



MENU

THE PLACE WHERE GOOD THINGS HAPPEN
EVERYTIME YOU ARE HERE

OPENING HOURS:

MTWF 7:00 AM - 5:30 PM

TH 7:00 AM - 7:00 PM

SAT 7:00 AM - 5:00 PM

SUN 7:00 AM - 4:00 PM

KITCHEN OPEN 7:30AM - 2:30PM

MAROOCHYDORE HOMEMAKER CENTRE

(Next To Harvey Norman)

11/55 Maroochy Blvd

Maroochydore, 4558, QLD

All Credit Card Transactions Will Attract 1% Merchant Fee
Public Holidays Will Attract 15% Surcharge



CK COFFEE BAR & WHOLEFOODS ...

We Are A Family Owned & Run Coffee Bar And Eatery, Committed To Bringing You A Healthier Alternative. We offer An Experience Into Our World Where Wholesome Food Brings Joy & Connects People Together. A Place Where Our Amazing Team Care About You And Your Dietary Needs. We Are Here To Support You On Your Journey. We are One Big All-Inclusive Family Here!

SO, WHAT DOES THE 'CK' STAND FOR?

The "C" Is The Easy Part, It Represents 'Coffee' - In Which We Aim To Deliver You The Best Cup On The Sunshine Coast! The "K" or κάππα (kappa) is An Ancient Greek symbol for "Hand" or "To Serve," Stemming From The Egyptian Hieroglyph. Therefore, CK = To Serve With Open Hands.

For Us This Also Means That We Know Where Our Food Comes From And The Ingredients We Proudly Prepare Your Meals With. It Is Our Aim To Source The Very Best Sunshine Coast Has To Offer And To Stay Away From Nasties.

We Also Believe In Giving Back And Do This In Many Different Ways Locally And Internationally. Our Favorite Though Is Through B1G1 (Buy1Give1) That Allows Us To Create Regular Impacts On Daily Basis - The Power Of Small - We Love That!

DID YOU KNOW?

Along With Hosting And Co-Ordinating Food Service 7 Days A Week

We Also Offer Catering, Whole Cakes For Your Special Occasion, Private Venue Hire, Host Guests Events, Exciting Workshops, Educational Seminars & Much More!

For Any Queries Or Quotes Please Contact Us At
enquiry@ckwholefoods.com

BREWED BEVERAGES

Something STRONGER

Espresso;	3.5
Macchiato; Piccolo	3.8
Long Black	4.0
Bulletproof	5.0

Something SPECIAL

One + One (3/4 Flat White + Espresso)	6.0
Sparkling Long Black	5.0
CK Nitro Coffee (Coming Soon...)	

Something CLASSIC

Flat White; Cappuccino; Latte	4.0 5.0
Chai Latte; Hot Chocolate	4.0 5.0
Mocha	4.5 5.5
Iced Latte; Iced Chocolate; Iced Mocha	5.5 5.5 6.0
Iced Long Black; Affogato	4.5 6.0

Something NOURISHING

Matcha; Turmeric; Dandelion Latte	5.0 6.0
Peppermint Hot Chocolate; Chili Hot Chocolate	5.0 6.0
Chai Co. Milk-Infused Honey Chai (VG, Decaf Option)	5.5 Mug 6.5 Pot

What Is Your Choice Of Milk Today?

Barambah Organic Full Cream, Skim Milk & Lactose Free Incl Bonsoy, Organic Coco Quench, Oat, Almond & House-Made Almond	+0.8c
ADD Swiss Water Decaf, Cream, Ghee, Honey Or Maple	+0.5c

Handcrafted Organic Fairtrade Loose - Leaf ARTEA 4.5

Breakfast: 100% Organic Black Tea
Earl Grey: Ceylon w Lavender, Rose Petals & Bergamot Oil

Mint-Fusion: Peppermint, Lemongrass, Liquorice, and Calendula
Green Tea: Organic Sencha, Lemongrass, Ginger and Jasmine
Ginger & Lemon Grass: Lemon Myrtle, Lemon Grass, Lemon Balm,
Ginger Root, Mandarin Peel & Calendula.

JUICE & SMOOTHIE BAR

hrvst Cold-Pressed Juices

7.5

All Juices Are Hrvst St, Honest Cold Pressed Unique Flavors
Your Taste Buds Won't Forget About. Australian Made and Owned.
Served On Ice.

Endless Summer: Lemon, Pineapple & Cayenne Pepper

Ruby Tuesday: Watermelon, Rhubarb, Pink Lady Apple,
Pear and Lime

Blood Bank: Beetroot, Cucumber, Crispy Green Apple & Ginger

Gold Digger: Carrot, Pineapple, Apple, Ginger

Little Green: Kale, Cucumber, Spinach, Celery, Lemon,
Pear, Ginger & Spirulin

Super SMOOTHIES

9.0

Amazing Acai: Sambazon Organic Acai, Banana & Coconut Water

Banana Espresso: Banana, Espresso, Cinnamon, Honey*

Blue Steel: Banana, Mixed Berries, Raw Vanilla Protein*

Nuts About You: Banana, Peanut Butter, Cacao, Cinnamon
& Honey*

Raw Protein: Banana, Strawberries, Dates, Cacao, VIVO Vanilla Raw
Protein*

Super Soother: Banana, Cinnamon, Black Pepper, Turmeric, Maple*

Sweet Green: Celery, Apple, Kale, Spinach, Ginger, Avocado, Cucumber
& Coconut Water

