



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♥

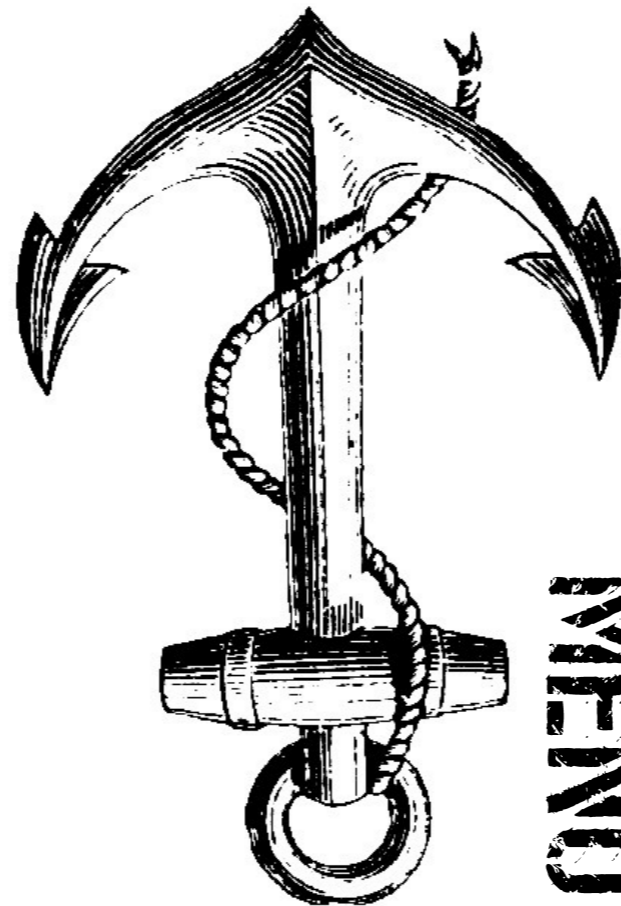
Family owned & proudly grown in Mareeba, they choose the most deliciously fresh, ripe & juicy mangoes for picking

♥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



WHAIRF ONE MENU

OUR FOOD PHILOSOPHY

We admire the growers, farmers, fishermen, foragers & the people who put love into how they produce 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		7
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Iced drinks

Ice Chocolate (choc, milk & ice cream)		8
Ice Coffee (coffee, milk, ice cream)		8
Affogato (ice cream & double coffee shot)		7
Coco Noir (coffee, ice & coconut water)		7
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

♥~Dairy, made w local Mungalli milk & yoghurt

♥ Local Mango~ w yoghurt & milk 8

♥ Organic Banana~ w yoghurt, cinnamon & milk 8

♥ Dirty Monkey~ banana & milk w 2 shots of coffee 9

(df)~dairy free

(df) Mango Lush~ mango, pineapple & coconut water 9

(df) Tropical~ banana, mango, lime, orange juice 9

(df) Green~ kale, banana, mango & coconut water 9

(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 5
- WHARF ONE Fig & fruit loaf toasted w butter 7
- Toastie w wood smoked ham, cheese & tomato 8
- Sardines Pomodoro (tomato) w toasted ciabatta 12
- Eggs benny toasted wrap w wood smoked ham, eggs, hollandaise & cheese 10
- The "Avo" ~ crushed local avocado w quark & lime oil on toasted ciabatta (v)(vegan avail) 16
- Plantain & sweet potato rosti stack w sugarcane cured salmon, capers & quark (gf) 17
- Eggs Benedict ~ poached eggs w hollandaise on wood~fired ciabatta & your choice of... 16/19
- Wood smoked ham OR Sugarcane cured salmon
- Poached eggs w sugarcane cured salmon on ciabatta 16

