

NUTRITION

23  #VO - GF - (OGF)

Nutrition Bomb

Our OG, this meal has been a favourite since 2015. Good source of complex fats, proteins, & probiotics, high in fibre & phytonutrients.

A big rainbow bowl with poached egg, broccoli, tomatoes, kale, house-made hummus, roast veggies, sauerkraut, nut & spice medley, house-made dressing, lemon & fresh herb green tahini.

(+ mushrooms/ avo/ almond feta/ rosti)
Vegan option swap egg for avocado

23  V - GF - (OGF)

Positive Pancakes

Our Green Banana Resistant Starch made from Lady Finger Bananas harnesses the highest nutritional and resistant starch in the world. Rich in vitamins, minerals, dietary fibre and bio-actives.

House-made organic banana flour pancakes made from grinding dehydrated Australian bananas into flour. Served with a blueberry & raspberry coulis, coconut yogurt, toasted sliced almonds & topped with our house-made all-natural banana nice-cream.

(+ peanut butter/ raspberry jam/ magnum/ acai nice-cream/ maple syrup)

24 V - #GFO

Burnley Burger

The fiber, potassium, folate, vitamin B6, and phytonutrient content of black beans, coupled with its lack of cholesterol, all support heart health. Lowering the total amount of cholesterol.

Black bean patty served w cashew cream cheese, tomato & pineapple relish, lettuce, tomatoes, grilled pineapple & accompanied by hasselback roasted potatoes, house made sriracha mayo, & a beetroot, seeds salad.

(+ egg/ almond feta/ avocado/ roast pumpkin & sweet potato)
Gluten free option \$2 extra

40 V - GF - (OGF)

HAPPIEST MEAL

The Happiest Meal is your dream brunch, available only for 1 person. I created Serotonin Eatery because no one served the food I wanted. I craved feeling satiated after a meal, not sick. My meals & drinks are designed to be so healthy you can have them every day.

MAIN: **POSITIVE PANCAKES**
DRINK: **CACAO BANANA SMOOTHIE**
DESSERT: **PEANUT BUTTER BROWNIE**

18 V - #GFO - (OGF)

Galaxy Acai

Acai berries are extremely high in anthocyanins, an antioxidant that supports cholesterol and stops bad cell proliferation. Acai also helps digestion, boosts your immune system and calms the nervous system.

Dairy & sugar free acai ice-cream served with a serotonin toasted granola made from fruit & nuts. Topped with fresh mixed berries, pistachio dust & served with a house-made peanut butter, banana & coconut magnum ice-cream.

(+ coconut yogurt/ peanut butter/ nice-cream)
Gluten free option \$2 extra

18 #VO - GF - (OGF)

Smiling Avocado

Our superseed mix has generous amounts of vitamin E, plant-based omega-3 fats and minerals, including phosphorus, potassium, sodium, magnesium, sulfur, calcium, iron and zinc.

Smashed avocado with added Vitamin C, served on toasted sprouted loaf with fresh pea & mint puree, cherry tomatoes, beetroot relish, greek feta, sliced chilli & toasted superseed mix.

(+ eggs/ mushrooms/ rosti/ tofu scramble/ falafel)
Vegan option swap feta for almond feta

24 V - GF - (OGF)

Conscious Calamari

This new dish is great for digestion and detoxifying your body. It will help with immunity, has anti-inflammatory properties and is good for your bones. Wait until you see the magic happen.

Miso salt and pepper oyster mushroom calamari, with magic rainbow noodles, chia seeds, kale, long grain broccoli rice, cabbage, tomatoes, pickled daikon & carrot, sesame seeds & a ponzu sauce.

(+ eggs/ avocado/ brown rice & quinoa/ rosti)

49 V - GF

PROTEIN PACK

Do you work out? Rebuild your energy with this meal. Don't forget to join us every Saturday at 7:30am for FREE Serotonin Exercise. This is the ultimate post workout meal, available only for 1 person. Heroic healing food to boost your recovery & Serotonin levels.

STARTER: **PEANUT BUTTER LATTE**
ENTREE: **HASSELBACK BAKED POTATO**
MAIN: **NOTORIOUS A.C.A.I.**
DRINK: **PEANUT BUTTER SMOOTHIE**
DESSERT: **PEANUT BUTTER BROWNIE**

18 V - GF - (OGF)

Nutorious A.C.A.I

Acai berries have a unique nutritional profile for a fruit, as they're somewhat high in fat and low in sugar, also loaded with antioxidants.

Dairy & sugar free acai ice-cream with banana nice-cream, served with a peanut butter & coconut magnum & our famous house-made "not"ella protein ball. Topped with house-made chocolate soil, coconut flakes, roasted peanuts & drizzled with more peanut butter. YES. PLEASE.

