



SIMPLE | HONEST | GOODNESS

A place where you can always count on great coffee, delicious wholesome food and a moment just to yourself.

Welcome to our little Tribe —
Welcome to Girdlers!

When it comes to food we are all about
SIMPLE | HONEST | GOODNESS.

We use the most simple, fresh and
wholesome ingredients to create a
nourishing, flavoursome menu.

We use local suppliers and honest
ingredients to support our community
and embrace sustainability.

Yes, our food is delicious — but it is
also good for you.

And that's exactly how we like it!

SIMPLE | HONEST | GOODNESS

Find us at Dee Why Beach,
Warringah Mall, Manly & Avalon

Sunday Surcharge 10%
Public Holiday Surcharge 15%
Surcharge applies to all card transactions.

Follow us @girdlers_cafe
www.girdlers.com.au

Any problem with your order or
experience?
Please speak to us, we are here to help!
Your Team Girdlers.

Please understand that during busy service,
only minimal requests for menu alterations
may be possible.

EARLIER

- Available all day -

THE BIRCHER vg rsf 18.5
Our delicious Coconut Yoghurt based
Bircher Muesli served with homemade
Mango Sorbet, topped with Fresh Berries
and Coconut Chips.

SMASHED AVOCADO vg-opt 20
Smashed Avo on Rye Sourdough served
with homemade Beetroot Hummus,
Hazelnut-Hemp Seed Dukkah & Goats
Feta or Homemade Cashew Sour Cream.
Add Poached Egg 2.5
Add Grilled Halloumi 2.5
Gluten Free Seedy Brown Bread 1

BACON & EGG ROLL GONE HEALTHY 16.5
Natural Smoked Bacon, Fried Eggs,
Baby Spinach topped with our Homemade
Vegan Mayo on Organic Charcoal Bun*
Add Grilled Halloumi / Avocado 2.5
On Gluten Free Roll 1

CAULI SHAKSHUKA gf vg-opt 23
Poached Eggs on Nourishing Cauliflower
Rice cooked in Roasted Tomato-Bellpepper
Sauce w fresh Herbs & Goats Feta. Served
with toasted gf Seedy Brown Bread or
Rye Sourdough. **Make it Vegan with
Mushrooms & Cashew Sour Cream.**

PANCAKE DREAM vg gf rsf 23
Fluffy Buckwheat, Banana & Coconut -
Pancakes with Fresh Berries, Mango-
Passionfruit Compote and Superseeds.
Served with either
• Organic Maple Syrup
• Homemade Goodtella* Chocolate Sauce
• Homemade Salted Caramel Sauce

AÇAÍ BOWL vg, gf & rsf 17
Organic Acai blended with Banana.
Topped with Almond Flakes, fresh Berries,
Banana, Passionfruit and our Homemade
Coconut Granola.
Add Organic Peanut Butter 2

MANGO BOWL vg, gf & rsf 17
Creamy Mango-, Banana-, Coconut-,
Nice-Cream topped with Macadamia
& Maple Crunch, Banana, Chocolate
Granola and Hemp Seeds.

GOODNESS BOWL gf 23
Avocado, Kale, Boiled Egg,
Grilled Halloumi, Hazelnut-Hemp
Seed Dukkah, Chives & Pomegranate
Quinoa, Homemade Purple Kraut.
Served with our Green Goddess Dressing.
Add grilled Free Range Chicken 5
Add Roasted Potatoes 2

BUCKWHEAT CRÊPES
On Organic Buckwheat gf

DOWN UNDER 21.5
Egg Sunny Side Up, Mozzarella,
Natural Smoked Bacon & Avocado.
Add Mushrooms 4

THE FORAGE vg-opt 21
Choose gf Buckwheat- or Vegan white Base
Baby Spinach, Avocado, Crumbled Feta or
Cashew Sour Cream, Mushrooms,
Tomato / Cauliflower & Bellpepper Sauce
Add Egg 2
Roasted Potatoes 2

PROSCIUTTO CRÊPE 24
Prosciutto, Buffalo Mozzarella, Tomatoes,
Pistachios, Shredded Mozzarella,
Fresh Oregano & Caramelized Onion
topped with Mixed Leaf Salad.