BREAKFAST 7am-11:30am

- Runny boiled eggs & soldiers w chilli salt 10
- WHARF ONE Granola w organic brown puffed rice & seeds served w Mungalli yoghurt, milk, honey & fruit (gf)(nut free) 12
- Chai porridge w quinoa, brown rice, mixed berries & Gagarra honey served w Mungalli yoghurt & milk (gf) 14
- Buddha bowl w avocado, sautéed mushrooms & kale, seeds, dukkah dusted poached eggs & hommus (gf)(v) 18
- Broken eggs on ciabatta w local avocado & quark (v) 16
- Pumpkin, zucchini & besan baked loaf w poached eggs, creamy corn salsa & bush tomato chutney (gf)(v) 16
- Mushrooms sautéed on toasted ciabatta w pesto, roasted peppers & quark (v)(vegan avail) 16
- Wharfies Brekky ~ poached eggs on toasted ciabatta w grilled wood smoked ham, baked beans, cooked tomato, avocado, plantain & sweet potato rosti, mushrooms & hollandaise (available weekdays only) 24
- Seasonal fruit plate w Mungalli yoghurt & honey crusted seeds (gf) 18

BREKKY EXTRAS

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

LUNCH @ WHARF ONE



11:30am-3pm



TASTY BOWLS

- Harvest bowl ~ Mushrooms, avocado, roast pumpkin, roast capsicum, hommus, quinoa, toasted seeds, rocket w a mango & native mint pickle (v) (gf) (vegan avail) 17
- \$1 from every Harvest Bowl goes directly to local charity ~ Boldly I Go**
- Mount Furikake bowl ~ Furikake & ponzu seasoned brown rice, spinach, avocado, carrot, zucchini, pickled red onion, toasted seeds & a chilli mayo (gf) 17
- 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) 17
- Add chicken or sugarcane cured salmon 5



BIGGER BITES



- Salmon poke w toasted ciabatta (Salmon, avocado, tomato & corn Hawaiian style bruschetta) 18
- Chicken sandwich stack ~ Chicken breast dusted w dukkah, roast pumpkin, avocado, creamy corn salsa & rocket served w chips 17
- Fish sandwich stack ~ Spanish Mackerel, tomato, avocado, rocket & tartare served w chips 18
- Coconut crusted local wild Barramundi w furikake & ponzu seasoned brown rice, spinach, avocado, carrot, zucchini, pickled red onion, toasted seeds & a chilli mayo (gf) 22
- Fish & Chips ~ Spanish Mackerel in a ginger beer batter served w chips & tartare sauce (gf) 16

sharing

- S&P calamari w lemon myrtle aioli (gf) 16
- Coconut crusted local prawns w mango chilli salsa (gf) 16
- Chips w tomato sauce 6
- Dukkah dusted sweet potato shards w creamy corn salsa 6

is caring!

BURRITOS & WRAPS

- Local wild barramundi burrito w tomato & corn salsas, avocado & rocket 18
- Veggie burrito w roasted pumpkin, tomato salsa, cheese, avocado, hommus & rocket (v) 14
- Toasted Tuna wrap w a creamy corn, spanish onion & caper salsa 10
- Toasted Chicken Mayo wrap w roasted pumpkin & rocket 12

little people's menu



Please order & pay @ the bar

little people's brekky 7am-3pm

- Kids boiled egg & soldiers 5
- Kids toast w spreads 4
- Kids poached egg & baked beans on toast 7
- Kids organic banana & nutella toastie 6
- Kids ham n cheese toastie 6
- Kids fruit platter w honey yoghurt 8
- Kids french toast w organic banana & local natural honey ~ 8 with ice cream ~ 10

LITTLE PEOPLE'S LUNCH FROM 11.30AM

- Kids chicken & chips 10
- Kids fish & chips 10
- 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 4
- Kids banana, berry or mango smoothies no nasties - just fruit, yoghurt & milk! 5
- Babychino 1
- Fancy babychino (chocolate powder, sprinkles, marshmallow & cookie) 2

HOOKED ON SWEETS?

OUR USUAL HOUSE MADE SWEETER SUSPECTS:

- ♥ Muffins du jour \$4 ♥
- ♥ Gluten Free Orange & Almond Cake \$5 ♥
- ♥ Lime & Coconut Slice \$4 ♥
- ♥ Lime, Yoghurt & Vanilla Cake \$5 ♥

PLEASE SEE OUR CAKE DISPLAY FOR OTHER TASTY MORSELS!