

# ME NU

ALL DAY

## BREADS & SPREADS

### Ruby's Famous Paleo Bread *gf df n* 11

A low GI loaf of goodness full of seasonal veg, nuts and seeds

Add Avocado +5  
Add Bacon / trout +6 / 8  
Add 1 / 2 eggs +6 / 8

### Superfood Banana Bread *gf df n* 9

Add coconut yoghurt & honey +5

### Mrs Jones Sourdough *df vg* 8.5

### Nonies GF Focaccia *gf df n* 10

### GF Fig & Walnut toast *gf df vg n* 9

# BRUNCH

## RUBY LANE

### Smash n Hash *gf df vgo* 23

A delicious sweet potato fritter topped with smashed avocado, fresh corn salsa, chimichurri & herbs (Vegan me with mushrooms instead of eggs)

Add halloumi +4 Add bacon / trout +6 / 8

### Manly Daily *gf df vgo* 21

Smashed avocado on Mrs Jones sourdough with cherry tomato & basil confit, pickled cabbage, lemon and wattle seed bush dukkah

Add 1 / 2 eggs +4 / 6 On *gf paleo / gf focaccia* +2  
Add bacon / trout +6 / 8

### Ruby's Bircher *wheat free df vg* 18

Coconut water and orange juice soaked gluten tested oats topped with seasonal fruit, coconut yoghurt & a cranberry poached pear

### Matcha & Strawberry Chia *gf df vg n* 18

Macerated berries & Davidson plum, matcha, coconut & vanilla chia pudding topped with maple macadamia crumble

### Original Açai Bowl *wheat free df vg gfo vg n* 19

Organic acai topped with house made granola, banana, strawberries, chia, mint and coconut

Add organic peanut butter +2 Add Ruby's No-tella +2

### Serious Eggs Benny *gfo df n* 23

Two pasture raised eggs, spinach, Ruby's healthy hollandaise, gremolata & a drizzle of chilli good oil. Served on Mrs Jones sourdough with your choice of bacon, ham, mushrooms, trout (+2), pulled pork (+2)

Add halloumi +4 On *gf paleo / gf focaccia* +2

### Red Velvet Pancakes *gf df vg n* 22

Buckwheat & banana pancakes with a hint of beetroot powder topped with maple macadamia crumble, berry compote, seasonal fruit & Ruby's cacao sauce

Add *df coco ice cream / bacon* +3 / 6

*gf* = gluten free *df* = dairy free *vg* = vegan *n* = contains nuts  
*gfo* = gluten free option *vgo* = vegan option *dfo* = dairy free option

### Pulled Pork Brekky Burger *gfo df* 23

Slow braised free range pulled pork with a pasture raised egg, mild chili pineapple relish, aioli & apple slaw on a charcoal sourdough bun

Add king island cheddar +2 On *gf bun / gf paleo bread* +2  
Add sweet potato wedges +3

### Halloumi Bowl *gf* 25

Grilled halloumi, pickled beetroot, avocado, cucumber, organic black rice, cos lettuce, roasted peppers & tomatoes served with a creamy tahini dressing, chickpea popcorn & lime Add 1 / 2 eggs +4 / 6 Add chicken / trout +6 / 8

### Summer Chicken Salad *gf df n* 26

Grilled pasture raised chicken with mixed leaves, avocado, cranberries, carrot, cabbage, roasted walnuts, tomato, cucumber and an apple cider vinegar & honey mustard dressing

### Rainbow Falafel Bowl *gf df vg n* 24

Turmeric, chickpea & cauliflower falafels, white slaw, avocado, greens, kimchi, beetroot & hummus with a tahini lemon dressing & a sprinkle of wattle seed bush dukkah Add 1 / 2 eggs +4 / 6 Add chicken / trout +6 / 8

### Fish Tacos *gf df* 27

Grilled flathead with avocado, slaw, a fresh mango lime salsa, pickled onion, coriander & lime on 3 blue corn tortillas

### Wagyu Beef Burger / Bowl *gfo dfo vgo* 27

Coppertree Farms grass fed wagyu beef patty with slaw, smoked eggplant aioli, pickled onion & king island cheddar on a charcoal bun served with sweet potato wedges and chipotle mayo (Vegan me with grilled falafels instead of beef & cheese)

Bowl version with mushroom +2 On *gf bun / gf paleo bread* +2  
Add another beef patty +7

## ADDONS

Avocado	5	Halloumi	4
1 or 2 eggs	4/6	Hollandaise	3
Bacon / Ham	6	Chicken	6
Smoked Trout	8	Pulled Pork	8
Wilted greens	4	Kimchi	3
Mushrooms	4	Tomato	4
Baked Sweet Potato Wedges	7/9		

# DRINKS

## SUPER SMOOTHIES

### BERRY BRAIN BOOST 13

Berries, banana, cacao, vegan protein, flax seeds, walnuts, dates, coyo & coconut milk

### T BOMB 13

Banana, cacao, tahini, dates, almond butter, vegan protein, vanilla, salt & almond milk