SWEET CRÊPES
All sweet crepes can be made vegan

CACAO SPLIT vg-opt 17
Banana Slices, Homemade Goodtella*
Raw Cacao & Organic Coconut Ice Cream.
Add Strawberries 2

LOVE ME BERRY vg-opt 19
Seasonal Berries, Coconut Ice Cream,
Maple Syrup, Raspberry Coulis

BUTTER SUGAR LEMON vg-opt 13
Lemon-Coconut Coulis, Butter, Coconut Sugar.
With Organic Coconut Ice Cream. 2

GOODTELLA CRÊPE vg-opt 13
Homemade Chocolate Sauce*
With Organic Coconut Ice Cream. 2

SOMETHING EXTRA

Eggs your way with Toast 15
Smoked Bacon / Avocado / Grilled Chicken 5
Halloumi / Mushrooms 4
Spinach / Kale / Green Goddess Sauce 3
Grilled Tomato / Beetroot Hummus 3
Eggs 3/6

LITTLE PEOPLE
FLUFFY MINI PANCAKES vg gf rsf 10
Banana Pancakes, Strawberries,
Banana Slices and Organic Maple Syrup.
Add Vanilla Coconut Ice Cream. 2

ALL MINE 10.5
Scrambled Eggs with toasted Gluten Free
Seedy Brown Bread, Butter and a side of
Seasonal Fruit.

HAPPY BOX 12
Grilled Free Range Chicken or Halloumi,
Roasted Potatoes, Vegan Mayo, Carrot
Sticks, Seasonal Fruit & Popcorn.

MINI BACON & EGG ROLL 9.5
Natural Smoked Bacon, Fried Egg,
Baby Spinach, Homemade Vegan Mayo
on Mini Charcoal Bun* With Gluten Free Roll. 1

HOMEMADE TREATS

BROWNIE vg gf rsf 14
Homemade Brownie served with
Fresh Berries, Coconut IceCream and
Raspberry Coulis

RUBY ROSE vg gf rsf 14
Homemade Banana Bread served with
Fresh Berries, Rosewater Coconut Labneh,
Maple Syrup, Berry Compote, Super Crunch
& Mandarin Dust.

RAW TREATS vg gf rsf
Delicious, guilt free, Organic Treats
handmade by our chefs from only the
highest quality ingredients. Please check
the counter for our selection.
Box of 4 Raw Treats of your Choice 20

BANANA BREAD toasted w butter 6
VEGAN, GF BANANA BREAD toasted 7

Goats Feta 4
Toast with Jam, Honey, Peanut Butter 8
or Homemade Vegemite

Roasted Potatoes with homemade
Vegan Mayo 7

A BIT LATER

- From 11:30am -

SOUL SALAD vg-opt gf 22
Grilled Coconut & Lime Chicken or Tofu,
Fresh Green Papaya, Avocado, Cucumber, Carrot,
Beetroot, Mixed Leaves. Served with Black Rice
and Coconut, Lime & Peanut Dressing. Topped
with Cashews & Toasted Coconut Flakes
(contains peanuts, sesame & cashews)

THE BURRITO vg-opt gf-opt 21
Spiced Free Range Chicken, Corn,
Brown Rice, Smashed Avo, Pico de Gallo,
Cashew Sour Cream, Black Beans.
All rolled up in a Tortilla and served
with a side of Corn Chips.
Order it “naked” in a bowl to make it gf.
Make it a Pulled Jackfruit or Halloumi Burrito

