

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



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.

CATERING

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.

ORGANIC WHOLEMEAL SOURDOUGH <small>df,vg</small>	7
<i>A 36 hr fermented loaf from local Mrs. Jones the Baker</i>	
GLUTEN FREE FOCACCIA <small>gf,df,n</small>	7
FRUIT & NUT TOAST <small>gf,df,vg,n</small>	7
RUBY'S FAMOUS PALEO BREAD <small>gf,df,n</small>	8
<i>A savoury and low G.I. loaf of goodness full of cauliflower, broccoli, carrots, cashews, seeds and pasture raised eggs</i>	
<i>Add smashed avocado</i>	+5
<i>Add 2 pasture raised eggs</i>	+5
<i>All toasts served with cultured butter and one spread of your choice:</i>	
house made nut butters (almond, cashew, peanut, hazelnut & cacao)	
house made triple berry chia jam, local honey, vegemite	
<i>* Additional spread</i>	+1

SUPERFOOD BANANA BREAD <small>gf,df,n</small>	7
<i>Made with coconut flour, chia, dates and macadamia oil served with Ruby's dairy-free cashew cream or cultured butter</i>	
<i>Add coconut yoghurt and local honey</i>	+2
CHIA PUDDING <small>gf,df,vg,n</small>	14
<i>Coconut soaked chia with mango coulis, banana, macadamia crumble and seasonal fruits</i>	
AÇAÍ PROTEIN BOWL <small>gf,df,vg,n</small>	17
<i>Organic açai blended with banana, biodynamic apple juice, hemp protein and coconut yoghurt, topped with house-made granola, fresh seasonal fruit and mint</i>	
ANTI-OXIDANT SMOOTHIE BOWL <small>gf,df,vg,n</small>	17
<i>Banana, mango and passionfruit blended with coconut yoghurt, blue and green spirulina, topped with house made granola and fresh seasonal fruit</i>	

REAL FOOD PANCAKES <small>gf,df,vg,n</small>	19
<i>Buckwheat, chia, teff and banana pancakes topped with seasonal fruit, organic maple syrup, coconut yoghurt, macadamia & cashew crumble and a drizzle of berry coulis</i>	
<i>Add PANA coconut ice cream or free range bacon</i>	+3/6
THE MANLY DAILY <small>(vg option available)</small>	16
<i>Smashed avo on toasted organic wholemeal sourdough with Ruby's cultured ricotta, oven-dried tomato chips, greens powder, local herbs and a wedge of lemon (vegan me with Ruby's cashew cheese)</i>	
<i>On Paleo bread</i> <small>gf,df,n</small>	+4
<i>Add 2 pasture raised eggs</i>	+5
<i>Add house smoked trout</i>	+7
SWEET POTATO FRITTERS <small>gf,df (vg option available)</small>	19
<i>Served with smashed avo, pasture raised poached eggs, snow pea tendrils, Ruby's kimchi and black sesame seeds (vegan me with sautéed mushrooms instead of eggs)</i>	
<i>Add mushrooms</i>	+5
<i>Add free range bacon</i>	+6
BEACH BUN <small>df</small>	13
<i>Free range bacon, pasture raised fried egg, rocket and house-made tomato chutney on an organic charcoal bun</i>	
<i>Add smashed avo</i>	+2
<i>On Paleo bread / GF Focaccia</i> <small>gf,df,n</small>	+4
<i>Go DELUXE with halloumi and smashed avo</i>	+5
SERIOUS EGGS BENNY <small>gf,df,n</small>	20
<i>2 pasture raised eggs, toasted GF focaccia, spinach, Ruby's hollandaise (emulsion of macadamia, hemp, coconut, EVO and kombucha), lemon gremolata and chilli good oil with your choice of: free range bacon, smoked ham, house smoked trout or mushrooms</i>	
<i>On Paleo bread</i>	+4
BYRON BAY BRUNCH <small>gf,df,n (vg option available)</small>	22
<i>Paleo bread, avocado, marinated kale, heirloom carrots, cashew cheese, a soft poached egg, hemp seed dukkah and a shot of beetroot kvass (vegan me with sautéed mushrooms and a sweet potato fritter)</i>	

