

RUBY LANE

ETHICAL EATERY

established 2016

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.

ORGANIC GROCER

Packed with quality health foods & sustainable products. We also stock our bespoke home made products like soups, paleo bread, vegan mayos, muesli and more.

WORKSHOPS & DINNER EVENTS

We host monthly workshops to educate the community on a healthy life-style plus have regular unique dinner events. Check our website for whats next and join us.

FUNCTIONS & EVENTS

Whether it's a formal sit down dinner for up to 70 or a casual stand up event for up to 100, we'll provide your guests a great experience without compromising on nutrition.

GATERING

We love healthy birthday parties, corporate meetings & casual picnics. Grab a copy of our healthy catering menu and be sure to check our whole cake menu too.

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)

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ALL DAY SEASONAL BRUNCH MENU

Kitchen closes 2.30 pm 7 days a week

WINE DEAL

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



RUBY'S FAMOUS PALEO BREAD gf df n 8

A savoury and low G.I. loaf of goodness full of cauliflower, broccoli, carrots, cashews, seeds and pasture raised eggs

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

Add smashed avocado +5

ORGANIC WHOLEMEAL SOURDOUGH df vg 6.5

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

CRISPY RICETOAST gf df vg 7

FRUIT & NUT TOAST gf df vg n 7

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 gf df n 7

Made with coconut flour, chia, dates and macadamia oil served with house made dairy-free cashew cream or cultured butter

Add coconut yoghurt and local honey +2

CHIA PUDDING gf df vg n 10

Layered coconut & vanilla soaked chia with mango puree, seasonal fruits and macadamia crumble

AÇAÍ PROTEIN BOWL gf df vg n 17

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

MORNING GLORY gf df vg n 17

Lemongrass tea infused ancient grain porridge with quinoa, brown rice, sunflower and pumpkin seeds, turmeric spice mix, topped with seasonal fruits, coco yoghurt, rhubarb compote & maple walnuts

REAL FOOD PANCAKES gf df vg n 19

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 Coco Whip +3

Add free range bacon +6

THE MANLY DAILY (vg option available) 15

Smashed avo on toasted organic wholemeal sourdough with creamy turmeric feta, herbs and a wedge of lemon (vegan me with house-made cashew cheese)

On Paleo bread gf df n +4

With house-smoked trout +7

With 2 pasture raised eggs +5

SWEET POTATO FRITTERS gf df (vg option available) 19

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

Add mushrooms +5

Add free-range bacon +6

BEACH BUN df 13

Free range bacon, pasture raised 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 gf df 20

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

On paleo bread gf df n +4

EGGS BENEDICT gf df n 20

2 pasture raised 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 +4

RUBY'S LOW CARB 'KETO' PLATE gf 23

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

SPANISH BAKED EGGS df 22

Spiced tomato, onion, capsicum and chillis with free range chorizo, quinoa, herbs, 2 pasture raised eggs and toasted organic wholemeal sourdough

EARTH BOWL gf df vg n 20

Spiced white bean baked falafels, quinoa & turmeric cauliflower rice, roast pumpkin, herbed coco yoghurt, Ruby's cashew cheese, garden leaves and a sprinkling of dukkah

Add sautéed mushrooms +5

Add pasture raised egg +3

Add pasture raised chicken or house smoked trout +6/7

HEALING BROTH BOWL gf df (vg option) 18

On your choice of house made beef or veggie broth with zucchini noodles, seasonal greens, mushrooms, carrots, coriander and nori

Add pasture raised egg +3

Add pasture raised chicken or free range pulled pork +6

GREENER PASTURES gf df n 23

Turmeric poached pasture raised chicken, on a parsnip, pea and chives smash with grilled raddichio, herbed rice croutons and a minty hemp pesto

RUBY'S PREBIOTIC MUSHROOM PATE gf df vg 13

Served with dehydrated carrot & W onion crackers and pickled

PULLED PORK BURGER df 20

Coconut water braised free range pork, asian slaw, rocket, pickles & Ruby's chipotle mayo on an organic charcoal bun

THE VEGGIE BURGER df vg 20

Chickpea, turmeric and cauliflower patty, house-made kimchi, rocket, pickles & chimichurri on an organic charcoal bun

Burger creations:

-> Go naked and replace bun with lettuce cups

-> On paleo bread gf df n +4

-> Add roast sweet potato wedges gf df vg +5

COCO Whip

MINI WHIP 3

ORIGINAL WHIP 7

CHOC SENSATION with cacao nibs & cacao sauce 10

CHOC FUDGE BROWNIE with brownie chunks & cacao sauce 12

CARAMELLO with maple cashew crunch & salted caramel sauce 10

VERY BERRY with seasonal berries & berry sauce 10

BREKKIE BOWL with house made granola and seasonal fruits 12

HOUSE-MADE TREATS

PREBIOTIC CHEESECAKE DREAM gf df vg n 10

CHOC FUDGE BROWNIE gf df vg n 7

RAW CARAMEL SLICE gf df vg n 7

PEANUT BUTTER CHOC CHIP COOKIE gf df vg n 5.5

MUFFIN OF THE DAY gf df n 5.5

BLISS BALLS gf df vg n 3.5

Add Coco Whip and cacao sauce to any treat gf df vg +3

SIDES

SMASHED AVO 5 1 OR 2 EXTRA EGGS 3/5

MUSHROOMS 5 RUBY'S PREBIOTIC CASHEW CHEESE 4

MARROWED MUSHROOMS 8 FREE RANGE BACON 6

TOMATOES 3 FREE RANGE SMOKED HAM 6

RUBY'S KIMCHI 4 PASTURE RAISED CHICKEN 6

SPINACH OR ROCKET 4 FREE RANGE PULLED PORK 6

HALLOUMI 4 HOUSE SMOKED TROUT 7

SML SWEET POTATO WEDGES 5 LRG SWEET POTATO WEDGES 8
with vegan chipotle mayo with vegan chipotle mayo

Coffee



MILK COFFEES ON ORGANIC BLEND <i>Flat white, cappuccino, piccolo, latte, mocha, macchiato</i>	3.8
BLACK COFFEES ON SINGLE ORIGIN <i>Long black, espresso</i>	3.8
BATCH BREW OF THE WEEK	5
COLD DRIP	5
BEACH BREW <i>Cold brew coffee, coconut water and mixed fruits</i>	6
70% DARK HOT CHOCOLATE	4.5
REAL STICKY CHAI LATTE <i>Chai tea leaves soaked in local honey then brewed in a pot of milk</i>	4.5

Extras

Inside out almond milk or coconut milk +1.0
 bonsoy, decaf +0.5
 Add JING medicinal mushroom blend to any drink +1.5

HEALTHY ELIXIRS

THE RUBY RIFLE <i>Double espresso blended with grass fed butter and MCT coconut oil (vegan me with cacao butter) +0.5</i>	6
MACA MOJO <i>A warm caffeine-free cup of get up and go! cacao, maca, lucuma, mesquite, all blended with grass-fed butter & himalayan salt (vegan me with cacao butter) +0.5</i>	6
GOLDEN LATTE <i>Ayurvedic-inspired anti-inflammatory and healing remedy, coconut milk spiced with turmeric, ginger, cinnamon and pepper, steamed with brown rice syrup and coconut oil Add shot of coffee +0.7</i>	6
PURA VIDA ELIXIR <i>Immune boosting steamed orange juice with lemon, turmeric, ginger, cinnamon, pepper and brown rice syrup</i>	6.5
MATCHA LATTE <i>Organic japanese green tea jammed with antioxidants and chlorophyll, brown rice syrup, served on coconut milk</i>	6
MERMAID LATTE <i>Anti-inflammatory pain reliever that promotes muscle recovery, blue algae, brown rice syrup and cinnamon, served on coconut milk</i>	6
DANDY LATTE <i>Caffeine free liver boost that aids digestion, dandelion chai latte with date syrup, served on almond milk</i>	6
HOUSE MADE BEEF BONE BROTH <i>Immune boosting and mineral dense (also available in our retail fridges)</i>	6.5

