

Raw Energy



**ALL DAY
BREAKFAST & LUNCH
TAKEAWAY MENU**

GLUTEN FREE 

VEGETARIAN 

GF AVAILABLE \$1 

FRESH · FAST · FUNNY

15% surcharge applies on public holidays

BURGERS & WRAPS




Choose from:

- Herb & garlic lavash, rye roll or breadless

GF, turkish bread, sourdough	\$1.00 extra
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2. Toasted or not

All served with soy mayonnaise, crispy garden salad, caramelized onion, cheese & moroccan dressing.

Mexican 5 bean, sour cream & sweet chilli  	\$12.90
Macadamia & lentil 	\$12.90
Organic beef burger 	\$14.90
Moroccan chicken 	\$13.90
Marinated tofu with sweet chilli  	\$12.90

SANDWICHES

Your choice of herb & garlic lavash, wholemeal multi-grain, white, rye

GF, turkish bread, sourdough	\$1.00 extra
Ham, cheese & tomato or pineapple 	\$7.90
Avocado , garlic feta spread, tomato & spanish onion 	\$7.90
Pesto , roasted vegetables, red onion & swiss cheese 	\$11.90
Tuna , olive & sundried tomato tapenade, avocado, feta cheese & rocket 	\$11.90
Turkey , cranberry sauce, avocado, mung beans, alfalfa & swiss cheese 	\$11.90
Chicken , avocado, brie, honey mustard aioli & fresh cos lettuce 	\$11.90
Smoked Salmon , cream cheese, spanish onion, capers & dill sauce 	\$11.90
Salad Galore with avocado garlic feta spread & fresh garden salad  	\$10.90
Add turkey, ham, smoked salmon, chicken or tofu	\$13.90

JUICE IT UP

Small \$5.50 Medium \$6.00 Large \$6.90
Alte - apple, pineapple, rockmelon, strawberry, lime
Coolangatta gold - pineapple, pear, strawberry, lime
Mooloolaba sunrise - orange, pineapple, watermelon, lime
Tropical twist - orange, pineapple, ginger
Coolum crusher - watermelon, apple, strawberry, mint
Apple zinger - apple, pear, lime, ginger
Cold & flu buster - orange, carrot, apple, lemon, ginger
Inner cleanser - carrot, apple, celery, parsley
Liver cleanser - beetroot, pear, carrot, lemon
V6 - carrot, beetroot, celery, apple, lemon, ginger
Aravana - apple, rockmelon, pineapple, ginger, mint
Summer zest - orange, pineapple, apple, lime
Mint magic - apple, pineapple, ginger, mint
Green with envy - apple, pear, kale, cucumber, celery, parsley, spinach
Iceaman - apple, pineapple, grapefruit, lime, mint

BOOST ME UP

Small \$7.00 Medium \$7.50 Large \$8.00
Delux - apple, celery, carrot, beetroot, liver detox
Stressbuster - grapefruit, apple, pineapple, lemon, stress relief
Revitalizer - beetroot, orange, carrot, apple, spirulina
Re-energizer - pear, pineapple, watermelon, strawberry, mint, energy booster

SMOOTH IT DOWN

BOOSTER EXTRAS

Liver detox	\$2.00	Spirulina	\$2.50	Protein powder	\$1.50
Stress relief	\$2.00	Wheatgerm	\$1.50	V6 C powder	\$1.50
Cough & cold	\$2.00	L.S.A.	\$1.50	Energy booster	\$2.00

All smoothies \$7.90

Gauvarama - guava, strawberry, pineapple, yogurt, milk, honey, ice

Banana classic - banana, wheatgerm, ice cream, cinnamon, milk, honey, ice

Raw M&S - mango, strawberry, banana, L.S.A., maca powder, fresh orange juice, honey, ice

Mooloolaba magic - mango, banana, sunflower seeds, pumpkin seeds, milk, honey, ice

Mango tango - mango, pineapple, coconut, passionfruit, soy milk, honey, ice

Raining berries - blackberries, raspberries, strawberries, passionfruit, ice cream, milk, honey, ice