EARTH BOWL <small>gf,df,vg,n</small>	20
<i>Spiced white bean baked falafels, broccoli & cauliflower quinoa rice, pumpkin dip, radish, Ruby's cashew cheese, garden leaves and a sprinkle of dukkah</i>	
<i>Add pasture raised egg</i>	+3
<i>Add sautéed mushrooms</i>	+5
<i>Add grilled chicken breast / smoked trout</i>	+7
TROUT SUMMER BOWL <small>gf,df,n</small>	24
<i>Grilled Petuna ocean trout with zucchini and carrot zoodles, brown rice, cucumber, coriander, shredded nori and a tamari cashew hoisin sauce</i>	
<i>Add smashed avo</i>	+2
GREEN CHICKEN POWER SALAD <small>gf</small>	23
<i>Smoked pasture raised chicken breast, roast pumpkin, brown rice, green leaves, pickled zucchini, feta, chimichurri dressing and a house made seedy cracker</i>	
THE VEGGIE BURGER <small>df,vg</small>	18
<i>Chickpea, turmeric and cauliflower patty, Ruby's kimchi, rocket, pickles & Ruby's smoked vegan chipotle mayo on an organic charcoal bun</i>	
<i>Go naked and replace bun with lettuce cups</i>	
<i>On Paleo bread / GF Focaccia</i> <small>gf,df,n</small>	+4
<i>Add roast sweet potato wedges</i> <small>gf,df,n,vg</small>	+5
PLOUGHMAN'S FOCACCIA <small>gf,n</small>	17
<i>Triple smoked ham, hunter valley cheddar and John's fermented mustard and sauerkraut all toasted on GF focaccia</i>	
<i>Go naked and replace bread with greens</i>	
<i>Add roast sweet potato wedges</i>	+5
<i>Add garden greens</i>	+5
RUBY'S BRUSCHETTA <small>gf,n (vg option available)</small>	17
<i>Heirloom tomatoes, oven-dried tomato chips, basil pesto, Ruby's cultured ricotta and avocado on toasted GF focaccia</i>	
<i>Add pasture raised egg</i>	+3
<i>Add house smoked trout</i>	+7

TO MAKE A RESERVATION CALL US 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)

GET IN TOUCH

@rubylanewholefoods
 @rubylanewholefoods
 www.rubylanemanly.com.au

MANLY ☒ connect@rubylane.com.au ☎ 9977 7386
MONA VALE ☒ monavale@rubylane.com.au ☎ 9446 9921

HOUSE-MADE TREATS

PREBIOTIC CHEESECAKE DREAM <small>gf,df,vg,n</small>	10
CHOC FUDGE BROWNIE <small>gf,df,vg,n</small>	7
RAW CARAMEL SLICE <small>gf,df,vg,n</small>	7
PEANUT BUTTER CHOC CHIP COOKIE <small>gf,df,vg,n</small>	5.5
MUFFIN OF THE DAY <small>gf,df,n</small>	5.5
BLISS BALLS <small>gf,df,vg,n</small>	3.5
CHOC FUDGE BROWNIE SUNDAE <small>gf,df,vg,n</small>	14
<i>with salted caramel sauce and PANA coconut ice cream</i>	
<i>Add PANA coconut ice cream to any treat</i>	+3

KIDS FOOD Under 12's only

DIPPY EGGS <small>df</small>	11
<i>2 soft boiled eggs, spinach and ham with toasted soldiers</i>	
KIDS PANCAKES <small>gf,df,vg,n</small>	11
SMASHED AVO ON ORGANIC SOURDOUGH TOAST <small>df,vg</small>	6
FREE RANGE SMOKED HAM & CHEESE TOASTIE	9
KIDS EGGS ON TOAST <small>df (gf option available)</small>	6
<i>One fried egg with one slice of organic wholemeal sourdough</i>	

SIDES

SMASHED AVO	5	1 OR 2 EXTRA EGGS	3/5
MUSHROOMS	5	RUBY'S CASHEW CHEESE	4
MARROWED MUSHROOMS	8	BAKED WHITE BEAN FALAFEL	5
TOMATOES	3	FREE RANGE BACON	6
RUBY'S KIMCHI	4	FREE RANGE SMOKED HAM	6
SPINACH OR ROCKET	4	PASTURE RAISED CHICKEN	7
HALLOUMI	4	HOUSE SMOKED TROUT	7
RUBY'S CULTURED RICOTTA	4	RUBY'S HOLLANDAISE	3

