



**RUDY'S**  
**REAL FOOD**

**ORGANIC WORLD**

**ATHLETES CAFE**

**PLEASE ORDER & PAY AT THE COUNTER**

## ALL DAY BREAKFAST

**EGGS ON CHARCOAL TOAST** \$17  
2 eggs the way you like it with  
smashed avo, wilted baby spinach,  
grilled tomato

**TOAST N' AVO** \$10

**3 EGGS YOUR WAY** \$22  
with pumpkin avocado, grilled  
bread or charcoal tomato, cucumber,  
or gluten-free +\$1.5 wilted spinach

**4 EGGS OMELETTE** \$25  
with pumpkin avocado, tomato, spring  
bread or charcoal onion, baby spinach,  
or gluten-free +\$1.5 feta cheese

**RUDY'S BIG BREAKFAST** \$29  
with pumpkin 3 eggs your way, halloumi,  
bread or charcoal avocado, wilted spinach,  
or gluten-free +\$1.5 black beans, mushrooms,  
grilled tomato

**PROTEIN POWER BOWL** \$32  
2 poached eggs, chicken, black beans,  
quinoa, kale, broccolini, sweet potato

**SWEET POTATO FRITTERS** \$25  
2 soft fritters, 2 fried eggs, kale,  
avocado, grilled tomato

## ADD ONS

Salmon or chicken	\$8	Avocado	\$5
Feta, tofu, halloumi	\$6	Egg	\$5
Sweet potato, quinoa	\$7	Bread	\$4.5
Baked potato	\$8	Tomato	\$3.5
Small salad	\$8	Mushrooms	\$6

## MAIN MEALS

**GRASS FEED STEAK** \$35 - \$50  
with roasted baby 250g steak cooked the way  
potato or sweet you like it with garlic butter,  
potato or quinoa green vegetables

**PAN-FRIED CHICKEN** \$35  
with roasted baby 200g chicken with a mix of  
potato or sweet vegetables, green beans,  
potato or quinoa snow peas, kale, asparagus,  
broccolini, bok choy and  
tomato

**FRESH TASMANIAN SALMON** \$35  
with roasted baby 200g oven-baked salmon  
potato or sweet with a selection of pan-fried  
potato or quinoa vegetables

**GRILLED CHICKENBREAST** \$35  
with roasted baby 200g chicken on garlic  
potato or sweet butter with broccolini and  
potato or quinoa salad

**WARM LEMONY BROCCOLINI SALAD** \$27  
green peas, baby spinach, chickpeas,  
sweet potato, feta

## PROTEIN SWEET

**BERRY PROTEIN PANCAKES** \$25  
gluten-free almond flour, fresh banana,  
maple syrup, coconut yogurt, sprinkled  
with cinnamon and mix of nuts

Our meals are cooked on a butter,  
for dairy-free option ask for olive or coconut oil.

## VEGAN & VEGETARIAN

**RUDY'S PAN-FRIED MIX OF VEGGIES** \$27  
green beans, snow peas, kale, asparagus,  
broccolini, bok choy, sweet potato  
add feta or halloumi or tofu +\$5

**QUINOA CHICKPEAS SALAD** \$23  
cherry tomatoes, avocado, baby spinach,  
cucumber, grilled halloumi, Rudy's vinaigrette  
(olive oil, lemon, orange, apple cider vinegar)

**VEGAN PROTEIN POWER BOWL** \$27  
sweet potato, black beans, chickpeas,  
mushrooms, tomato, onion, kale, a mix of  
greens (cooked on olive oil)

**BLACK BEANS & MUSHROOMS** \$27  
with pumpkin choice tofu or halloumi, baby  
bread or charcoal spinach, mushrooms, black  
or gluten-free +\$1.5 beans, onion and tomato

**CHICKPEAS & MUSHROOMS** \$27  
with pumpkin kale and onion, avocado,  
bread or charcoal tomato, tofu, baked potato  
or gluten-free +\$1.5

**ALMOND PORRIDGE** \$19  
almond milk, fresh banana, fresh  
seasonal berry, cinnamon

**VARIETY OF RUDY'S KETO CAKES**  
see it in the cabinet

**DRINK MENU** →