SEB'S BURGER 21
Grilled Free Range Chicken Breast,
Colombian Spices, Bell Peppers, Grilled
Halloumi, Mushrooms & our Green -
Goddess Sauce on Organic Charcoal Bun.
Served with Corn Chips.
With Gluten Free Roll. 1

DOUBLE TROUBLE gf vg-opt 23
Grilled Free Range Chicken & Halloumi Tacos
with Purple Cabbage, Heirloom Tomatoes,
Onion, Vegan Mayo. Topped with Chilli
Salsa & Coriander on soft Corn Tortillas.
Add a side of smashed Avocado. 2
Make it vegan with Jackfruit & Avocado

GOODNESS BOWL gf 23
Avocado, Kale, Boiled Egg,
Grilled Halloumi, Hazelnut-Hemp
Seed DukkahChives & Pomegranate
Quinoa, Homemade Purple Kraut.
Served with our Green Goddess Dressing.
Add grilled Free Range Chicken 5
Add Roasted Potatoes 2

gf gluten free
df dairy free
vg vegan
vg-opt vegan option available
rsf refined sugar free

nuts our dishes may all contain traces of nuts
due to the high usage of nuts in our kitchens

eggs We are passionate about providing you
with the highest quality eggs available to us.
They are either Organic, Biodynamic or
Free Range, depending on availability.

goodtella* Homemade Vegan Choc/ Peanut Sauce
charcoal bun* Topped with Sesame Seeds

Please note: Whilst we make every effort to avoid cross contamination, our products may still contain traces of allergens, especially nuts. For customers with serious allergies, we encourage this to be considered when ordering from our menu.

DRINKS THIS WAY →

JUICES +

FRESH JUICES 10

- ALKALIZER**
Pineapple, Apple, Lime, Kale, Cucumber, Mint

DEFENDER
Carrot, Apple, Lime, Ginger & Turmeric

HEALER
Beetroot, Carrot, Apple, Lime, Ginger

VITALIZER
Watermelon, Ginger, Passionfruit, Carrot, Orange

COLD PRESSED JUICES 9

- PINK FLAMINGO** (certified organic)
Watermelon, Apple, Strawberry, Beetroot, Mint

EAGLE EYE
Carrot, Apple, Orange, Pineapple, Lemon, Turmeric

GREEN WITH ENVY
Apple, Celery, Spinach, Kale, Lemon, Cucumber, Parsley

Orange Juice

SPARKLING WATER 750ml 5

- KOMBUCHA** 6.5
Ancient Fermented Tea Beverage full of Probiotics, Antioxidants & B Vitamins

Ginger / Lemon
Pomegranate / Grape
Apple / Jasmin

- KOMBUCHA PUNCH** 10
Pomegranate & Grape Kombucha, Berries, Cold Pressed OJ, Mint, Ice



SMOOTHIES

SUPER SMOOTHIES vg rsf gf 12

- GREEN LIVING**
Pineapple, Banana, Baby Spinach, Mint, Avocado, Super Greens, MCT Oil, Dates, Coconut Water

AÇAÍ
Organic Acai Berry, Strawberries, Banana, Coconut Water

CLEAN BEAUTY
Pitaya, Berries, Coconut Milk, Avocado, Banana, Hemp Seeds, Dates, Super Greens

SALTED CARAMEL
Banana, Nut Butter, Sea Salt, Dates, Almond Milk, Homemade Salted Caramel

MANGO ALMOND
Mango, Passionfruit, Almond Meal, Dates, Coconut Milk, Organic Coconut Ice Cream

CACAO & CO
Organic Raw Cacao, Vanilla, Banana, MCT Oil, Plant Protein, Organic Coconut Ice Cream, Coconut Milk

ADD EXTRA MAGIC 3
to any drink

- Plant Protein
Focus Flow Mushroom Booster
MCT Oil
Super Greens

KIDS SMOOTHIES 7

- STRAWBERRY**
Strawberries, Vanilla Ice Cream, Raw Honey, Cows Milk.