Big kahuna - banana, egg, dates, L.S.A., nuts, ice cream, milk, honey, ice

Breakie on the run - muesli, strawberry, banana, L.S.A., ice cream, milk, honey, ice

Yogi bear - banana, peanut butter, protein powder, ice cream, milk, honey, ice

Jungle juice - açaí berries, pineapple, passionfruit, strawberries, banana, apple juice, honey, ice

Go!-a-go-go - goji berries, raspberries, blueberries, banana, fresh apple juice, honey, ice

Entle muenie groene \$8.90 - banana, avocado, silverbeet, kale, parsley, celery, spirulina, apple, pear

COFFEE & TEA

Standard Coffee: Small \$3.60 Medium \$4.10 Large \$4.60

Raw Energy is Australia's leading health & lifestyle cafe franchise. We use fresh ingredients & serve nutritious food, juice & smoothies at our local cafes. Raw Energy Records was a Canadian independent record label, based in Toronto, Ontario, Canada. The music label was established in the late s by. Welcome to Raw Energy. All of the fruit and vegetables used by Raw Energy are % Organic. When in season, our produce comes from local farmers. At other. Raw Energy Kawana, Minyama, Queensland. likes. Located at the Sunshine Coast University Hospital in Birtinya, Raw Energy offers a range of healthy. RAW Energy develops, finances and manages renewable energy, infrastructure and agricultural assets. Want more energy? Raw Energy's passion is to help you get more Energy in all aspects of your life, and, ultimately, to rid the world of 'lifestyle' diseases like. Raw Energy: Raw Food Recipes for Energy Bars, Smoothies, and Other Snacks to Supercharge Your Body [Stephanie L. Tourles] on sacflamenco.com * FREE*. Raw Energy Coolangatta, Coolangatta: See unbiased reviews of Raw Energy Coolangatta, rated 4 of 5 on TripAdvisor and ranked #32 of restaurants in. Raw Energy Burleigh Heads, Burleigh Heads: See 33 unbiased reviews of Raw Energy Burleigh Heads, rated of 5 on TripAdvisor and ranked #99 of Raw Energy Glenelg: Lovely food but .. - See 6 traveler reviews, candid photos, and great deals for Glenelg, Australia, at TripAdvisor. Learn about working at Raw Energy. Join LinkedIn today for free. See who you know at Raw Energy, leverage your professional network, and get hired. Raw Energy Brisbane; Raw Energy, Brisbane CBD; Get Menu, Reviews, L.S.A., Contact, Location, Phone Number, Maps and more for Raw Energy Restaurant on. The Raw Energy Young Carers program supports young carers that reside in the south and east metropolitan areas of Adelaide. Young carers are young people. They do not contain gluten, added sugar or preservatives. Raw bars are an ideal snack to increase your energy levels needed for sports and travelling. Complete your Raw Energy collection. Discover what's missing in your Raw Energy discography. Shop Raw Energy Vinyl and CDs. SUNSHINE Coast business Raw Energy Cafe has been going from strength to strength since the start of the year. Raw Energy EP by Imre Kiss, released 30 July 1. Stellar 2. Non 3. Spellbound 4. Raw Energy (ARPOS Session) 5. Belief Lobster Theremin present .Should you have any questions about the Raw. Energy program or the Information, Respite and. Support services offered by Carer Support please. Raw Energy Pursuits Ltd was formed in and now stages ten events a year. We have a vast amount of experience in organising events and advising clubs. Followers, Following, Posts - See Instagram photos and videos from Raw Energy (@rawenergy). Raw Energy Cafe Newcastle, along Honeysuckle. Healthy, fresh food ideal for people with dietary requirements. HUNTERhunter. PRODUCT DETAILS NUTRITION INFO A delicious mix of crunchy raw veggies, sunflower seeds, almonds, currants, cranberries and pepitas all drizzled with. Homemade raw energy bars, just the way they should be. No unnecessary added junk, just good, whole ingredients with an awesome taste. It is a certain aura, exuded by those who possess this rare form of

unprocessed energy. It is an innate character feature, and cannot be created. Raw Energy invites you to taste a slice of luxury international food at very affordable prices. Raw Energy, which was established in , is now a leading .

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