

Health Cafe & Market

Brio

MENU



PERFORMANCE NUTRITION • 100% GLUTEN FREE & REFINED SUGAR FREE
KETO / LCHF (LOW CARB, HIGH FAT) HEAVEN • GUT HEALTH EXPERTS

Protein Fuel

BREAKFAST BOWL < 10.30am

Regular 14 / Large 18

Your choice of premium protein served w' free range, dairy free scrambled eggs, smashed avo, baby spinach and paleo scatter

Step 1 Choose your protein

- grass-fed beef brisket
- grass-fed savoury mince
- vegan quinoa falafel burger

Step 2 Add mushrooms

- add Swiss brown
- buttered mushrooms +3

Step 3 Add all-day superfood boosters (opt.)



ADD TO ANY BOWL

All-day superfood booster

- cultured cashew cheeses +2
tasty / pesto / chilli / beetroot
- fermented vegetables +2
organic sauerkraut
beet and ginger kraut / kimchi
- LCHF activated seed loaf +3
- smashed avocado w' turmeric +4

Drink

- regular coffee +4
- Bulletproof™ coffee +6
- functional beverages (see display fridge)

PROTEIN BOWL > 10.30am

Regular 14 / Large 18

Your choice of premium protein served w' your choice of rice and salad

Step 1 Choose from the rotating range of premium protein sources

- grass-fed beef brisket
- free range pork belly in katsu sauce
- grass-fed savoury mince
- grass-fed beef and mushroom ragout
- free range pork chili con carne
- vegan quinoa falafel burger

Step 2 Choose carbs or low carb

- basmati rice
- low carb cauliflower rice
- w' coconut aminos +3

Step 3 Choose your salad

- raw broccoli cashew crunch
- detox greens
- tangy zoodles

Step 4 Add all-day superfood boosters (opt.)

Gut Health

BONE BROTH

Hot

Signature Grass-Fed Beef Bone Broth 5.5 / 6.5 / 7.5 cup
w' anti-inflammatory herbs and spices: turmeric, cumin and coriander plus coconut oil

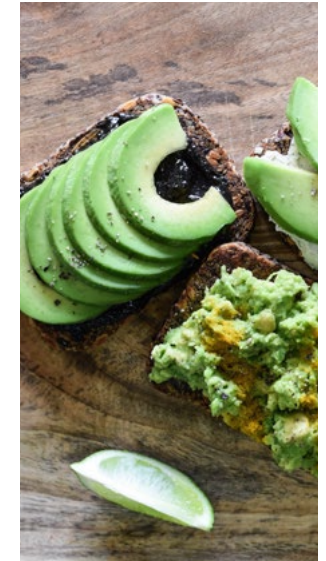
Free Range Chicken Bone Broth 6 / 7 / 8 cup
Thai style immune boosting soup

FILL IT OUT +3 ea
add a slice or two of toasted organic activated LCHF gut cleansing seed loaf

Cold

Bone Broth Kombuchas 7 bottle
the perfect gut healing combo combining all the benefits of bone broth w' the probiotic properties of kombucha in an icy cold refreshing drink

All our Broths are available in 1L take home pouches. Bulk and saver packs available, enquire with staff. Or try our world first Bone Broth Concentrate.



TOASTIES

Functional toppings on two slices of toasted LCHF activated seed loaf. Available all day

12

Cashew Cheese & Sliced Avocado

Everymite & Sliced Avocado

Smashed Avocado, MCT & Turmeric

Smashed Avocado & Tomato

Raw Cleanse

RAW BOWLS

All our bowls are made on a base of cold pressed coconut and almond mylk. Topped with chocolate buckinis or granola.

Green Mango 14

kale, spinach, mango and banana topped w' macadamia granola, banana, passionfruit, kiwi, coconut
Add raw greens powder +2

Pow Pow Cacao 16

organic pure acai, banana and raw cacao topped w' chocolate buckinis, banana, strawberry, coconut, dairy and sugar free chocolate kibble and fudge

Muscle 14

organic pure acai, banana, raw vanilla or espresso protein topped w' macadamia granola, banana, kiwi, strawberry, coconut, hemp seeds

Pitaya Pb 14

organic pitaya, banana and peanut butter topped w' macadamia granola, banana, strawberry, peanut butter, coconut, cacao nibs



Specialty

Mermango 16

organic blue spirulina, banana, mango topped w macadamia granola, banana, blueberry, kiwi, coconut, dragon fruit (seasonal)

La Vida Low Carb 16

organic pure acai, mixed berries, vanilla coyo topped w macadamia granola, strawberry, vanilla coyo, coconut, cacao nibs
banana free

RAW SMOOTHIES

Choose your base: Cold Pressed Coconut Almond Mylk or Coconut Water or Water

Green Energy 10 / 12

spinach, kale, banana, pineapple, lemon, ginger, organic matcha
Add raw greens powder +2

Muscle 10 / 12

organic pure acai, banana, raw protein powder (vanilla or espresso)
Add organic beet powder +2

Boosted Bounty 10 / 12

banana, cacao, coconut, organic wildcrafted herbs. Includes astragalus root, dandelion root, he shou wu plus more

Pitaya Pb Probiotic 11 / 13

organic pitaya, banana, peanut butter, pre/probiotic

Mermango 11 / 13

banana, mango, blue spirulina

Queen of Green 11 / 13

spinach, kale, mango, cashews, avocado *banana free*
Upgrade w' pre/probiotics +2

La Vida Low Carb 11 / 13

mixed berries, vanilla coyo, avocado, chia *banana free • low fructose*
Add Brain Octane +2

Keto Heaven



KETO TREATS

Fatboy Sundaes

GF, RSF, LCHF
13 single (1 scoop)
25 share (3 scoops)

fat burning sundaes... EPIC!

