



WELCOME

What's New

We are Ketoing it up here at Argo!

We have two new keto smoothies with MCT oil that pair well with our new kimchi pork bowl

If it's too cold outside for the keto smoothies then go for our Keto Collagen Hot Chocolate, it also comes with MCT oil

We have also added a very colourful salmon and egg bowl to our breakfast section (it's Keto)

And finally, everyone's dream, a burger with the avocado as a bun! Yes it's as good as it sounds. No this isn't a joke. You should definitely try it.

Our menu descriptions include all the main ingredients for the dish or beverage but this list is not exhaustive. We list vegan, vegetarian and gluten free options, however we DO NOT list specific allergens. It is your responsibility to ensure you make us aware of any allergies you have so our team can best cater for your needs.

Monday-Friday 6:00am-5:00pm

Saturday 6:30am-5:00pm

Sunday 7:00am-5:00pm

DIGESTIVE SHOTS

We've created these shots to be taken just after you order, while you wait for your meal, so your stomach has time to produce the extra acid needed for digestion.

Flu and Cold Fighter	5.5
Ginger, orange, grapefruit, carrot and lemon	
.....	
Ginger Shot	5.0
Pure ginger root juice mixed with honey	
.....	
Golden Vitality	5.5
Turmeric, ginger, lemon, cayenne pepper, carrot, orange and coconut water	
.....	
Gut Cleanser	5.5
Aloe, beetroot, apple cider vinegar, black pepper, orange and ginger	
.....	
Aloe Vera Shots	5.0
Pure Aloe Vera gel	
or	
Cranberry and apple with Aloe Vera	
.....	

FIRE CIDERS

We take raw, unrefined apple cider vinegar and infuse it in a concoction of fruits, vegetables and herbs for a period of 8 weeks.

The Original Fire Cider	5.5
Orange, lemon, capsicum and garlic	
.....	
Chili Fire Cider	5.5
Apple, spirulina, matcha powder and spinach	
.....	

HYDRATORS (500ML)

The Hangover with Charcoal (not appropriate for pregnant people)	5.5
Filtered water, lemons, maple, charcoal	
.....	
Wake Up Call (FODMAP Friendly)	5.0
Lemon, ginger, apple cider vinegar, coconut nectar, filtered water.	
.....	

TAKE A SHOT TOGETHER!
ANY 2 FARMACY SHOTS FOR \$9

ARGO RETAIL

Aeropress		50.00
Aeropress Filter Pack		7.00
Coffee Pods	10/pack	12.00
Coffee Bean Grinder	Porlex	80.00
Ceramic Cup	Small	35.00
Ceramic Cup	Large	39.00
Frank Green Stainless Steel	10oz/295ml	39.95
Frank Green Stainless Steel	20oz/595ml	49.95
Frank Green OG Cup	8oz/235ml	32.95
Frank Green OG Cup	12oz/340ml	34.95
Frank Green Visa Cup	12oz/340ml	39.95
Frank Green Ceramic Cup	6oz/177ml	39.95
Frank Green Ceramic Cup	10oz/295ml	41.95
Monastery Coffee Beans		16.00 - 18.00

BREAKFAST

CLASSICS

Eggs on Toast (GFO) (V) P=22.6g F=14.3g Ct=39g Cs=3.9g 10.5

Eggs your way with yeast free sourdough and kale pesto
Worcestershire Sauce 0.8

ARGO Big Brekky (GFO) (A) P=57.6g F=68.5g Ct=41.8g Cs=6.3g 24.9

Bacon, eggs your way, haloumi, roasted tomato, Swiss mushrooms, crispy potato, avocado dipped in sesame seeds, yeast free sourdough
Worcestershire Sauce 0.8

Vege Plate Stack (GFO) (V) P=23.4g F=21.8g Ct=35.2g Cs=10.2g 22

Eggs your way, avocado, sautéed English spinach, Swiss mushroom, polenta, roasted tomato, roasted sweet potato, yeast free sourdough spread and a house-made chilli chutney

Replace eggs with Plant Based Scrambled Egg for a vegan option! 3.0

Benny-Way-You-Like (GFO) (VO) (A) 20

Your choice of:

- Ham
- Bacon
- Halloumi

Served with poached eggs, baby spinach and hollandaise sauce on yeast free sourdough

Salmon Benedict (GF) P=31.4g F=26.9g Ct=20.9g Cs=7.5g 24

A house-made pumpkin and beetroot waffle with Harris smoked salmon, poached eggs, asparagus, crispy capers, goat's cheese and hollandaise
Avocado 4.0