### FACELIFT 13

Avocado, mango, banana, cucumber, collagen, super greens & coconut water

### CHOC COFFEE DATE 13

Espresso, dates, banana, cacao, vegan protein, vanilla & coconut milk

### SALTED CARAMEL 13

Banana, dates, brown rice syrup, salt & almond milk with home made caramel sauce

### AÇAI 13

Organic acai, banana, vegan protein, apple juice & mint

### CLASSIC BANANA OR MANGO SMOOTHIE 11

With coyo, cinnamon, honey & milk  
Add Protein or blue spirulina +2

## COLD PRESSED JUICES

### RUBY TUESDAY 9.8

Watermelon, pear, mint

### THE GREEN 9.8

Cucumber, celery, apple, spinach, lemon

### IMMUNE 9.8

Carrot, apple, ginger, turmeric

### ROOT ENERGY 9.8

Beetroot, carrot, apple, lemon, ginger

### STRAIGHT UP APPLE OR ORANGE JUICE 9.8

## KOMBUCHA / DETOX

### KOMBUCHA GLASS 7

ICED KOMBUCHA JUG *with lemon, berries, mint* 12

DETOX SHOT BOARD *Trio of sisuu fire tonic, charcoal & kombucha* 7

### SISUU FIRE TONIC SHOT 4

Open 7 days 6:30am – 3pm

Visit our website for events and more  
rubylane.com.au

## SWEETS

100% gluten and refined sugar free  
Add Ice Cream to any sweet for \$3

**Fresh Muffin of the day 6.5**

**Choc Fudge Brownie 7**

**Peanut Butter Choc  
Chip Cookie 6**

**Prebiotic Cheesecake 5**

**Friand 5**

**Protein Ball 4**

**Choc Fudge Brownie  
Sundae with cacao sauce 12**

## COFFEE & FRIENDS

**Cold Drip Filter Coffee 6**

**Beach Brew - A hydrating coffee! 7**  
With cold brew, coconut water, fruit & ice

**Little Italy Coffee regular 4.8**

**Little Italy Coffee large 5.5**

**Strawberry Matcha 10**

**Iced Latte / Long Black 5.5**

**Iced matcha / Chai 6.5**

**Organic Chai Latte 5**

**Brewed Sticky Chai Pot 6**

**Affogato 10**

*Add MCT / Lion's Mane +2*

*Almond / Oat / Coconut / Soy +1*

*Extra shot / decaf +0.5*

## ORGANIC TEAS 5.5

### Ginger Glow

Ginger, lemongrass, marigold, hibiscus

### Detox

Dandelion, nettle spearmint, fennel, mate, rosehip, rooibos & ginger

### Calming

Chamomile, liquorice root, lavender, hibiscus, peppermint & rose petals

### Green

Sencha green & Jasmine blend

### Minty

Peppermint, spearmint, withania, Siberian ginseng, bacopa

### English Breakfast / Earl Grey

## HEALTHY ELIXIRS

**Healing Chicken Bone Broth 7**

**Maca Mojo 6.5**

Organic cacao, mesquite, lucuma, salt & maple all blended with grass fed butter (vegan me with almond milk)

*Add shot of coffee +0.7*

**Ruby Rifle 6.5**

Double shot espresso blended with grass fed butter & mct oil

**Pura Vida 6.5**

Immune boosting orange, lemon, ginger, turmeric & cinnamon gently steamed with local honey

**Dandy Latte 6**

Dandelion chai latte for a caffeine free liver boost on almond milk

**Golden Latte 6**

Anti-inflammatory remedy of turmeric, ginger, cinnamon & pepper on almond milk

**Matcha Latte 6.5**

Organic Japanese green tea jammed with anti-oxidants on almond milk

## ICED DRINKS

**Elderberry & Watermelon Spritzer 11**

From Jo's Herbadashery – great for immunity

**Iced Matcha / Iced Chai 6.5**

**Iced Coffee / Iced Chocolate 9.5**

**Watermelon & Raspberry Frappe 9.5**

**Whole Coconut 7.5**

**Kreol sparkling AVC 7**

Blood orange or passionfruit

**Organic Sodas - Ginger beer / cola / LLB 6**

**Sparkling Water- unlimited for your table 5**

## MOCKTAILS

**Dayse Awaken Spritzer 12**

**Elderberry & Watermelon Spritzer 11**

From Jo's Herbadashery – great for immunity

**Lautus Sparkling Rose - 0 alcohol 12**

## ORGANIC WINE by Tamburlaine

**Mimosa 10**

Prosecco & Orange juice

**Bellini 10**

Prosecco & Watermelon Juice

**Prosecco 11**

**Sauvignon Blanc 11 / 50**

**Chardonnay 55**

**Cabernet Sauvignon 11 / 50**

## BEER

**Heaps Normal - 0 alcohol 8.5**

**4 Pines Japanese Lager 10**

**O'Briens Gluten Free Lager 10**

**Willie Smiths Organic Cider 12**

## COCKTAILS

**Watermelon Margarita 18**

**Espresso Martini 18**

**Aperol Spritz 14**

**Gin & Kombucha 12**

**Need some catering?**



We have a great range, scan the QR code and get in touch with us!