

'Try our Lunchbox'

Salad, Snack & Protein Ball

\$15 ↓

Weekdays at our front counter

- BUILT FOR SPEED -

Chicken Tacos GF, DFO 13

La Tortilleria Corn Tortillas, Chicken, Spiced Beans, Charred Corn Salsa, Cheese, Cabbage, Avocado, Sour Cream & Quinoa * 3 serves

Baked Potato: GF, DFO 10 **Sweet Potato:** +2

Charred Corn Salsa, Avocado, Shredded Cabbage, Cheese, Sour Cream + Choice of: Chicken, Crispy Bacon, Sauteed Mushrooms or Tuna

Soup of the Day: GFO, DFO, VeO 10

Seasonal Vegetables from South Melbourne Market. Served with Black Ruby's Bakery Bread & Toasted Seeds

Nachos: GF, DFO, Ve 13

Organic Corn Totopos, Beans, Charred Corn Salsa, Cheese, Organic Tomato Salsa, Avocado, Sour Cream & Toasted Quinoa. Additional +3: Chicken

Acai Berry Bowl: GFO, DF, Ve 15

Organic Acai Berry, Blueberries, Raspberries, Almond Milk, Banana, Cinnamon, Coconut Flakes, Granola, Coconut, Fresh Fruits & Edible flower Confetti

Avo On Toast : GFO, DFO, VeO 13

Avocado smash, Gippsland Feta, Dukkah, Sliced Tomato

- DAILY BREAKFAST -

Eggs Your Own Way: GFO, NF, V 10

Add Bacon +4

Poached, Scrambled or Fried
Served with Sourdough

Signature Omelette: GFO, DFO 16

Ham, Tomato, Spinach, Mushroom, Cheese, Toasted Dukkah, Feta & Microgreens.
Served with Sourdough

@FedUpProject

For Free Meals, Images & Reviews On Instagram

Meal Upgrades:

Avocado +3

Proteins: Eggs your way +3

Bacon +4 Feta Cheese +3

Boiled Egg +1.5 Gluten Free bread +2

Sour Cream +1 Grilled Tomato +2

Smoked Salmon +4 Market Spinach +2

Tuna in Olive Oil +1 Non-Dairy Milks +1

Grilled Chicken +3 Mushrooms +2

- WEEKEND BREAKFAST -

Buckwheat Crepes: GF, DFO 15

Smoked Salmon: Capsicum Salsa, Burd's Farm Poached Egg, Gippsland Feta, Spinach, Toasted Quinoa & Microgreens

Market Vegetables: *Burd's Farm Poached Egg*, Gippsland Feta, Avo, Dukkah, Seeds & Microgreens

The Avo Stack: GFO, V, DFO 20

Sliced Avocado, Crumbled Feta, Diced Tomato, Soft Poached Eggs, Berties Free Range Bacon, Herb Croutons, Toasted Dukkah & Microgreens. Served with Sourdough

S'mores French Toast: GFO 16

Chocolate, Homemade Toasted Marshmallows, Banana, Strawberries, Maple, Vanilla Ice Cream, Biscuit Crumb

Crepes & Ice Cream: GF 15

Choose from: Maple & Butter, Banana & Salted Caramel or Lemon & Sugar

Peanut Butter Parfait: GF 16

Coconut & Peanut Butter Parfait, Strawberries, Raspberry Sorbet, Banana, Granola, Biscuit Crumb, Chocolate Sauce

Apple & Cinnamon Waffles: GF 16

Stewed Apples, Salted Caramel Sauce, Toasted Almond & Coconut Crumb, Vanilla Ice Cream

FedUpProject.com.au | 210 Clarendon St, South Melbourne

Mon - Fri: 6am - 5pm | Sat: 8am - 2pm

Sarah & Tom: 0428438348



FED UP PROJECT

Lifestyle Eatery

Coffee By Cortado:

Short 3.00
Small 3.50
Large 4.30
X-Large 4.80



Dairy Free Milks: 50c

Bonsoy- Soy Milk
Almond Breeze Almond milk,
House-blend Coconut Milk

Mocha 50c
Chai Latte 50c

Tea 4.00

South Melbourne Breakfast
Peppermint
Lemon and Ginger Brew
Honeydew Green
English Breakfast
Supreme Earl Grey
Camomile
Brown Rice Green Tea

Specialty Hot Drinks 5.00

Golden Latte (Tumeric, Cinnamon, Ginger,
Honey, Pepper, Coconut Milk)
Coconut Latte
Matcha Latte (Matcha, Honey, Milk)
Organic Hot Chocolate (1 size) Lrg
Loose Leaf Chai in a Pot
Bullet Proof Coffee
Bounty Hot Chocolate +50c

Cold Drinks

Organic Iced Chocolate Frappe 5.00
Iced Latte 5.00
Sparkling Water 4.50
Helping Humans Cold Pressed Juices 5.00
Helping Humans Komboucha 5.00
Still Water 3.00

- Fresh Catering - Fast & Can be ordered Daily

Our food options boost productivity by improving the digestion rate of converting food to energy! This gets your team/ group to thinking clearer, so you can get the most out of your meeting or function!

Order Today, Ask Sarah
GF, DF, V, Ve, NF

- SO NAUGHTY BUT NICE - Healthy Desserts

These delicious sweets are on display Daily at our front counter we cater our sweets to suit you:
*Vegan, Paleo, Dairy free, Nut free,
Refined Sugar free, Gluten free
Come and try our range of Raw Slices,
Fresh Baked Cakes,
Nourishing Treats and Snacks, plus plenty more!*

- COOKING BIRTHDAY PARTY -

Includes:
Mini Cooking Class
Party Host + Games
Venue Hire
Gourmet Food
2 hours Non-stop fun

**We Cater to most dietary requirements*

- NOURISHING REFRESHMENTS -

Juices 8

Green Machine:

Apple, Silverbeet, Kiwifruit, Celery, Mint

Golden Glow:

Orange, Carrot, Lemon, Ginger, Tumeric

The Cleanse:

Watermelon, Carrot, Lemon, Celery, Orange

Detox:

Beetroot, Apple, Carrot, Ginger, Lemon, Celery

Smoothies 9 (All GF, DF, Ve)

Banana & Spice: Almond Milk

Banana, Cinnamon, Freshly grated Nutmeg, Honey

Fruit Salad: Coconut Milk

Banana, Raspberry, Mango, Honey

Peanut Butter Coffee: Coconut Milk

Espresso, Organic Chocolate, Banana, Peanut Butter

Berry Ripe: Coconut Milk

Organic Chocolate, Blueberries, Raspberries, Cherries

The Cloud: + 2 for protein

Blueberry, Banana, Water +Whey Protein

Fed Up & Go: Almond Milk + 2 for protein

Organic Chocolate, Banana, Cinnamon +Protein

Thick Shakes 10 (All Made With Love)

Banana Salted Caramel:

Salted Caramel, Banana, Banana chips, Ice cream

Strawberries & Cream:

Strawberry compote, Banana, Strawberry, Ice cream

Peanut Butter Chocolate:

Banana, Peanut butter, Chocolate, Milk, Ice cream