C&R COFFEE



MILK COFFEES ON ORGANIC BLEND <i>Flat white, cappuccino, piccolo, latte</i>	3.8
BLACK COFFEES ON SINGLE ORIGIN	3.8
COLD BREW FILTER COFFEE	5
BEACH BREW <i>Cold brew coffee, coconut water and mixed fruits</i>	6
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

<i>INSIDE OUT</i> almond milk or coconut milk +1.0 bonsoy, decaf +0.5
Add Medicinal REISHI MUSHROOM to any drink +2.0
<i>Reishi is an antioxidant rich mushroom that promotes liver health, reduces inflammation and supports sleep by encouraging the body to return to peaceful equilibrium.</i>

HEALTHY ELIXIRS

RUBY'S GUT HEALING BEEF BONE BROTH <i>Immune boosting and mineral dense (also available in our retail fridges)</i>	6
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, maple syrup 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

SUPER SMOOTHIES

T BOMB <i>Banana, tahini, cacao, cashew butter, dates, vanilla, himalayan salt, hemp protein and almond milk</i>	12
BLUEBERRY BRAIN BOOST <i>Blueberries, banana, cacao, hemp protein, flax seeds, walnuts, dates, coconut oil and coconut milk</i>	
CHOC COFFEE DATE <i>Espresso shot, banana, cacao, vanilla, dates, hemp protein, coconut milk</i>	
FOUNTAIN OF YOUTH – Avocado, kale, cucumber, banana, mint, hemp oil, coconut water	10
SALTED CARAMEL – Banana, dates, peanut butter, brown rice malt syrup, himalayan salt, almond milk, topped with maple cashew crunch and caramel sauce	
TROPICAL VITALITY – Mango, banana, pineapple, ginger, coconut oil, chia seeds, baobab powder and coconut milk	
AÇAÍ SMOOTHIE – Organic açai, banana, biodynamic apple juice and coconut water	
CLASSIC BANANA, BERRY OR MANGO SMOOTHIE <i>cinnamon, coconut yoghurt, local honey and full cream milk</i>	9

SMOOTHIE EXTRAS

Add hemp protein +1.5 Add grass-fed collagen +2
Detox shot board 7 <i>A cleansing trio of shots to boost the soul Ruby's beetroot kvass / kombucha / activated charcoal</i>

TEAS by BODHI ORGANIC

CALMING – chamomile, spearmint, lemon verbena and lavender	
INVIGORATING – ginger, lemongrass, lemon peel, turmeric and lemon myrtle	
DETOX – schizandra, calendula, dandelion root, nettle and clovers	
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 PANA coconut ice cream	
ICED CHOCOLATE – home made cacao sauce with full cream milk, brownie chunks and PANA coconut ice cream	
WHOLE FRESH COCONUT	7
ORGANIC SODA – Cola/ Ginger beer/ LLB	6

KOMBUCHA

<i>A detoxifying, gut healing, anti-ageing fermented tea Ask for today's flavour</i>	5.5
GLASS	7
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 DRINKS



KOMBUCHA <i>(ask for today's flavour)</i>	5
JUICE <i>(apple/oj/super green/beetroot energizer/immune/ruby tuesday)</i>	5
HEALTHY KIDS SMOOTHIES <i>banana / choc / berry /mango (df milks available)</i>	5
	+1

ALCOHOLIC DRINKS



Organic Australian Wines

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 - Using Manly Spirits

GIN & KOMBUCHA – Botanical gin with kombucha and mint	12
VITAMIN SEA – Botanical gin with lemon, mint and ginger beer	16
APPLE PROSECCO PUNCH – Marine vodka with biodynamic apple juice and prosecco	16
RUBY'S APEROL SPRITZ – Aperol with biodynamic prosecco, soda and orange	16

Beers/Ciders

MODUS Session ale 3.5% Mona Vale NSW	9
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 **