Your choice of ice cream flavour scoop/s covered w' smashed cookies, chocolate bars, kibble and sauce - all keto friendly. YES!

Affogato 10

double shot single origin espresso over a scoop of our very own Fatboy ice cream loaded w' XCT Oil - choose vanilla or chocolate ice cream

Keto Bars 4.5 ea

choc mint / choc coconut / choc orange / peanut butter



KETO SHAKES

Regular 12 / Large 14

Choc Mint / Choc Orange / Choc Peanut Butter

coconut mylk, avocado, cacao, XCT, chocolate high fat ice cream, sweetened w' organic birch xylitol, plus your choice of flavour add on: pure peppermint oil / wild orange oil / peanut butter

Vanilla Peanut Butter

coconut mylk, peanut butter, XCT, double scoop vanilla high fat ice cream, sweetened with organic birch xylitol

Cookies & Cream

coconut mylk, choc chip keto cookie, XCT, double scoop vanilla high fat ice-cream, sweetened with organic birch xylitol

Espresso

coconut mylk, double shot espresso, XCT, double scoop high fat ice cream (choose vanilla or choc), sweetened with organic birch xylitol

Fatboy Ice Cream Cookie Sandwich GF, RSF, LCHF 11.5 ea

our super creamy high fat ice cream covered in chocolate and/ or peanut butter, sandwiched between two keto-friendly cookies. three flavour combos to choose from:

CHOC CHIP COOKIE

w' vanilla ice cream or
w' chocolate ice cream or
w' peanut butter ice cream



Coffee & Tonics

PERFORMANCE COFFEE

The Classics

(Available Hot or Cold)

Original Bulletproof™ Coffee 7

double shot long black locally roasted, high altitude, single origin premium coffee infused w' Bulletproof™ Brain Octane and 100% grass-fed butter

Bulletproof™ Cappuccino 7

original dusted w' sugar free cacao sweetener

Bulletproof™ Mocha 9

original infused w' added Bulletproof™ Hot Chocolate

Bulletproof™ Vanilla Latte 8

original infused w' added Madagascan vanilla dusted w' sugar free vanilla sweetener

Caffeine Free

Bulletproof™ Hot Chocolate 8

Bulletproof™ Keto Hot Chocolate Mix (organic cacao powder, organic cacao butter, organic xylitol and Madagascan vanilla) blended w' XCT and grass-fed butter

Iced Keto Creations

Bulletproof™ Affogato 10
double shot single origin espresso over a scoop of our very own Fatboy ice cream loaded w' XCT Oil - choose vanilla or chocolate ice cream

Keto Nitro W' Fatboy Ice Cream 12

double shot single origin espresso, premium sparkling water, Bulletproof™ Brain Octane Oil blended w' a double scoop of our Fatboy keto ice cream, poured over ice

UPGRADES

grass-fed butter + 1

Bulletproof™ Brain Octane +2

extra shot coffee + 1

shroom boosters + 2

Ferriss: lion's mane & chaga mushroom

Rogan: cordyceps & chaga mushroom

Bulletproof™ Collagen + 2

BUTTER ALTERNATIVES

Bulletproof™ Ghee +2
lactose friendly

Bulletproof™ Cacao Butter +2
lactose and vegan friendly



FUNCTIONAL LATTES

Made on dairy free cold pressed coconut & almond milk unless otherwise requested

5 / 6 / 7

Beetroot & Cacao

organic raw cacao, beetroot powder, ginger, pink rock salt

Turmeric

turmeric, cinnamon, ginger, black pepper, Madagascan vanilla

Reishi Chai

cinnamon, cardamon, reishi powder, ginger, nutmeg and clove sweetened w' organic coconut sugar

Matcha

organic matcha powder, Madagascan vanilla

TRADITIONAL COFFEE

All made on full cream unhomogenised milk unless otherwise requested

Espresso 3

Piccolo 3.8

Long Black 3.8 / 4.8 / 5

Latte 4 / 5 / 5.5

Flat White 4 / 5 / 5.5

Cappuccino 4 / 5 / 5.5

Mocha 4 / 5 / 5.5

Iced Latte 6 / 7.5

Iced Mocha 6 / 7.5

Iced Chocolate 6 / 7.5

dairy alternatives - cold pressed coconut and almond / organic almond +1

TONICS

Organic & Herbal Teas 4.5

English breakfast / green / peppermint / chai

Fire Tonic Fiery Tea 5 / 6

Hilbilby's Fire Tonic plus lemon and honey

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