

THE MENU
 CREATED BY CHEFS
 APPROVED BY
 NUTRITIONISTS

BEN'S

Supernatural
 · FAST FOOD ·

100% NATURAL
 & UNPROCESSED.
NO REFINED SUGAR.
NO GMO'S.
NO TRANS FATS.

BURGERS

ALL WITH
 LC GF LC GF
 BUNS

Organic Stoneground, Gluten Free [+2] or Low Carb [+2]

GRASS FED BEEF [12]

Tomato, lettuce, supernatural sauce, pickle **DFO**

CHEESE BURGER [13]

Tomato, low fat tasty cheese,
 supernatural sauce, pickle **DFO**

CHICKEN & AVOCADO [14]

Tomato, cos lettuce, kale pesto **DFO**

CHICKEN SCHNITZEL [14]

Rocket, raw slaw, herbed yoghurt **DFO**

STEAK SANDWICH [15]

Grass fed steak, balsamic roast red onions, low fat
 cheese, rocket, smoky supernatural BBQ sauce

GREEK LAMB [15]

Kofta, carrot, cucumber, rocket, herbed yoghurt

FISH BURGER [17]

Succulent fish and prawn patty, peashoots,
 snow pea tendrils, chermoula aioli

PULLED MUSHROOM [14]

Tofu mayo, cashew cheese, spinach
 and balsamic onions **V VGO DF**

GRILLED TEMPEH [15]

Tofu mayo, kale slaw **V VGO DFO**

ADD: Coconut egg, Avocado, Low fat cheese, Cashew Cheese [3]
 Mushrooms [4] Nitrate free bacon [5]

SIDES

V VGO GF

SAUTÉED SEASONAL GREENS [8]

BAKED SWEET POTATO CHIPS [6/8]

ROASTED SEASONAL VEGETABLES [8]

HALF A CORN COB ROASTED WITH GARLIC [5]

WRAPS [10]

ALL WITH
 LC GF LC GF
 WRAPS

Wholewheat, Gluten Free [+2] or Low Carb [+2]

CHICKEN & AVOCADO

Tomato, leafy greens, kale pesto **DFO**

LAMB KOFTA

Roast capsicum, feta, leafy greens
 and herb yoghurt

SLAW SCHNITZEL

Chicken schnitzel, raw slaw, herb yoghurt

TEMPEH TERIYAKI

Tofu mayonnaise, peashoots,
 leafy greens, avocado **V VGO DFO**

GREEN POWER WRAP

Quinoa, zucchini, tofu, leafy greens,
 roasted garlic, broccoli, chermoula **V VGO DFO**

FALAFEL WRAP

Cucumber, carrot, herbed yoghurt
 and leafy greens **V VGO**

HOT BOWLS

ALL
 GF

PUMPKIN GNOCCHI [15]

Kale pesto, garlic roasted kale,
 goats cheese and balsamic onions **V VG**

CHICKEN TAGINE [16]

Capsicum, date, goji berries, quinoa,
 wild rice, spiced roasted cauliflower

BEEF BOURGUIGNON [17]

Green beans and broccolini **DF**

BEAN RAGU [15]

Zucchini spaghetti, crispy shallots **V VG DF**

BREAD
 ROLL [3]

SOUP

REG [6]
 LG [10] **ALL**
VG GF

CHICKEN & VEGETABLE
 VEGAN THAI SWEET POTATO **V**
 SOUP OF THE DAY

SALAD

REG [9]
 LG [12] **ALL**
V

STEP 1: CHOOSE YOUR BASE

RAW KALE SLAW

Red cabbage, carrot, kale, parsley
 & chia mustard vinaigrette **VG GF DF**

ZATAAR SALAD

Zataar, roasted sweet potato, chickpeas, goats feta,
 spiced cauliflower, tahini, lentils, dates, roasted garlic,
 kale, cucumber, lemon, olive oil **GF DF**

WALDORF SALAD

Grapes, radicchio, roasted walnuts, celery, red onion,
 cos, parsley, green beans, apple dressing **VG GF DF**

COUS COUS SALAD

Israeli cous cous, roasted beetroot, lemon, seeds,
 barberries, onion, parsley, coriander, cumin,
 cucumber, mint, lemon herb dressing **VG DF**

GRAIN SALAD

Quinoa, brown rice, seeds, tomato, zucchini, goji
 berries, grated carrot, lemon herb dressing **VG GF DF**

ASIAN NOODLE SALAD

Red cabbage, Chinese white cabbage, carrots,
 spring onion, chili, cashew nuts, red capsicum,
 peanut satay dressing **VG GF DF**

STEP 2: ADD PROTEIN **GF**

STEAK [5] STEAMED CHICKEN BREAST [4]

