon zest and apples topped with seasonal berries and organic greek yoghurt
Add coconut yoghurt +2

Pulled pork and egg roll df 18

Coconut water braised free range pulled pork with an organic egg, fermented kohlrabi slaw, horseradish dressing on a sprouted roll
Add avo +2 On paleo bread +4

Teff, chia and pumpkin seed meal pancakes gf df 16

With seasonal berries, banana, organic maple syrup, cultured butter and macadamia crumble
Add coconut yoghurt +2

10% surcharge on public holidays

Breakfast

7 A M - 12 P M

Paleo trout stack <small>gf df</small>	19
<i>Petuna smoked ocean trout, ruby's paleo bread, snow pea tendrils greens, caperberry and red onion pickle with a soft organic egg</i>	
Sweet potato kale and quinoa hash <small>gf df</small>	18
<i>With organic eggs, smashed avo and greens</i>	
Harvest eggs	18
<i>Organic eggs, dehydrated tomatoes, avocado, basil and goats cheese on sourdough</i>	
Vegan's harvest <small>vg df</small>	18
<i>Organic sourdough, mushrooms, dehydrated tomatoes, fermented veggies, cashew cream and dukkah</i>	
Marrowed mushrooms <small>gf df</small>	20
<i>Nutrient dense bone marrow, sautéed with mixed mushrooms, garlic and parsley heaped on crunchy rice crumpets with a soft organic egg</i>	
Ruby's garden bowl <small>gf df (vg option)</small>	20
<i>Native greens, avocado, sea kelp seasoned baby cucumbers, dehydrated tomatoes, fermented veggies, paleo bread and dukkah dusted soft organic egg (vegan me with rice crumpets, sweet potato and mushrooms)</i>	
Eggs benedict <small>gf df</small> <i>Available Friday to Sunday only</i>	20
<i>Poached eggs, rice crumpets, spinach, emulsion of good oils (macadamia, coconut, MCT and avocado) with a choice of smoked ham, smoked trout or mushrooms</i>	

Extras

Extra egg **3** / breakfast on paleo bread **4** / Mushrooms or tomatoes **4** / Smashed avo **5**
Low nitrate double smoked ham **6** / Petuna smoked ocean trout **6** / Free range pulled pork **6**

Lunch

12 P M - 3 P M

- Vegan dip plate** gf df vg **14**
A selection of fermented and sprouted dips with organic sourdough
- Yogi bowl** gf df vg **18**
Sprouted legumes, activated nuts, seasonal veggies and garden leaves with Ruby's Green Elixir Dressing of kale, basil, ginger, tahini, lemon & pumpkin seed oil
- Superfood salad bowl** gf df vg **17**
Fuelled and brimming with antioxidants. Ask for today's variety...Choice of Ruby's Green Elixir dressing or red wine vinaigrette
- Biodynamic pulled lamb roll** **17**
Slow cooked and served with mushy peas, soft feta and mint on a sprouted roll
On paleo bread + 4
- Sweet potato, kale and quinoa hash** gf df **18**
With organic eggs, smashed avo and greens
- Slow cooked dahl** gf df vg **18**
Seasonal veggies, organic brown basmati rice, coconut yoghurt, coriander, fermented lime, mango and chilli pickle
Add organic egg + 3

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Lunch

12 P M - 3 P M

- Ruby's garden bowl** gf df 20
*Native greens, avocado, sea kelp seasoned baby cukes, blistered cherry tomatoes, fermented veggies, paleo bread and dukkah dusted soft egg
(Vegan me with rice bread, sweet potato and mushrooms)*
- Pulled pork and egg roll** df 18
*Coconut water braised free range pulled pork with an organic egg, fermented kohlrabi slaw, horseradish dressing on a sprouted roll
Add avo +2 On paleo bread +4*
- Paleo trout stack** gf df 19
Petuna smoked ocean trout, ruby's paleo bread, snow pea tendrils greens, caperberry and red onion pickle w/ soft egg
- Cured market fish** gf df 23
Cured in dill and coconut sugar with a crisp salad of fennel, radish, apple, black lentils and lemon verbena

Selection of daily wraps and salads in the cabinet

Sides

Poached organic egg 3 / Petuna smoked ocean trout 6 / Free range pulled pork 6 /
Free range double smoked ham 6 / Free range organic chicken 6

Sweets

ALL GLUTEN AND DAIRY FREE

Raw carrot cake	9.5
Raspberry crumble	9.5
Raw snickers bar	9
Raw caramel slice	7.5
Vegan choc brownie	6.5
Bliss balls	3.5
Affogato with coconut ice cream and cacao nibs	10
Vegan peanut butter cookie sundae	11
<i>With coconut ice cream and raw cacao sauce</i>	

See our cabinet for cookies, muffins and more

Extras

Coconut ice cream 2 | Raw cacao sauce 2

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Kids Menu

Avocado on toasted organic sourdough	5
Organic smoked ham and cheese melt on sourdough	6
Dippy eggs	8.5
<i>Soft boiled eggs, spinach and double smoked ham served in an egg carton with toasted soldiers</i>	
Kids foraging plate	9
<i>Raw veggies, hummus and veggie crisps</i>	
Baby berry bircher bowl	9
<i>With fresh fruit and organic greek yoghurt</i>	
<i>Add coconut yoghurt +2</i>	
Healthy kids smoothies	5
<i>Banana / berry / raw choc / mango / green</i>	
Organic kids juices	4
<i>Orange / apple</i>	

