

# NEVEDYA

FOOD FOR THE SPIRIT

*Created with love to nourish the heart and body.*

**Organic.**  
**Sustainable.**  
**Ethical.**  
**Nutritious.**  
**Rejuvenating.**  
**Delicious!**

*Our kitchen closes at 2 on weekdays*

*Check out our specials boards & cake fridge  
for some more delicious options!*

**Please ensure you let us know about any dietary requirements before ordering!**

*v - vegan   v0 - vegan option   gf - gluten free   gfo - gluten free option*

We try our best, but some food may contain  
trace amounts of dairy, eggs, gluten, nuts or seeds.

15% public holiday surcharge

## LIGHT MEALS

### LIVE MISO SOUP - 8

Purifying genmai miso with shiitake mushrooms, dulse & wakame seaweed  
and silken tofu *v gf*

### SPICED FRUIT TOAST - 8.5

Sourdough fruit toast with dates, figs and apricots.  
Served with butter or house-made vegan cashew butter *vo*

### MACROBIOTIC AVOCADO ON TOAST - small 12 / regular 17

Cleansing Japanese style smashed avocado with live miso, pickled carrot & seaweed,  
cucumber and toasted sesame seeds on local artisan sourdough toast *v gfo*

ADD: tamari tempeh +4    maple smoked tofu +4    poached / grilled egg +3    haloumi +4

### CARDAMON & DATE CHIA PUDDING - 14.5

Light & refreshing with seasonal fruit, coyo coconut yoghurt and maple candied nuts *v gf*

### MEXICAN CHILLI BEANS AND TOAST - 16

Beans slow-cooked with smoked Mexican chillies, fresh spinach, barrel-aged  
Greek goat & sheep feta, first-press olive oil and locally baked sourdough toast *vo gfo*

ADD:    vegan almond feta +1    guacamole +3    poached / grilled egg +3  
         scrambled eggs +5    tamari tempeh +4    maple smoked tofu +4

### POACHED EGGS & SOURDOUGH TOAST - 17

Local artisanal sourdough toast with sautéed greens,  
two poached eggs, spiced cashews, porcini salt and sauerkraut *gfo*

ADD: smashed avocado +3    haloumi +4    maple smoked tofu +4

# BIG MEALS

## MASALA POTATO DOSA - 18

South Indian fermented lentil and rice crêpe with spiced pea & potato masala, tomato coconut chutney, coconut yoghurt and green mango pickle *v gf*

ADD: cheddar & feta +3    scrambled eggs +5    sautéed spinach +3    grilled egg +3

## MEXICAN DOSA - 21

With refried beans, charred tomato & onion salsa, corn & mixed greens salad, cheddar & barrel-aged feta and guacamole *vo gf*

ADD: vegan smoked mozzarella +1    poached / grilled egg +3    maple smoked tofu +4

## SUPERFOOD BUCKWHEAT BANANA PANCAKES - 22

With coyo coconut yogurt, pure dark Canadian maple syrup, maca cacao mousse, raspberries, seasonal fruit, and sacred acai-based 10 berry powder packed with anti-oxidants for vitality and longevity *v gf*

## PESTO & CHEDDAR SCRAMBLED EGGS - 19.5

With spinach, barrel-aged Greek goat & sheep feta, basil parmesan pesto and cherry tomatoes with local artisan sourdough toast *gfo*

ADD: haloumi +4    maple smoked tofu +4

## 500 METRE MUSHROOMS & HALOUMI - 24

Local Upwey-grown heirloom king oyster mushrooms with field mushrooms, saffron cream sauce, sautéed spinach, hand-stretched goat & sheep haloumi on local artisan sourdough toast *gfo*

## HEALING MUSHROOMS & TURMERIC AREPAS - 24

Soft potato and corn masa breads with medicinal mushrooms, local king oyster & field mushrooms, avocado & greens salad with chaga & reishi mushroom dressing, almond feta and a chilli tomato tahini sauce *v gf*

CHOOSE: tamari tempeh *or* maple smoked tofu

ADD: poached / grilled egg +3

# COFFEE

Our organic & fair-trade coffee is roasted locally by Silva Coffee in the Yarra Ranges. We feature a rotating selection of single origin and blends.

Like wine, the flavour of coffee changes depending on where it is grown, the climate of that harvest year, the type of bean, and how it is roasted.

Choose your bean:

**MEXICAN** - *SMOOTHER & CREAMIER*

**Poured as a mild double shot**

Sweet malt biscuit up front in a creamy syrupy body with a toffee finish

~\*~

**EAST TIMOR** - *DARK & STRONG*

**Poured as a strong double ristretto**

Dark, dusty cocoa with a bitter sweet finish

Choose your milk - all the same price!

**HOW NOW HAPPY COW MILK**

Ethical milk from a small kind local farm

**BONSOY**

**ACTIVATED ALMOND MILK**

Choose your style:

Black / Piccolo / Macchiato	4	In a mug	+50c
With milk	4.5	Extra shot / decaf	+50c

# TEA & CHOCOLATE

## MASALA CHAI - 4.5

Our own chai spice blend slow-brewed on the stove like in India

## TURMERIC LATTE - 4.5

Spiced latte with turmeric, cardamon, cinnamon and ginger

## MATCHA LATTE - 4.5

Japanese ground green tea served with steamed milk

## MACA & CARDAMON HOT CHOCOLATE - 7.5

Mood balancing hot chocolate with melted dark chocolate, South American maca, cardamon, ginger, raw cacao, coconut cream and milk served in a mug

## POT OF TEA - 5 (serves 3 cups)

Peppermint

Earl Grey

Lemongrass & Ginger

English Breakfast

Green Tea

Rooibos

Chamomile

*Choose your milk - all the same price!*

### HOW NOW HAPPY COW MILK

Ethical milk from a small kind local farm

### BONSOY

### ACTIVATED ALMOND MILK

*In a mug +50c*

# COLD DRINKS

## **BOD KOMBUCHA - 6.5**

Slow-fermented & infused with ayurvedic **chai spices** or **berry & ginger**.  
*Live probiotics boost your immune system, aid digestion & energise you.*

## **TURMERIC GINGER & HONEY BEER - 6.5**

Cold-pressed ginger & turmeric juice with ginko, brahmi, gotu kola & no added sugar.  
*Anti-oxidant, improves circulation, anti-anxiety properties & relieves stress.*

## **YUZU LEMONADE - 6.5**

Japanese yuzu citrus juice with a dash of unpasteurised apple cider vinegar & no added sugar.  
*Immune boosting, anti-inflammatory, anti-bacterial & a digestive aid.*

## **SIX BARREL SPICED HERB COLA - 5**

With lime, orange, cinnamon, kola nut, coriander seed, and lavender.

## **COFFEE / CHAI / MATCHA / TURMERIC on ICE - 4.5/5**

### **ICED COFFEE with ICE CREAM - 7.5**

19 grams of single origin East Timor espresso, ice cream and milk

### **MACA ICED CHOCOLATE with ICE CREAM - 8.5**

Mood balancing iced chocolate with melted dark chocolate, South American maca, cardamon, ginger, raw cacao, coconut cream, ice cream and milk

## **COCONUT WATER - 5**

## **SPARKLING BIO-DYNAMIC APPLE JUICE - 5**

## **BIO-DYNAMIC PEAR JUICE - 5**