CHICKEN SCHNITZEL [5] LAMB KOFTA [5] FALAFEL [4] **VG**

BOILED EGG [3] PULLED MUSHROOMS [4] **VG** TEMPEH [5] **VG**

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UNTIL
 W/D 12PM
 W/E 2PM

BREAKFAST

ALL WITH
 GF GF
 MUFFIN

ENGLISH BREAKFAST MUFFINS

Organic Stoneground, Gluten Free [+2] or Low Carb [+2]

TOASTED MUFFIN [6]

Cultured butter & raspberry chia jam **V**

AVOCADO SMASH MUFFIN [10]

Coconut egg, feta cheese, spinach **V**

GRASS FED BEEF MUFFIN [11]

Coconut egg, tomato sauce, spinach

NITRATE FREE BACON MUFFIN [11]

Coconut egg, tomato sauce, spinach

EGGS YOUR WAY [9]

Poached, scrambled or fried in coconut oil
 on a toasted muffin of your choice **V**

GREEN EGG BOWL [16]

2 poached eggs, sauteed broccoli, sugar
 snap peas, green beans and almond dukkha **V**

ACAI FRUIT BOWL [14]

Banana, blueberries, acai, chia, maple syrup,
 passionfruit, kiwi fruit and granola **V VG GF DFO**

VANILLA PROTEIN PANCAKES [14]

Seasonal fruit compote, banana, coconut
 yoghurt and pure maple syrup **V VG GF DFO**

ADD TO ANY BREAKFAST MEAL:

COYO [2] SPINACH, EXTRA EGG, TOMATO, FETA [3]

NITRATE FREE BACON, SMASHED AVOCADO, MUSHROOMS [5]

GRAB & GO

ALL
 V GF

GRANOLA [9]

CHIA PUDDING [10]

BIRCHER MUESLI [9]

FRUIT CUPS WITH COCONUT YOGHURT [8] **VG**

DRINKS

ORGANIC AND FAIR TRADE COFFEE [3.9]

HERBAL TEAS & INFUSIONS [3.5-5]

PURE SPRING NATURAL ALKALINE WATER [3.9]

SUGAR FREE KOMBUCHA ON TAP [5/7]

FRESH COCONUT WATER [5]

COLD PRESSED JUICES [8]

ORGANIC BEERS & CIDERS [8.5/9]

ORGANIC AND PRESERVATIVE FREE WINES [9]

“EVERYONE'S DRIVEN
 BY SOME SORT OF
PURPOSE.

OURS IS TO CHANGE HOW THE WORLD SEES FASTFOOD

BY GIVING PEOPLE
 A **GENUINELY HEALTHY**
 OPTION THAT TASTES
 ALMOST TOO GOOD TO BE

TRUE.

THAT'S WHY WE ONLY
 USE **WHOLE, NATURAL**
 AND **UN-PROCESSED**
 INGREDIENTS, SOURCED
 FROM LOCAL AND BIODYNAMIC FARMS WITH
 SUSTAINABLE, **ETHICAL** FARMING PRACTICES.”

NO ADDED OR
 REFINED SUGAR.
 NO TRANS FATS.
 NO HORMONES.
 NO PRESERVATIVES.
 NO GMO'S.

[NO CRAP. NO GUILT.
 NO WORRIES & NO BS.]

Our Gluten Free products are produced in house & contain 100%
 Gluten Free ingredients. However, we cannot guarantee any
 item is completely allergen free due to the possibility of cross
 contamination. Please consider this carefully in light of your own
 individual dietary requirements.

V VEGETARIAN **VG** VEGAN **VGO** VEGAN OPTION **GF** GLUTEN FREE **DF** DAIRY FREE **DFO** DAIRY FREE OPTION

SMOOTHIES [9] **ALL V**

BIG BOOST

Banana, natural yoghurt, organic
 raw honey, ice, low fat milk **GF**

GOOD MORNING SUNSHINE

Banana, rolled oats, raw honey, natural yoghurt,
 vanilla protein, maca powder, ice, almond milk

GINGER NINJA

Green apple, kale, chia seeds, cucumber,
 avocado, activated almonds, ice,
 coconut water, fresh ginger **VG GF DF**

IRON MAN

Blueberries, spinach, plant based protein,
 activated almonds, coconut water **VG GF DF**

BAM BAM

Banana, blueberries, raspberries,
 acai powder, coconut water **VG GF DF**

PEANUT BUTTER DREAM

Banana, peanut butter, plant based protein,
 dates, sea salt, almond milk **VG DF**

MANHATTAN MUDSLIDE

Banana, avocado, almond butter,
 dates, cacao, ice, almond milk **VG GF DF**

ADD A BOOSTER [3]

100% PLANT BASED PROTEIN
 MACA | SPIRULINA | ACAI | RAW CACAO

[03 9826 1106] [BENSSUPERNATURAL.COM]

[SHOP 16, 670 CHAPEL ST SOUTH YARRA]

f  #benssupernatural