Coffee / Tea / Elixirs

Milk coffees on organic blend 3.8

Black coffees on organic single origin 3.8

Cold drip 5

Beach bum 6

Cold brew coffee and coconut water

Mocha 4.5

Venezuelan hot chocolate 70% 4.5

El diablo spiced hot chocolate 5.5

With cinnamon, ginger, turmeric and chilli

Real chai latte 4.5

Brewed on chai tea leaves with local raw honey

Tea by Bodhi Teas 4.5

Calming – chamomile, spearmint, lemon verbena and lavender

Inigorating – ginger, lemongrass, lemon peel, turmeric and lemon myrtle

Revitalising – peppermint, spearmint, ginger, orange peel, withania, ginseng and bacopa

Antioxidant – hibiscus, rosehip, apple, white tea and gojis

Protective Green – sencha and ginseng

Masala Chai – cinnamon, black tea, ginger, cloves, cardamom and aniseed

Black tea

The ruby rifle 6

Double espresso blended with grass fed organic butter and MCT coconut oil

Golden latte 5.5

Anti-inflammatory and healing turmeric with ginger, honey, coconut oil and pepper

Add shot of coffee + 0.7

Matcha latte 4.5

Organic japanese green tea jammed with and antioxidants and chlorophyll, dash of agave

Fine and dandy 4.5

Dandelion chai latte with a dash of honey, caffeine free liver boost that aids digestion

Pura vida elixir 5

Orange, lemon, turmeric, ginger, cinnamon and pepper warmed with agave

Bone broth of the day 6

Immune boosting and mineral dense (available in bulk in our retail)

Extras

*Inside out almond milk, coconut milk, home made cashew milk 1.0
bonsoy, extra shot, decaf 0.5*

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Cold Drinks

Super smoothies

Add protein +1.50

Fountain of youth – Avocado, spinach, cucumber, banana, mint, supergreens, coconut water

Turmeric cleanse – Banana, pineapple, turmeric, maca, coconut oil, cinnamon and coconut milk

Holy cacao – Banana, cacao, avocado, activated almonds, date, chia seeds and almond milk

Salted caramel – Banana, dates, cashew butter, rice malt syrup, himalayan salt and almond milk

Mango alkaliser – Mango, ginger, banana, pineapple, coconut oil, chia, baobab and coconut milk

Berry elixir – Gojis, blueberries, raspberries, coconut yoghurt, date, walnuts, flax seeds and coconut milk

Açaí smoothie – Organic açaí, banana, biodynamic apple juice and coconut water

T bomb

Banana, tahini, cacao, cashews, dates, vanilla, Himalayan salt, vegan protein and cashew milk

Classic smoothies

Banana – banana, organic greek yoghurt and local honey

Berry – mixed berries, organic greek yoghurt and local honey

Whole coconut

Jug coconut water w/ mint

9.5

12

8.5

6

9

Organic cold pressed juices

Super Green – Cucumber, celery, apple, kale, mint, ginger, lemon

Immune – Carrot, apple, ginger turmeric

Minted Pear – Apple, mint, pear

Straight up OJ or apple

Iced drinks

Iced coffee – with cold brew and coconut ice cream

Iced chocolate – with coconut ice cream and cacao nibs

Iced tea – with organic apple juice, lemon berries and mint

Vegan iced chai – with coconut ice cream and coconut milk

Sparkling water jug

(proceeds to sea life sanctuary save the turtles program)

Organic cola/ginger beer

Kombucha

A detoxifying, gut healing, anti-ageing powerhouse. Ask for today's flavours

Glass

Shooter board (3 flavours)

Iced kombucha

(lemon, berries and mint)

9

8

7.5

5

6

5.5

6

glass 7 / jug 12

Alcohol

Big Head no carb lager 4.2%	8
Stone & Wood Garden Ale 3.5%	9
4 Pines Kolsch 4.6%	8
Nomad Easy As IPA 4.5%	9
O'Brien Gluten Free Lager 4.5%	9
Willie Smiths Organic Apple Cider 5.4%	10

Organic Australian Wine

Box Grove Prosecco 2015 VIC	10/40
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White

Tamburlaine Sauvignon Blanc Orange 2015 NSW	9/40
Tinja Estate Chardonnay 2013 Orange NSW	10/42
The Chance Riesling Blend 2015 King Valley VIC	50
Tamburlaine Semillon Reserve Hunter Valley 2015 NSW	55

Red

Tinja Estate Cabernet Sauvignon 2013 Mudgee NSW	9/39
Tamburlaine Syrah Reserve Orange 2015 NSW	48
Happs Preservative Free Red Margaret River WA 2015	55

Rose

Bellwether Nero D'avola Rose 2015 Riverland SA	42
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RUBY LANE

We believe in sustainability

As the winner of the 2016 Northern Beaches Sustainability Award we take care of how we both source our products and minimise our waste by recycling materials and sending back to suppliers excess packaging. We are a founding member of SO Manly (Sustainable Organisations of Manly) and are out to help educate the community on better decisions around the environment.

Suppliers we LOVE

We look to stock only local suppliers, as we truly believe that supporting them gives us a stronger community and better connection to our food...

Some of our key suppliers are:

*Shiralee Meats · The Meat Emporium Elanora Heights · Egganic Eggs
Tassal Seafood · Naturis Bakery · Mrs Jones The baker · Honest To Goodness*

Supporting the Turtles

All proceeds of our sparkling water sales goes to saving the turtles on the beaches through the Manly Sea Life Trust...so drink up!

What's happening at

RUBY LANE

We run monthly workshops, have live music events and an organic grocer on site where you'll find almost all the ingredients we use for our entire menu.

This way you can cook your own meals using quality produce easily.

*Available for private hire and large group bookings,
enquire within*

Keep up to date with recipes, workshops, chefs tips,
new products and all things Ruby Lane:

www.rubylane.com.au

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FOOD - PEOPLE - CONNECTED



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