NEW Le Omelette (GFO) (V) 18

Garlic, chilli, eggplant, caramelised onion, provolone, baby spinach, basil, cherry tomato relish, salsa verde & rocket served with yeast free sourdough

Worcestershire Sauce 0.8
Smoked Salmon 5.0
Bacon 4.5
Prosciutto 4.5

Pulled Pork Omelette (GF) 21

AVAILABLE FROM FRIDAY UNTIL SOLD OUT

Our 16 hour slow cooked pulled pork with smokey sriracha sauce, Spanish onion, roasted capsicum, goat's cheese served with crispy kale chips and spicy labneh

Worcestershire Sauce 0.8

The Godmother (GFO) (V) P=13.1g F=18g Ct=87.3g Cs=44.8g 23

Cinnamon French Toast, black currant gel, vanilla bean creme patissiere, fresh berries, charcoal lychee meringue, dressed with honeycomb and maple syrup
Bacon 4.5 Coconut Soft Serve 3.0

BREAKFAST SALADS

BKT Salad (GFO) P=25.2g F=25.9g Ct=22.6g Cs=5.4g 18.5

Crispy diced bacon, kale, red onion, diced tomato, roasted sunflower seeds, avocado, poached egg all dressed with a Dijon mustard apple cider vinegar dressing served with a slice of Ezekiel bread

Salmon and Rocket Salad (GFO) P=30.2g F=32.9g Ct=21.3g Cs=5.4g 18.5

Smoked salmon, rocket, cherry tomatoes, olives, avocado, hemp seeds topped with a lemon yoghurt dressing & a poached egg served with a slice of Ezekiel bread

Harvest Salad (GFO) (V) (VGO) P=19.8g F=42.5g Ct=28.6g Cs=11.9g 18.5

Butternut pumpkin, pickled onion, baby spinach, apple, avocado, toasted walnuts, hemp seeds and a poached egg drizzled with an olive oil balsamic dressing served with a slice of Ezekiel bread

PLANT BASED

Vegan Brekky (GFO) (VG) P=17.1g F=14.5g Ct=56.7g Cs=12.2g 24

Plant Based Scrambled Eggs (tofu), roasted tomato, guacamole on yeast free sourdough, Swiss mushrooms and sautéed spinach

Vegan Breakfast Wrap (GFO) (VG) P=11.6g F=16.7g Ct=27.2g Cs=7.9g 20

Spicy ground Plant based chorizo, Plant Based Scrambled Eggs (tofu), house-made salsa, cashew nut cheese, mixed greens, Brazilian black bean paste and Plant based mozzarella served in a wrap
Guacamole 3.0

V-Gains (GFO) (VG) P=9.5g F=23.2g Ct=40.3g Cs=10.4g 20

Plant based scrambled eggs (tofu), baby spinach, kale pesto, kale chips, yeast free sourdough

GOURMET

Bibimbap (GFO) (V) (VGO) 19

NOT AVAILABLE ON WEEKENDS

A cauliflower and broccoli rice base with enoki mushrooms, kale, kimchi-kraut, spinach, pickled carrots, pickled cucumber, coriander, sesame seeds drizzled with a garlic oil topped with a fried egg and sambal
Add Brown Rice 3.0

Giuseppina's (GFO) 19

Crispy Prosciutto, truffle scrambled egg, onion jam on yeast free sourdough and a smear of truffle aioli
Grilled Tomato 3.0

NEW Pulled Pork Benedict (GFO) (A) 23

AVAILABLE FROM FRIDAY UNTIL SOLD OUT

A house-made pumpkin and beetroot waffle with 16 hour slow cooked pulled pork, baby spinach, pickles, pickled onions, apple & fennel slaw, hollandaise and paprika

The Refresh (GFO) (V) 21

Sautéed kale, mint, goat's cheese, avocado, two poached eggs, crushed almonds, cold-pressed olive oil, lemon juice and za'atar cheese toast.

Mushroom Ragout (GFO) (VG) 24

Enoki, shiitake and brown mushroom trio, tomato sugo, red wine, Spanish Onion, leek and fennel served with creamy polenta, yeast free sourdough all garnished with basil and crispy enoki

Poached egg 2.5
Halloumi 4.0

Tofu On Top (GF) (VG) 20

Crumbled tofu, cherry tomatoes, Spanish onion, avocado, roasted capsicum, sweet corn, black beans, pumpkin, crispy shallots, sumac spice mix, nutritional yeast and fresh coriander

Level Up (GFO) (VG) 23

Roasted portobello, truffle aioli, lentil pate, gherkin, sweet pickled onions, salsa verde, crispy enoki, truffle, yeast free sourdough
Poached Egg 2.5
Crispy Prosciutto 4.5