(+ granola or GF granola/ hazelnut cacao butter/ coconut yoghurt/ raspberry jam)

26 V - GF

Say Cheese

I've made this meal for those struggling to make the jump to a plant-based diet. Showing you there's nothing you'll miss out on!

The perfect brunch for the person who wants it all. A selection of three plant-based cheeses; house-made torched almond feta, aged blue cheese & cashew ricotta. Served w organic black rice crackers, sprouted toast, house-made semi dried tomatoes, balsamic gel, caperberries, quince paste & fresh grapes.

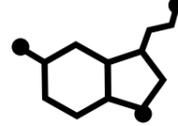
(+ mushroom/ sauerkraut/ avocado/ sprouted toast)

Legend

(+) = CHEFS SUGGESTIONS
GF = GLUTEN FREE
V = VEGAN
(OGF) = ONION + GARLIC FREE
#VO = VEGAN OPTION
#GFO = GLUTEN FREE OPTION
 = CHEFS FAVOURITE

THE WORLD IS CHANGING #equality

10% Sundays hospitality fee
The same phenomenal service every single day!


SEROTONIN

Share sides

Add to a dish or simply build your own meal

BLUE NACHOS - 16 - V - GF
Served with avocado, corn salsa, cherry tomatoes and cashew sour cream cheese. **SO GOOD!**

HASSELBACK BAKED POTATO - 9 - V - GF
Slow roasted potatoes roasted in a house-made veggie stock with garlic and rosemary.

HUMMUS PLATE - 10 - V - GF
Served with whole chickpeas, parsley, cumin, paprika, olive oil & lemon juice.

GF PRECINCT FRUIT TOAST - 9 - V - GF
Toasted gluten free fruit loaf with organic psyllium husk, chia flour, raisins, sultanas & cranberries, served with a house-made, sugar-free raspberry & chia seed jam.

Sides

SAVOURY SIDES
two slices of sprouted **TOAST** - GF - V - 6.5
vegetable **ROSTI** (2) - V - 6
house-made **FALAFEL** - V - 6.5
turmeric **TOFU SCRAMBLE** - V - 6
house-made **ALMOND FETA** - V - 5.5
house-made **HUMMUS** - V - 5
gluten-free greek **FETA** - 5
roast **PUMPKIN + SWEET POTATO** - V - 5
fanned **AVOCADO** - V - 5
BROCCOLI torched w flaked almonds - V - 5
house-made **TOMATO + PINEAPPLE RELISH** - V - 4
brown **RICE & QUINOA** - V - 4.5
smashed **PEA + MINT** - V - 4
house-made **SAUERKRAUT** - V - 4
RSPCA approved poached/ fried **EGG** - 4
roasted **MUSHROOMS** - V - 5
blanched **KALE** - V - 4
wilted **SPINACH** - V - 4
Aussie **VEGEMITE** - V - 3

SWEET SIDES
HAZELNUT CACAO BUTTER - V - 5.5
ALMOND BUTTER - V - 5
house-made **COCONUT YOGURT** - V - 4
peanut butter & coconut **MAGNUM** - V - 4
House-made & sugar-free organic
RASPBERRY JAM w chia seeds - V - 4
pure 100% **PEANUT BUTTER** - V - 3.5
Serotonin **GRANOLA** - V - 3.5
GF house-made **GRANOLA** - V - GF - 4
Serotonin **HONEY** (from our bee hive) - 3.5
banana **NICE-CREAM** - V - 3.5
acai **NICE-CREAM** - V - 4
MAPLE SYRUP - V - 3

JUICES AND SMOOTHIES

All dairy-free & vegan. Juices are not pre-made but are pre-portioned, so may not be altered.

Bluice = blended juice, this keeps all the fibre from the fruit & vegetables

ICED DRINKS

Inspired by your old favourites, these new refreshing dairy-free iced drinks will give you back your vibrancy & energy

SPECIALITY LATTES

Non-caffeinated hot drinks served in a big hug mug from 'Made in Japan'. Ask about our **dirty** options

SINGLE ORIGIN TEA AND COFFEE

Coffee is all Single estate picked by Marwin from Disciple Coffee. Tea is sustainably sourced & locally made by our Tea Sommelier Sarah at Impala & Peacock

SEROTONIN DEALER STAFF FAVOURITES

15 @Plant_Proof Hemp Smoothie 100% of the proceeds raised from these super smoothies go towards sponsoring Community Sports Clubs	12 Happy Hormones Roasted nuts and seeds, maca, cinnamon and mesquite blended with house-made almond mylk served on the rocks
12 Peanut Butter Protein Smoothie Peanut butter, pea protein, banana & coconut milk	11 Green God Bluice Perfectly healthy but still YUM! Kale, lemon, apple, nana & mint

