



We LOVE to LOVE Local!

♥Madella Coffee, Mourilyan♥

Located on the banks of the Johnson River in the highest rainfall area in this country. Arabica coffee has been grown in this area from 1886. Some of the coffee trees genus is from the original Bicton coffee plantation

♥Mungalli Bio Dynamic & Organic♥

Certified Biodynamic dairy in the Misty Mountain area (where it really is covered in mist most of the time!)

♥Dino's wood fired Bakery♥

Local specialty baker of wood fired ciabatta that uses traditional techniques to create truly delicious bread

♥Yamagashi Happy Eggs♥

A Japanese family owned poultry business with as much passion for their product as the following they have built in the far north

♥Rabbit Organic Bananas & Paw Paws♥

A well established, committed organic farm in the fertile & very wet Mena creek area

♥Zingo Mango Farm Mareeba♥

Family owned & proudly grown in Mareeba, they choose the most deliciously fresh, ripe & juicy mangoes for picking

♥Silkwood Pepper♥

In the amazing tropical food bowl between Innisfail & Tully

♥Boldly I Go Inc.♥

Is an Australian based Charity originating in Cairns from local council member & philanthropist Cathy Zeiger. A 'boutique' size charity that's small enough to keep their overheads down & build relationships with their children, carers and sponsors, in effect, one big family that is really making a difference to the children and families they sponsor. For more information visit www.boldlyigo.com.au

WHARF ONE CAIRNS



OUR FOOD PHILOSOPHY

We admire the growers, farmers, fishermen, foragers & the people who put love into how they create their produce.

Everything has its moment to shine, seasonality, provenance & preservation are important to us.

Our philosophy is to have produce at its optimum & wherever possible grown, harvested or caught sustainably & ethically & just as importantly - locally.

We highlight the simplest ingredients in our menu with the utmost care & flair and we respect the natural & social environment around us to influence us & others to leave more.

It is up to us all to create a sustainable loop of health to share with our environment, community & our precious selves.

Enjoy.

BEVERAGES

SOY - ALMOND - LACTOSE FREE - DECAF - VANILLA - HAZELNUT - CARAMEL .50C

	S	L
Beans		
Espresso	4	5
Piccolo	4	
Flat White	4	5
Café Latte	4	5
Cappuccino	4	5
Long Black	4	5
Chai Latte		5
Hot Chocolate	4	5
Leaves		
English Brekky	4	
Earl Grey	4	
Ceylon Strong	4	
Honey Dew Green	4	
Peppermint	4	
Malabar Chai	4	
Lemongrass & Ginger	4	
Chamomile	4	
Milkshakes		
Choc, Strawberry, Vanilla, Caramel,		8
Iced drinks		
Ice Chocolate (choc, milk & ice cream)		8
Ice Coffee (coffee, milk, ice cream)		8
Affogato (ice cream & double coffee shot)		9
Coco Noir (coffee, ice & coconut water)		8
Iced Chai (chai tea mix, ice & milk)		6
Iced Long Black (coffee, ice & water)		6
Cold Latte (coffee, ice & milk)		6
	Glass	Jug
Housemade Iced Tea Parisian Vanilla	6	12
Housemade Iced Tea Hibiscus Lemon	6	12

SMOOTHIES & JUICE

♥~Dairy, made w local Mungalli milk & yoghurt

Fresh squeezed Orange Juice 8

♥ Organic Banana ~ w yoghurt, cinnamon & milk 8

♥ Dirty Monkey ~ banana & milk w 2 shots of coffee 10

♥ Local Mango ~ w yoghurt & milk 10

(df) Mango Lush ~ mango, pineapple & coconut water 10

(df) Tropical ~ banana, mango, lime, orange juice 10

(df) Green ~ kale, banana, mango & coconut water 10

(df) BCB ~ Berry, Coconut water & Banana 9

NAUGHTY CORNER...

YES! We are a licensed café!

Please ask for the boozy drinks menu, or take a peep in our fridge to see which chilled brews and vino's we stock. Available from 10am.

