

# RUBY LANE

ETHICAL EATERY

established 2016

# ALL DAY SEASONAL MENU

Kitchen closes 2.30 pm 7 days a week

## OUR VISION

Is to make a healthy lifestyle fun, social, available and inspirational!

Driven by the philosophy that you can have a mouth-watering meal without compromising on nutrition, we focus on real, wholesome food with a healthy dose of hospitality and good times.

CATERING | CAFÉ | WORKSHOPS  
EVENTS | PRIVATE PARTIES | GROCER

## TREATS



CHOC FUDGE BROWNIE	gf df vg n	6.5
RAW CARAMEL SLICE	gf df vg n	6.5
PEANUT BUTTER CHOC CHIP COOKIE	gf df vg n	5
CHEESECAKE IN A JAR	gf df vg n	9.5
SUPER SEED GRANOLA BAR	gf df vg n	6
MUFFIN OF THE DAY	gf df n	5
BLISS BALLS	gf df vg n	3.5
Add coconut ice-cream to any treat	gf df vg n	+3

Make sure you check our display cabinet for more house-made, refined sugar free treats prepared with love!

## SNACKS

### RUBY'S FAMOUS PALEO BREAD

A savoury and low G.I. loaf of goodness full of zucchinis, carrots, cashews, almonds, sunflower seeds and pepitas

Served with your choice of house-made almond or cashew butter

Add smashed avocado +5

### ORGANIC WHOLEMEAL SOURDOUGH

A 36 hr fermented loaf from local Mrs. Jones the Baker

### CRISPY RICE TOAST

### FRUIT & NUT TOAST

All toasts served with cultured butter and your choice of: house-made almond / cashew / hazelnut & cacao butter, triple berry chia jam, local honey

### SUPERFOOD BANANA BREAD

Made with coconut flour, chia, dates and macadamia oil served with cashew cream or butter

Add coconut yoghurt and local honey +2

### CHIA PUDDING

Layered coconut & vanilla soaked chia with Ruby's house made jam, seasonal fruits and macadamia crumble

### AÇAÍ PROTEIN BOWL

Organic açai blended with banana, biodynamic apple juice, vegan protein and coconut yoghurt, topped with coconut, house-made granola, seasonal fruits and mint

### BIRCHER BOWL

Organic steel cut and rolled oats, gojis and apples topped with coconut yoghurt, strawberries and seasonal fruit

### REAL FOOD PANCAKES

Buckwheat, chia, teff and banana pancakes topped with seasonal fruits, organic maple syrup, coconut yoghurt, macadamia & cashew crumble and a drizzle of berry coulis

Add coconut ice cream +3  
Add free range bacon +6

## BREAKFAST

### THE MANLY DAILY

Smashed avo on toasted organic wholemeal sourdough with crumbled feta, herbs and a wedge of lemon (vegan me with house-made almond ricotta)

On Paleo bread gf df n  
With house-smoked trout  
With 2 Organic eggs

### SWEET POTATO FRITTERS

Served with smashed avo, organic poached eggs, snow pea tendrils and toasted black sesame seeds (vegan me with sautéed mushrooms instead of eggs)

Add mushrooms +5  
Add bacon +6

### BEACH BUN

Free range bacon, organic fried egg, rocket and house-made tomato chutney on an organic charcoal bun

Add smashed avo +2

On paleo bread gf df n +4  
Go DELUXE with halloumi and smashed avo +5

### MARROWED MUSHROOMS

Immune boosting bone marrow with sautéed enoki, oyster, button and field mushrooms, garlic and parsley heaped on crispy rice toast with a soft organic egg

On paleo bread gf df n

### EGGS BENEDICT

2 poached organic eggs, crispy rice toast, spinach, house-made hollandaise sauce (emulsion of macadamia, coconut, EVO and hemp seed oil) with your choice of: smoked ham, bacon, smoked trout or mushrooms

On paleo bread gf df n

### RUBY'S LOW CARB 'KETO' PLATE

A dose of quality good fats: Seasonal greens sautéed in grass fed butter with grilled halloumi, avocado, 2 poached organic eggs and herbs with your choice of: free range bacon or smoked trout