12 Sero - tini Cocktail A martini class with fresh lemon, turmeric, ginger, apple cider vinegar & cinnamon	8 Iced Chai Latte The Best Chai in Melbourne. Organic, bright & naturally sweetened with spices
8 Jamu Juice Health Tonic #VO Traditional Indonesian; tamarind, ginger, turmeric, organge, honey VEGAN OPTION	8.5 Dirty Blended Cacao House-made almond milk, cacao, himalayan salt, soaked date & chia WITH COFFEE

8 Golden Latte Organic house-made turmeric, ginger, cinnamon & pepper spun on organic coconut milk	8 Peanut Butter Latte Our original creamy hot drink with a clean plant based protein & our nut butter
8 Cacao Coconut Latte House-made 70% dark hot chocolate. Organic raw cacao w hand grated cacao butter & organic coconut milk	8 Ginger Bread Latte House-made recipe; organic nutmeg, cloves, peppercorn, blackstrap molasses, allspice, berries & fresh ginger

10 Espresso Coconut Bomb A fresh whole coconut served with a specialty coffee espresso shot to be poured inside	6 Cold Immersion 12-hour single origin seasonal bean, best served black or with a splash of milk
5.5 Large Mug of Coffee Pick your coffee; served in our Japanese hug mug	4.5 Latte / Flat White Microfoam (steamed milk with small, fine bubbles with a glossy, velvety consistency) poured into a single estate shot of espresso

CUSTOMISE YOUR MILK

- house-made
- organic ALMOND .50
- organic COCONUT .50
- organic BONSOY 0 (not a mistake)
- organic MACADAMIA .50

CUSTOMER FAVOURITES IN ORDER TOP TO BOTTOM

12 Golden Fruit Tingle Bluice Organic turmeric, ginger, cinnamon with pineapple, raspberry, banana, orange	11 Wellness Smoothie Spinach, mango, coconut milk, banana
10 Choc Cacao Banana Smoothie House-made organic cacao mixed with ripe bananas	11 Fruit Bluice Pineapple, raspberry, banana & orange
9 Banana Heaven Smoothie The goodness of ripe bananas, organic vanilla & always dairy-free :)	6 Organic Orange or Grapefruit Freshly squeezed in house by our Serotonin Dealers, with just goodness of fresh organic fruits
6 Organic Half / Half Juice Half orange & half grapefruit juice	1.5 BOOSTERS Organic Cacao, Pea Protein, Chia seeds, Cacao nibs, Hemp seeds, Maca mesquite & cinnamon (MMC), Soaked date

8 Balanced & Blended Cacao House-made almond milk, cacao, himalayan salt, soaked date & chia	8 Iced Ginger Bread Latte An iced version of our original house-made gingerbread latte
8 Iced Choc Mint Organic peppermint tea blended with house-made cacao mix & organic coconut milk	6 Iced Disciple Coffee The healthy way, two shots of espresso on ice on your choice of milk or mylk

8 Beetroot Latte Emily's new favourite! Earthy flavours blended with hemp & jerusalem artichoke	8 Macadamia Matcha Latte Fine organic green tea powder spun on our organic macadamia milk
7 Organic Chai Latte Bright house-made organic chai, naturally sweetened with spices	5 *DIRTY* These drinks are caffeine free. You can make them 'dirty' by adding in an espresso shot

4.5 Happycino with a smile Shot of house blend espresso dusted with a cacao smile	5 Cacao Mocha Single shot of espresso with our house-made cacao mix
6 Whole Leaf Peppermint A blend of peppermint, spearmint, lemongrass, lemon verbena, a touch of provincial lavender	6 Serotonin Blend An organic blend of peppermint, chamomile, calendula & st johns wort
6 Burnley Breakfast Brewed for 4 minutes at 100°. A punchy blend with a light floral top note, enjoy straight or with milk	6 Genmaicha Green Tea A stunning Japanese brown rice green tea, only brewed with 75° water for 2 minutes- so it does not burn
6 Lemon Myrtle & Ginger A beautiful blend of lemongrass, lemon myrtle, ginger & calendula	6 Zing fresh tea pot A pot of fresh ginger root, lemon & Serotonin honey

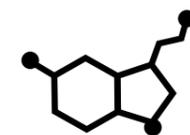
WHAT'S ON THIS MONTH

FREE SEROTONIN EXERCISE
WEEKLY SATURDAY 7:30AM

SEROTONIN EDUCATION
AS MONTHLY MASTERCLASSES
www.serotonins.eventbrite.com.au

UTOPIA PLACE
OUR PRIVATE ROOM/ EVENT SPACE
www.serotonindealer.com/utopia-place

BOOK A TABLE WED, THURS & FRI
www.zomato.com/serotonin-eatery



SEROTONIN

HYDRATION