Brekky
Cocktail

'Smokey J's'
Bloody Mary \$16

ALL DAY BREAKFAST 7am-3pm



- (v)~vegetarian (gf)~gluten free (vegan avail)~please ask
- Wood~fired ciabatta toast w butter & spreads w your choice of local Marmalade, Jam, Vegemite or Peanut butter... 8
- WHARF ONE Banana & date bread toasted w butter 6
- WHARF ONE Fig & fruit loaf toasted w butter 8
- Toastie w wood smoked ham, cheese & tomato 8
- Sardines Pomodoro (tomato) w toasted ciabatta 12
- Eggs benny wrap toasted w wood smoked ham, eggs, hollandaise & cheese 12
- The "Avo" ~ crushed local avocado w quark & toasted seeds, red pickled onion with balsamic glaze on toasted ciabatta (v)(vegan avail) 18
- Eggs Benedict ~ poached eggs w hollandaise on wood~fired ciabatta & your choice of... 17/21
- Wood smoked ham OR Sugarcane cured salmon

BREAKFAST 7am-11:30am

- Happy eggs & soldiers Runny boiled w chili salt 12
- Vegan Mango Chia Pudding with almond milk & seasonal fruit GF 16
- WHARF ONE Granola w organic brown puffed rice & seeds served w Mungalli yoghurt, milk, honey & fruit (gf)(nut free) 15
- Buddha bowl w avocado, sautéed mushrooms & kale, seeds, dukkah dusted poached eggs & hommus (gf)(v) 18
- Broken eggs on ciabatta w local avocado & quark & balsamic glaze and pickled red onion (v) 16
- Thyme & Garlic Mushrooms on toasted ciabatta w herbed quark & spinach (v)(vegan avail) 16
- Paw paw and watermelon salad with mint, lime, passionfruit, quark & honey baked seeds 18

BREKKY EXTRAS

- | | |
|---------------------------|--------------------------|
| Grilled wood smoked ham 4 | Sugarcane cured salmon 6 |
| Avocado 5 | Mushrooms 4 |
| Poached egg 3 (2 for 5) | Organic baked beans 4 |
| Sautéed kale 4 | Cooked Tomato 3 |
| Gluten free bread 2 | Bush tomato relish 3 |
| | Hollandaise 3 |

LUNCH @ WHARF ONE



11:30am-3pm



TASTY BOWLS

- Harvest bowl ~ Sautéed Mushrooms, avocado, roast pumpkin, roast capsicum, hommus, quinoa, toasted seeds, rocket w a mango & bush tomato chutney (v) (gf) (vegan avail) 18
- \$1 from every Harvest Bowl goes directly to local charity ~ Boldly I Go
- Pumpkin Patch bowl ~ Dukkah dusted roasted pumpkin, hommus, pickled red onion, gooseberries, rocket, quinoa, crumbled quark & toasted seeds with a balsamic glaze (v) (gf) (vegan avail) 18
- Add poached chicken or sugarcane cured salmon 6



BIGGER BITES



- Beef Burger ~ grass fed beef patty with aged cheddar, rocket, house pickle & caramelized onion mayo on a seeded butter bun served with chips - (burger served blushing) 18
- Chicken Karaage burger ~ crispy Japanese chicken with red cabbage, carrot & coriander slaw, sliced tomato and a sweet chili mayo rocket on a brioche served w chips 18
- Fish & Chips ~ Spanish Mackerel in a ginger beer batter served w chips & tartare sauce (gf) 20

sharing

- Lemon Myrtal calamari w tartare (gf) 16
- Salmon poke w toasted ciabatta (Salmon, avocado, tomato & corn Hawaiian style bruschetta) 18
- Chicken Karaage bites with dipping sauce 14
- Wharf One spiced chips 8
- Chips w tomato sauce 6

is caring

WRAPS

- Tuna wrap toasted w a creamy corn, Spanish onion & caper salsa 12
- Chicken wrap toasted w Mayo roasted pumpkin & rocket 14

little people's menu



Please order & pay @ the bar

little people's brekky 7am-3pm

- Kids boiled egg & soldiers 6
- Kids toast w spreads 5
- Kids poached egg & baked beans on toast 8
- Kids ham n cheese toastie 6
- Kids fruit platter w honey yoghurt 9
- Kids French toast w organic banana & local natural honey ~ 8 with ice cream ~ 10

LITTLE PEOPLE'S LUNCH FROM 11.30AM

- Kids fish & chips 12
- Kids chicken n cheese wrap & chips 10
- ~all kids meals are served with a piece of fruit~

LITTLE PEOPLE'S DRINKS

- Chocolate, strawberry, caramel, vanilla moo shakes 5
- Kids banana, berry or mango smoothies no nasties - just fruit, yoghurt & milk! 6
- Babychino 1
- Fancy babychino (chocolate powder, sprinkles, marshmallow & cookie) 2

HOOKED ON SWEETS?

OUR USUAL HOUSE MADE SWEETER SUSPECTS:

- ♥ Muffins du jour \$5 ♥
- ♥ Gluten Free Choc Fudge Brownie \$6 ♥
- ♥ Lime & Coconut Slice \$5 ♥
- ♥ Lime, Yoghurt & Vanilla Cake \$6 ♥

PLEASE SEE OUR CAKE DISPLAY FOR OTHER TASTY MORSELS!