## SIDES

SMASHED AVO	5	1 OR 2 EXTRA EGGS	3/5
MUSHROOMS	5	HOUSE-MADE DUKKAH	2.5
MARROWED MUSHROOMS	8	FREE RANGE BACON	6
TOMATOES	3	FREE RANGE SMOKED HAM	6
FERMENTED VEGGIES	4	PASTURE RAISED CHICKEN	6
SPINACH OR ROCKET	4	FREE RANGE PULLED PORK	6
ASIAN SLAW	6	HOUSE SMOKED TROUT	7
HALLOUMI	4	SWEET POTATO WEDGES	5/8

## LUNCH

### RUBY'S BOWL

Kale, avocado, baby cucumbers, wakame salt, dehydrated tomatoes, fermented veggies, paleo bread and a soft organic egg dusted with house-made hemp seed dukkah (vegan me with crispy rice toast and mushrooms)

### ENDLESS SUMMER BOWL

Brown rice, pickled radish, edamame, chinese cabbage, carrots, cucumber, toasted sesame seeds, roasted cashews & shredded nori all drizzled with Ruby's hoisin sauce.

Add pasture raised chicken or free range pulled pork +6  
Add house-smoked trout +7  
Add avocado +2  
Add mushrooms +5  
Add a soft poached egg +3

### UP-BEET SALAD

Slow roasted beetroot, quinoa, almond ricotta, rocket & spinach, sunflower seeds and hazelnut crumble with a sweet and sour dressing

Add pasture raised chicken or free range pulled pork +6  
Add house-smoked trout +7

### WARM CHICKEN PESTO SALAD

Red cabbage, broccoli, poached pasture raised chicken breast, toasted pepitas and hemp seeds with a fresh kale and mint pesto

### PULLED PORK BURGER

Coconut water braised free range pork, asian slaw, rocket, pickles, chimichurri dressing on an organic charcoal bun

### THE VEGGIE BURGER

Chickpea, turmeric and cauliflower patty, caramelised onion, rocket, pickles, Ruby's vegan herbed mayo on an organic charcoal bun

Burger creations:

-> Go naked and replace bun with salad gf df +2  
-> On paleo bread gf df n +4  
-> Add roast sweet potato wedges +5

## NIBBLES TO SHARE

ROAST SWEET POTATO WEDGES	gf df vg	8
Served with house-made vegan chipotle mayo		
Add smashed avo with hemp seed dukkah		+5
FREE RANGE CHICKEN LIVER PATÉ	gf df	13
Served with fermented veggies and house-made raw zucchini, sunflower seed and chia crackers		
SEASONAL SAUTÉED GREENS IN HEMP OIL	gf df vg	8
Sprinkled with Australian hemp seeds		

## WINE DEAL

Add a glass of organic Tamburlaine wine to any meal for only \$7



TAMBURLAINE ORGANIC WINES - CERTIFIED ORGANIC VINEYARDS & WINERY - FROM HUNTER VALLEY & ORANGE, NSW

TO MAKE A RESERVATION CALL US ON (02) 9977 7386 OR BOOK YOUR TABLE ONLINE VIA OUR WEBSITE!

TRADING HOURS 7AM-4PM, 7 DAYS A WEEK.

PLEASE ADD A 10% SURCHARGE ON SUNDAYS & PUBLIC HOLIDAYS.

SORRY NO SPLIT BILLS.

EXCEPT FOR DIETARY REQUIREMENTS, WE RESPECTFULLY DECLINE ANY CHANGES FROM THE MENU.

GLUTEN FREE (GF) DAIRY FREE (DF) VEGAN (VG) CONTAINS NUTS (N)

# COFFEE

<b>MILK COFFEES ON ORGANIC BLEND</b> <i>Flat white, cappuccino, piccolo, latte, mocha, macchiato</i>	<b>3.8</b>
<b>BLACK COFFEES ON SINGLE ORIGIN</b> <i>Long black, espresso</i>	<b>3.8</b>
<b>COLD DRIP</b>	<b>5</b>
<b>BEACH BUM</b> <i>Cold brew coffee and coconut water</i>	<b>6</b>
<b>COFFEE CONNOISSEUR BOARD</b> <i>Cold drip, espresso, piccolo</i>	<b>8</b>
<b>70% DARK HOT CHOCOLATE</b>	<b>4.5</b>
<b>REAL CHAI LATTE</b> <i>Brewed chai tea leaves with milk &amp; brown rice syrup</i>	<b>4.5</b>

## Extras

Home-made almond milk / Inside out coconut milk 1.0  
bonsoy, extra shot, decaf 0.5