BANANA
Banana, Vanilla Ice Cream, Raw Honey, Cows Milk.

CHOCOLATE
Organic Chocolate, Vanilla Ice Cream, Cows Milk.

VANILLA
Organic Vanilla Paste, Vanilla Ice Cream, Cows Milk.

Dairy Free option with Almond Milk and Coconut Ice Cream available.

TEA & CO

WELLNESS DRINKS df rsf gf-opt

- FOCUS FLOW** hot or on ice 7.5
A potent, activating blend of Lion’s Mane Mushroom, single-origin Cacao, activated Maca, Ginkgo Biloba, Ginger & Cinnamon to enhance your senses. Brewed on Oat Milk and sweetened with Maple Syrup.

STICKY CHAI hot or on ice 6.5
A blend of Organic black Tea Leaves, Aromatic Spices & Organic Raw Honey, brewed freshly in Oat Milk.

CHAGA CHOCOLATE hot or on ice 6.5
Supercharge your day with this powerful blend of Organic Raw Cacao, Healing Chaga Mushroom, Mesquite, Vanilla, Carob, Cinnamon. Brewed on Oat Milk and sweetened with Maple Syrup.

GOLDEN LATTE hot or on ice 6.5
A nourishing powerhouse packed full of healing benefits. Made with Turmeric, Black Pepper, Organic Cinnamon, Organic Ginger & sweetened with Coconut Sugar and Honey. Served on Oat Milk.

TEA by Chamellia 5
Certified organic, ethically grown, flavoursome.

- IRISH BREAKFAST**
A strong, uplifting blend loaded with character and flavour best consumed with milk.

EARL GREY
Clean, refreshing & aromatic blend traditionally appreciated in the afternoon.

ROOIBOS
Sweet, antioxidant-rich, caffeine-free tisane that can be consumed with or without milk.

TULSI & ROSE
Charged with many healing properties & loaded with an abundance of antioxidants. The added rose petals foster a positive state of mind.

PEPPERMINT
Digestive and revitalising tonic with bright, fresh aroma & clean finish.

CHAMOMILE
Soothes the stomach and leaves you feeling peaceful and relaxed.

GREEN JASMINE
Naturally aromatic & mellow green tea permeated by surrounding Jasmine flowers.

RELAXING BLEND
Lemongrass, rose, lavender, rooibos & chamomile. Perfect for a spot of calm during stressful times.
- CHAI TEA** Organic Black Tea Leaves, Aromatic Spices, Organic Raw Honey. Served with the milk of your choice on the side. 5.5

COFFEE

ESPRESSO BASED

- BLACK** long black, espresso, ristretto 4 / 5
Selection of Single Origin Coffees that will rotate weekly to keep you traveling around the globe.

WHITE cappuccino, flat white, latte, piccolo, mocha 4 / 5
Made with our very own Organic Coffee blend THE ALL GOOD (available for purchase in store & online)
100% certified organic beans from Colombia, Ethiopia and Mexico. Perfectly balanced, clean with vibrant acidity and a smooth creamy finish with hints of malt & caramel.

Oat / Soy or Almond Milk +.70
Extra Shot +.50
Decaf +.50

COLD BREW 5.5
Our stunning NEW Cold Brew is slowly brewed over 18 hours using our Girdlers All Good blend. Served on ice & garnished w fresh orange slice.

FILTERED BATCH BREW 5.5
Simple and complex at the same time. A clean cup that will allow you to explore aromas and flavours in a Tea-like experience.

- ICED LATTE** 5.5
Espresso over Ice and Milk.

GIRDLERS ICED LATTE 6.5
Our signature cold brew served over ice with Oat Milk and a touch of agave syrup.

ICE COFFEE 9
Espresso blended w Vanilla Ice Cream & Milk

HOT CHOCOLATE 5.5
Made with Organic Peruvian Cacao. (100% vegan-friendly when ordered with alternative milk)

KIDS HOT CHOCOLATE 4