**All Smoothies Are Made On House-Made Almond Milk.
If Your Prefer A Different Choice Just Let Us Know!*

ALL DAY BREAKFAST & LUNCH

Something SWEET

Acai Bowl: Sambazon Organic Acai Blended w/ Banana & Coconut Water, Topped w/ Seasonal Fruits & House Made Granola. <i>GF Vegan</i>	15.00
Add Me On:	
Co-Yo Organic Coconut Yoghurt Extra Granola	+2.0
Extra Peanut Butter Almond Butter	+2.0
Granola Bowl w/	15.00
Co-Yo Organic Coconut Yoghurt & Fresh Seasonal Fruit. <i>GF VEGAN</i>	
Paleo Banana Pancakes w/	17.00
Berry Compote, Fresh Banana, Maple Syrup & Toasted Almonds <i>GF DF</i>	
Add Bacon	+4.50
Add Co-Yo Organic Coconut Ice Cream	+2.00
Add Vanilla Ice Cream	+1.00

Something SAVOURY

Serving Of Wonky Loaf Sourdough Toast or Ten Acres Charcoal Sourdough w/	6.00
Butter, House Made Berry Chia Jam Or Vegemite. Peanut Butter Almond Butter	+1.00
Gluten Free Vegan Toast	+1.00
House Made Paleo Bread (<i>GF Paleo</i>)	+2.00
Add 2 Eggs Of Your Choice	+4.50
CK Bacon & Eggs	15.00

Something EXTRA

Aioli Cashew Cheese Vegan Pesto	2.00
Kale-Infused Hollandaise House Relish	
Grilled Tomato Sautéed Wild Mushrooms	3.50
Raw or Sautéed Spinach Smashed Avo Pumpkin	
Bacon Grilled Haloumi Organic Tempeh Marinated Feta	4.50
Baked or Sweet Potato Fries	
Marinated Chicken Thighs 12 Hours Pulled	6.00
Brisket or Pulled Pork	
Cold Smoked Salmon Salmon Fillet	8.00

ALL DAY BREAKFAST & LUNCH

Something SAVOURY

Super Green Smash 18.00

Smashed Avocado On Ten Acres Organic Charcoal Sourdough Toast, Beetroot Hummus, Marinated Feta And Finished With Raw Salad Of Broccoli & Kale, Sprinkled With Superfood Crumb.

Add Two Eggs +4.00

Add Side Bacon +4.50

Roast Pumpkin Veggie Stack w/ 18.00

Wild Mushrooms, Pumpkin, Vegan Pesto & Smashed Avocado Served On House Made Beetroot Flatbread. GF| DF

Add Two Eggs +4.00

Add Side Bacon +4.50

Green Shakshuka 16.00

Baked Zucchini, Spinach, Shallots, Fresh Herb, Cream Cheese & Egg, Served With Wonky Loaf Sourdough Toast

Okonomiyaki Japanese Style Cabbage Pancake w/ 24.00

Grilled Salmon, Avocado, Poached Egg & Kewpie Mayo. *GF*

Eggs Benedict Your Way; House Made Kale Infused Hollandaise, Free Range Poached Eggs, Smashed Avocado Served On Toast.

w/Local Butcher's Smoked Bacon or Leg Ham 22.00

w/12 Hours Pulled Brisket or Pulled Pork 23.00

w/Cold Smoked Salmon Or Fresh Grilled Salmon 24.00

Chili Scrambled Eggs w/ 16.00

House Made Chilli Jam, Krispy Kale & Vine Tomato On Wonky Loaf Sourdough Toast

Brekky Burger w/ 16.00

Local Butcher's Bacon, Free-Range Egg, Chimichurri Mayo, Fresh Greens & Tomato Chutney On A Pretzel Roll.

ALL DAY BREAKFAST & LUNCH

Something SAVOURY

Vegan Nacho Bowl	18.00
Corn Chips, Braised Mexican Beans, Cashew Cheese, Smashed Avocado, Chilli Jam & Red Capsicum Salsa.	
Add 12 Hours Pulled Brisket, Pulled Pork or Chicken	+4.50
House Bone Broth	16.00
Gut-a-licious House Made Bone Broth (Organic Bones) w/ Sautéed Spinach, Kale, Wild Mushrooms, Fermentier Kimchi, Poached Egg & Sourdough Toast.	
Add 12 Hours Pulled Brisket or Pulled Pork	+6.0
CK Burger Of Your Choice	
Swiss Cheese, Tomato, Cucumber, Mint & Coriander Lime Slaw Lime Kewpie Mayo, On German Bakehouse Pretzel Bun.	
12 Hours Pulled Brisket or Pulled Pork	18.00
Marinated Chicken Thighs	18.00
Add Oven-Baked or Deep Fried Sweet Potato Fries	+4.50

Something Little Or FOR THE KIDS

Mini Chicken Burger	12.00
Cheddar, Tomato, Oven-Baked Sweet Potato Fries	
Little Fry Up	10.00
Toast, 1 Rasher Of Bacon & Fried Egg	
Kids Nachos	10.00
Corn Chips w/House Made Beans & Cheese	
Paleo Banana Pancake	10.00
Vanilla Ice Cream, Seasonal Fruit & Maple Syrup	
Grilled Fish and Chips	12.00
Grilled Salmon Fillet & Oven-Baked Sweet Potato Fries	