# HEALTHY ELIXIRS

<b>THE RUBY RIFLE</b> <i>Double espresso blended with grass fed organic butter and MCT coconut oil (vegan me with cacao butter) +0.5</i>	<b>6</b>
<b>MACA MOJO</b> <i>A warm caffeine-free cup of get up and go! Cacao, maca, lucuma, mesquite, all blended with cacao butter &amp; himalayan salt</i>	<b>6</b>
<b>GOLDEN LATTE</b> <i>Ayurvedic-inspired anti-inflammatory and healing remedy, house made almond milk spiced with turmeric, ginger, cinnamon and pepper, steamed with brown rice syrup and coconut oil Add shot of coffee +0.5</i>	<b>6</b>
<b>PURA VIDA ELIXIR</b> <i>Immune boosting steamed Orange juice with lemon, turmeric, ginger, cinnamon, pepper and brown rice syrup</i>	<b>6.5</b>
<b>MATCHA LATTE</b> <i>Organic japanese green tea jammed with antioxidants and chlorophyll, brown rice syrup, served on almond milk</i>	<b>6</b>
<b>MERMAID LATTE</b> <i>Anti-inflammatory pain reliever that promotes muscle recovery, blue algae, brown rice syrup and cinnamon, served on coconut milk</i>	<b>6</b>
<b>DANDY LATTE</b> <i>Caffeine free liver boost that aids digestion, dandelion chai latte with date syrup, served on almond milk</i>	<b>6</b>
<b>HOUSE MADE BEEF BONE BROTH</b> <i>Immune boosting and mineral dense (also available in our retail fridges)</i>	<b>6.5</b>

# SUPER SMOOTHIES

Add protein +1.50    Add collagen +2.0

<b>T BOMB</b> <i>Banana, tahini, cacao, cashew butter, dates, vanilla, Himalayan salt, vegan protein and almond milk</i>	<b>12</b>
<b>KETO FAT BURNER</b> <i>Mixed berries, cashew butter, bone broth, chia seeds, coconut milk and coconut oil</i>	
<b>CHOC COFFEE DATE</b> <i>Espresso shot, banana, cacao, vanilla, dates, vegan protein, almond milk</i>	
<b>FOUNTAIN OF YOUTH</b> – Avocado, kale, cucumber, banana, mint, supergreens, coconut water	<b>9.5</b>
<b>HOLY CACAO</b> – Banana, cacao, avocado, activated almonds, dates, chia seeds and almond milk	
<b>SALTED CARAMEL</b> – Banana, dates, cashew butter, rice malt syrup, himalayan salt and almond milk	
<b>MANGO ALKALISER</b> – Mango, ginger, banana, pineapple, coconut oil, chia, baobab and coconut milk	
<b>BERRY BOOST</b> – Mixed berries, coconut yoghurt, walnuts, dates, chia seeds and coconut milk	
<b>AÇAÍ SMOOTHIE</b> – Organic açai, banana, biodynamic apple juice and coconut water	
<b>CLASSIC BANANA SMOOTHIE</b> – banana, cinnamon, coconut yoghurt, local honey and full cream milk	<b>8.5</b>
<b>Detox shot board</b> <i>A cleansing trio of shots to boost the soul fire tonic / kombucha / activated charcoal</i>	<b>7</b>

## TEAS BY BODHI ORGANIC

<b>CALMING</b> – chamomile, spearmint, lemon verbena and lavender	<b>4.5</b>
<b>INVIGORATING</b> – ginger, lemongrass, lemon peel, turmeric and lemon myrtle	
<b>REVITALISING</b> – peppermint, spearmint, ginger, orange peel, withania, ginseng and bacopa	
<b>PROTECTIVE GREEN</b> – sencha and ginseng	
<b>MASALA CHAI</b> – cinnamon, black tea, ginger, cloves, cardamom and aniseed	
<b>ENGLISH BREAKFAST TEA</b>	
<b>EARL GREY TEA</b>	

# COLD PRESSED JUICES

<b>RUBY TUESDAY</b> – Watermelon, pink lady apples, pear & lime	<b>9</b>
<b>SUPER GREEN</b> – Kale, spinach, celery, lemon, cucumber, ginger & spirulina	
<b>BEETROOT ENERGISER</b> – Beetroot, cucumber, ginger & green apple	
<b>IMMUNE</b> – Orange, lemon, ginger & turmeric	
<b>ORANGE</b>	<b>8</b>
<b>APPLE</b>	