The Ottoman (GFO) 20

Lebanese flat bread folded over & filled with scrambled eggs, guacamole and bacon served with a side of our sweet chilli jam
Hash Brown 2.5

Habibi (My Darling) (GFO) 22

Sautéed wagyu mince topped with kale, pine nuts, fried egg, beetroot labneh, roasted tomato and a side of crispy za'atar manoushe bread*

*Sorry no alterations

Shakshouka (Not available on weekends) (GFO) 24

Wagyu meatballs cooked in napolitana sauce with pine nuts, chilli, provolone topped with poached eggs, creamy polenta garnished basil served with a side of yeast free sourdough
Worcestershire Sauce 0.8

Pancake Stack (GF) (V) 23

Gluten free pancakes served with a raspberry chia jam, espresso mascarpone, fresh berries finished with a butterscotch drizzle, sugar glass and mini house-made paddle pop

NEW Salmon and Egg Bowl (GF) (K) (A) 26

Freshly Grilled Salmon Fillet served with scrambled eggs, mixed greens, coriander, avocado and Spanish Onion topped with sesame seeds and a drizzle of olive oil and fresh lemon

Bread Options

Yeast Free Sourdough

Rye sourdough

Chia seed gluten free +1.5

Low carb bread +1.5

Ezekiel Bread +1.5

BRUNCH

BRUNCH

BREAKFAST SANDWICHES

Simple Starter GFO

Yeast free sourdough with your choice of:

- Harris smoked salmon add 2.0
- Bacon

Choose your eggs:

- poached
- regular scrambled
- turmeric scrambled
- chilli scrambled
- curry scrambled

Purple Toast GFO V

Beetroot and za'atar labneh, yeast free sourdough, two poached eggs, goat's cheese, roasted beetroot, balsamic glaze, candied walnuts, caramelised onions, dehydrated dukkah cracker, cold-pressed olive oil crispy leek and fresh strawberries
Halloumi 4.0

Smashed Avocado GFO V A

Argo's special smashed avocado mix served on yeast free sourdough, topped with Danish fetta, beetroot relish, caramelised beetroot, dressed with a rocket and mint salad and toasted pepitas

Poached egg (1)	2.5
Halloumi	4.0
Bacon	4.5
Harris smoked salmon	5.0

Jo's Vegan Smash GFO VG

Argo's special smashed avocado mix on yeast free sourdough bread, topped with fried shallots, fried enoki mushrooms and kale chips with a roasted tomato on the side. A drizzle of tahini, roasted almonds and pepitas

THE UNDECIDED PLATES

Option 1

17.5

Option 2

You get:

- Mini Smashed Avocado served with a mini version of the Dragonfly Bircher

You get:

- Mini Fruity Start served with a mini Back to Basics (sourdough with avocado and sliced tomato)

Fruity Start GF V VGO

Cinnamon and vanilla infused natural Greek yoghurt, topped with **paleo granola** or **flaked quinoa muesli**, seasonal fruit, turmeric honey, honeycomb dust and a dollop of house-made peanut butter
Coconut Yoghurt to make it vegan 2.5

Dragonfly Bircher VG

Overnight soaked organic oat mix with seasonal berries, pitaya, goji berries, pistachio and cardamom. Served with a spiced poached pear, coconut yoghurt, strawberries and mulled wine orange reduction syrup and topped with marmalade

Heartwarmer GF VG A

Organic quinoa cooked with almond milk, sultanas, almonds, pepitas served with cashew and orange cream. Garnished with strawberries, blueberries & banana served with a side of warm almond milk and a side of maple syrup

Noatmeal GF VG K

Hemp seeds, linseeds, chia seeds, natural protein powder all cooked in coconut milk before being mixed through with peanut butter, dark chocolate buds and finally served with Keto jam, Keto granola and thickened cream

Hakuna Banana GFO V

House-made toasted banana bread with an espresso nutella marscopne cream spread, sprinkled with roasted hazelnuts, a squeeze of mocha fudge syrup and beautifully garnished with fresh strawberries and flowers

SPROUTED EZEKIEL BREAD

Served on **one slice** of Sprouted Ezekiel Bread or on a gluten free chia bread 1.5

Cacao Thunder VG

Almond butter, banana and cacao nibs drizzled with rice malt

Hello Hummus VG

Hummus, tomato, basil with salt and kale pesto

Articado VG

Artichoke pesto, avocado, sea salt, pepper and olive oil
Smoked Salmon 5.0
Poached Egg 2.5

NEW Sweet Lil' Pickle V

Scrambled eggs, sweet pickled onion, sweet pickled mustard, capers, cornichon and parsley