SUPER SMOOTHIES

T BOMB <i>Banana, tahini, cacao, cashew butter, dates, vanilla, himalayan salt, vegan protein and almond milk</i>	12
KETO FAT BURNER <i>Mixed berries, cashew butter, bone broth, chia seeds, coconut milk and coconut oil</i>	
CHOC COFFEE DATE <i>Espresso shot, banana, cacao, vanilla, dates, vegan protein, coconut milk</i>	
FOUNTAIN OF YOUTH – Avocado, kale, cucumber, banana, mint, hemp oil, coconut water	9.5
HOLY CACAO – Banana, cacao, avocado, activated almonds, dates, chia seeds and coconut milk	
SALTED CARAMEL – Banana, dates, peanut butter, brown rice malt syrup, himalayan salt, almond milk, topped with maple cashew crunch and caramel sauce	
MANGO ALKALISER – Mango, banana, pineapple, ginger, coconut oil, chia seeds, baobab powder and coconut milk	
AÇAÍ SMOOTHIE – Organic açai, banana, biodynamic apple juice and coconut water	
PRETTY IN PITAYA – Organic pink dragonfruit, mango, pineapple, ginger and coconut milk	
CLASSIC BANANA OR BERRY OR MANGO SMOOTHIE <i>cinnamon, coconut yoghurt, local honey and full cream milk</i>	9

SMOOTHIE EXTRAS

Add scoop of protein +1.5
 Add scoop of collagen +2

DELUXE SMOOTHIE

Add CocoWhip + house made choc/berry/salted caramel sauce +3

Detox shot board <i>A cleansing trio of shots to boost the soul fire tonic / kombucha / activated charcoal</i>	7
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TEAS BY BODHI ORGANIC

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

COLD PRESSED JUICES

RUBY TUESDAY – Apple, watermelon, cucumber, lime & raspberry	9
SUPER GREEN – Apple, celery, spinach, kale, cucumber, lemon & parsley	
BEETROOT ENERGISER – Carrot, beetroot, apple, celery, lemon & ginger	
IMMUNE – Carrot, apple, orange, pineapple, lemon & turmeric	
ORANGE	8
APPLE	

ICED DRINKS

WATERMELON, APPLE & RASPBERRY FRAPPE <i>watermelon, apple & raspberry juice blended on ice</i>	9
COFFEE FRAPPE – double shot of coffee, dates, vanilla and full cream milk blended on ice	
ICED COFFEE – double shot of coffee with full cream milk, vanilla and CocoWhip	
ICED CHOCOLATE – home made cacao sauce with full cream milk, brownie chunks and CocoWhip	
WHOLE COCONUT	7
ORGANIC SODAS – Cola/ Ginger beer/ LLB	6

KOMBUCHA

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

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

KIDS MENU

KIDS SNACK BOX gf df vg n <i>Crackers, carrot sticks, hummus, avo, sliced apple and a juice of choice</i>	13
REAL FOOD PANCAKES gf df vg n <i>Buckwheat, chia, teff and banana pancakes topped with seasonal fruits, organic maple syrup, coconut yoghurt, macadamia & cashew crumble and a drizzle of berry coulis</i>	10.5
DIPPY EGGS df n <i>2 soft boiled eggs, spinach and ham with toasted soldiers</i>	10.5
SMASHED AVO ON ORGANIC SOURDOUGH TOAST df vg	5
FREE RANGE SMOKED HAM & CHEESE TOASTIE	7
KOMBUCHA (RASPBERRY & LEMON/GINGER & TURMERIC) JUICES (APPLE/ORANGE)	5
HEALTHY KIDS SMOOTHIES (with milk and CocoWhip) <i>banana / choc / berry / mango (df milks available on request)</i>	5

ALCOHOLIC DRINKS



Organic Australian Wines

VEGAN WINE

BOX GROVE Prosecco 2016 VIC	10/40
TAMBURLAINE Preservative free premium cuvee sparkling 2016 NSW	45

White

TAMBURLAINE Sauvignon Blanc 2017 Orange NSW	9/40
TAMBURLAINE Preservative-free Chardonnay 2018 Orange NSW	50

Red

TAMBURLAINE Cabernet Sauvignon 2016 Orange NSW	9/40
TAMBURLAINE Preservative-free Shiraz 2018 Orange NSW	50

Cocktails

GIN & KOMBUCHA – Manly Spirits botanical local gin with kombucha	12
VITAMIN SEA – Manly Spirits botanical local gin lemon, mint and fermented ginger beer	16
APPLE PIE – Spiced rum, apple cider, butter, vanilla and maple syrup, served warm	16
BLOODY RUBY – Tomato juice, vodka, tamari, ginger himalayan salt and celery	16

Beers/Ciders

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



UNLIMITED SPARKLING WATER FOR YOUR TABLE \$4
 Proceeds go to charity