# ICED DRINKS

<b>WATERMELON, APPLE &amp; PEAR FRAPPE</b> <i>watermelon, apple &amp; pear juice blended on ice</i>	<b>8</b>
<b>COFFEE FRAPPE</b> – double espresso, dates, vanilla and milk blended on ice	
<b>ICED COFFEE</b> – with cold brew, coconut ice cream and full cream milk	
<b>ICED CHOCOLATE</b> – with coconut ice cream, cacao sauce and full cream milk	
<b>WHOLE COCONUT</b>	<b>6.5</b>
<b>ORGANIC SODAS</b> – Cola/ Ginger beer/ LLB	<b>6</b>

# KOMBUCHA

A detoxifying, gut healing, anti-ageing fermented tea  
Flavours: *Raspberry & lemon / Ginger & turmeric*

<b>GLASS</b>	<b>5.5</b>
<b>ICED KOMBUCHA GLASS</b> – kombucha on ice with berries, lemon and mint	<b>7</b>
<b>ICED KOMBUCHA JUG</b> – kombucha on ice with berries, lemon and mint	<b>12</b>

# KIDS MENU

<b>REAL FOOD PANCAKES</b> gf df vg n <i>Buckwheat, chia, teff and banana pancakes topped with seasonal fruits, organic maple syrup, coconut yoghurt, macadamia &amp; cashew crumble and a drizzle of berry coulis</i>	<b>9.5</b>
<b>DIPPY EGGS</b> df n <i>2 soft boiled eggs, spinach and ham with toasted soldiers</i>	<b>10</b>
<b>SMASHED AVO ON ORGANIC SOURDOUGH TOAST</b> df vg	<b>5</b>
<b>FREE RANGE SMOKED HAM &amp; CHEESE TOASTIE</b>	<b>7</b>
<b>KOMBUCHA (RASPBERRY &amp; LEMON/GINGER &amp; TURMERIC)</b>	<b>4</b>
<b>ORGANIC JUICES (APPLE/ORANGE)</b>	<b>4</b>
<b>HEALTHY KIDS SMOOTHIES</b> (with milk and coconut ice cream) <i>banana / choc / berry / mango (df milks available on request)</i>	<b>5</b>

# ALCOHOLIC DRINKS

## Cocktails

<b>GIN &amp; KOMBUCHA</b> – Manly Spirits botanical local gin with kombucha	<b>12</b>
<b>VITAMIN SEA</b> – Manly Spirits botanical local gin lemon, mint and fermented ginger beer	<b>16</b>
<b>YIN &amp; YANG</b> – Blackberries, basil, maple, Marine botanic local dry gin and ginger turmeric lime kombucha	<b>16</b>
<b>BLOODY RUBY</b> – Tomato juice, vodka, tamari, ginger himalayan salt and celery	<b>16</b>

## Organic Australian Wines

 VEGAN WINE

<b>BOX GROVE</b> Prosecco 2016 VIC	<b>10/40</b>
<b>TAMBURLAINE</b> Preservative free premium cuvee sparkling 2016 NSW	<b>45</b>
<b>White</b>	
<b>TAMBURLAINE</b> Sauvignon Blanc 2017 Orange NSW	<b>9/40</b>
<b>EN SOLEIL</b> Estate Pinot Gris 2016 Cape Jaffa SA	<b>50</b>

## Red

<b>TAMBURLAINE</b> Cabernet Sauvignon 2016 Orange NSW	<b>9/40</b>
<b>HAPPS</b> Preservative Free Red 2016 Margaret River WA	<b>55</b>

## Beers/Ciders

<b>BIG HEAD</b> no carb lager 4.2%	<b>8</b>
<b>STONE &amp; WOOD</b> Garden Ale 3.5% Byron Bay NSW	<b>8</b>
<b>4 PINES</b> Kolsch 4.6% Brookvale NSW	<b>8</b>
<b>O'BRIEN</b> Gluten Free Lager 4.5% VIC	<b>9</b>
<b>WILLIE SMITHS</b> Organic Apple Cider 5.4% TAS	<b>11</b>



ADD A BOTTLE OF SPARKLING WATER TO YOUR TABLE FOR ONLY \$4  
\*Proceeds go to charity\*

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