A ARGO'S FAVOURITES

VG VEGETARIAN OPTION

V VEGETARIAN

VGO VEGAN OPTION

VG VEGAN

GFO GLUTEN FREE OPTION

GF GLUTEN FREE

KO KETO OPTION

K KETO

14.5

21

17.5

18

16.5

16.5

16.5

16.5

15.9

6.9

6.9

6.9

8.9

*Or with your choice of:

- Bagel +1.0
- Croissant +1.0 or Vegan Croissant +1.0
- Sprouted Ezekiel Bread +1.5
- Focaccia +1.0

Number One GFO V

Soft poached egg, roasted tomato, sautéed mushrooms, caramelised onion and fresh baby spinach

Number Two GFO V

Grilled halloumi, asparagus, rocket, onion jam and beetroot relish
Poached Egg (1) 2.5

Number Three GFO

Smoked salmon, dill, goat's cheese, capers, Spanish onion, mixed greens, lemon wedge

Jack and Jill GFO

Your choice of brioche bun or Turkish roll filled with Bacon, a fried egg, Swiss cheese and barbecue sauce

Number Five GFO VG

Vegan scrambled eggs, sautéed mushroom, baby spinach, kalamata olives, barbecue sauce, cherry tomatoes and sriracha mayo
Hash Brown +2.5

Breakfast Burger GFO A

A brioche bun filled with bacon, provolone, fried egg, bacon jam, aioli, tomato relish and baby spinach

JAFFLES

3 Cheese Please V

Tasty cheese, shredded mozzarella, sliced Swiss cheese, thyme and honey served in brioche

Croque Monsieur

Ham, cheese, mustard and pickles served in brioche

NEW

Peanut Butter Espresso Jaffle

Espresso nutella, banana, hazelnuts, strawberries and peanut butter served with a side of coconut cream

BELGIAN WAFFLES

Made with Passion GFO VGO

Belgian waffle. black currant gel, fresh mixed berries, coconut ice-cream, wild hibiscus and mixed berry ice-cream, passionfruit, maple syrup, white chocolate shards and vanilla bean creme patissiere
Add a dollop of house-made made peanut butter 2.0

I Dream of Chocolate GFO VGO

Belgian waffle, mocha fudge syrup, strawberries, blueberries, double whipped coconut cream, gluten free brownie, chocolate ice-cream, maple syrup and chocolate shards

TOAST N' SPREAD

Pick your toast: 5.9*

- Farmer's fruit toast (GF/VG) - One Slice
- Cacao and walnut toast (GF/VG) - One Slice
- Yeast free sourdough - 3 Slices
- Gluten free chia bread - 2 Slices
- French croissant +2.0
- Vegan Croissant +2.0
- Bagel +1.0
- Sprouted Ezekiel Bread (two slices)
- Date & Walnut Sprouted Bread (one thick slice)
- Keto Bread +1.5

Pick one spread:

- Strawberry Jam
- Honey
- Vegemite
- House-made peanut butter
- House-made Nutella
- House-made Almond Butter
- GF Vegemite
- Raspberry Chia Jam

SMOOTHIE BOWLS AND SOFT SERVES

ALL INGREDIENTS VEGAN* AND GF**

*Honey is not Vegan

**Low Carb/High Protein Muesli contains soy and Gluten.

STEP 1: CHOOSE YOUR BASE

Nutty Banana 16.9

Banana, peanut butter, maca and raw cacao blended with rice milk, topped with chocolate sauce
Add Vegan Coconut Soft Serve +3.0

Green Matcha 16.9

Matcha, banana, medjool dates, mint, lime, pistachio nuts, spinach and coconut flakes blended with coconut water, topped with passionfruit pulp

The No Nana (no banana) 17.9

Acai, peanut butter, mixed berries and natural protein powder blended with coconut water

Nutella Bowl 16.9

Banana, raw cacao, tahini, Argo's house-made nutella blended with coconut milk, garnished with cacao soil, cacao nibs and vegan chocolate sauce
Add Vegan Coconut Soft Serve +3.0

Pina Colada 17.9

Banana, pineapple, mango, coconut oil, ginger, and vanilla protein powder blended with coconut milk, topped with passionfruit pulp

Pitaya Fruit Paradise 17.9

Pitaya, banana, pineapple, grapefruit, lime, lychee, coconut oil and mango garnished with passionfruit pulp

Acai Original 17.9

Acai, banana and vanilla protein powder blended with coconut water (We highly recommend adding peanut butter blended through! + 2.0

Hemp Bowl 19.9

Banana, blueberries, mint, hemp protein, coconut milk and vanilla bean topped with hemp seed, mint and a house-made vegan magnum

Gypsy 17.9

Banana, spinach, avocado, medjool dates, spirulina and chia seed gel blended with almond milk, topped with sliced kiwi fruit

Keto Smoothie Bowl 17.9

Avocado, cacao, chocolate protein, almond butter, coconut whipped cream and coconut milk served with Keto granola

STEP 2: CHOOSE YOUR TOPPING

All garnished with strawberries, banana, coconut flakes

Paleo Granola

Almonds, sunflower seeds, pepitas, carob, coconut oil, coconut flakes and cinnamon
CONTAINS NUTS

Flaked Quinoa Muesli

Rice puffs, quinoa flakes, pepitas, coconut flakes, vanilla essence, rice malt syrup, coconut oil, sultanas, cranberries and raw cacao
NUT FREE

Low Carb/High Protein Muesli +1.0

Soy-flakes, Soy-crispies, Oat Flakes, Cocoa Butter, Cocoa powder
CONTAINS SOY AND GLUTEN

Keto Granola

Almonds, walnuts, hazelnuts, pepita seeds, sunflower seeds, linseed, vanilla protein powder, coconut flakes, almond butter, currants, vanilla bean paste
CONTAINS NUTS

Take home our famous Flaked Quinoa Muesli or Paleo Granola in 350g packs for just \$11.9

STEP 3: OPTIONAL MIX INS AND TOPPINGS

Please specify if you want the ingredient mixed in with the smoothie or garnished on top!

Protein Powder		Fruits		House-made Sauces		Other	
Natural	1.2	Strawberries	1.2	Peanut Butter	2.0	Flaked Quinoa Muesli	2.0
Chocolate	1.2	Blueberries	2.0	Chocolate Sauce	2.0	Paleo Granola	2.0
Vanilla	1.2	Raspberries	2.0	Almond Butter	2.0	Belgian Dark Choc Buds	1.2
Salted Caramel	1.2	Pineapple	1.2	Honey (Not VG)	1.2	Hemp Seeds	1.2
Hemp	1.2	Kiwi	1.2	Salted Caramel Sauce	2.0	Vegan Coconut Soft Serve	3.0
		Goji Berries	1.2	Rice Malt Syrup	2.0		
		Banana	1.2				

HOUSE-MADE COCONUT SOFT SERVE

Served in a coconut shell

Brunch Crunch 13.9

Coconut soft serve, paleo granola, raspberries, blueberries, strawberries, pineapple and apple slices

Fruitilicious 13.9

Coconut soft serve topped with watermelon, banana, strawberries, kiwi fruit, pineapple and passionfruit

Original Coconut Soft Serve 6.9

Create your own soft serve bowl with the toppings above!

Green Crunch 12.9

Coconut soft serve, almond butter, avocado, mint, pistachios and a wedge of lime

Mocha and Me 14.9

Coconut soft serve, mocha sauce, vegan choc shards, strawberry, mint, raw snickers slice and cacao nibs

LUNCH

TOSSED SALADS

Thai Grilled Chicken Salad **GF** **A** 19

Grilled chicken, rice noodles, coriander, basil, mint, crispy shallots, cashews, almonds, cucumber, carrot, lettuce and purple cabbage. All dressed in Thai Nam Jim dressing

ARGO Special **GF** **A** 20

Marinated lamb with Danish fetta, cherry tomato, cucumber, Spanish onion, roasted beetroot, roasted capsicum, and mixed greens, tossed with Argo's special house dressing and topped with our house-made tzatziki and garnished with za'atar
Halloumi 4.0

Warm Chicken **GF** 20

Grilled chicken breast with fresh capsicum, cherry tomatoes, cucumber, avocado, Spanish onion and mixed greens, tossed with Argo's special house dressing and topped with our almond mustard dressing and garnished with dukkah

Feisty Falafel **GF** **VG** 19

House-made green falafel with quinoa tabbouleh, chickpeas, cucumber, cherry tomatoes and avocado tossed in our tahini sauce and sweet chilli jam

Luminosa **GF** **V** 18

Quinoa crumbed halloumi, buffalo mozzarella, green olives, fresh cherry tomatoes, cucumber, fresh capsicum, pickled onion, avocado slices and a light Italian dressing with mixed lettuce

Poached Egg 2.5
Grilled Chicken 5.0
Diced Bacon 4.5

The Detox **GF** **VG** 20

Shredded red cabbage, carrot, shredded beetroot, avocado and hummus on a bed of triple greens (kale, rocket and baby spinach), and topped with probiotic-rich kimchi-kraut, crushed almonds, pepitas, and a light dressing of tahini and cold-pressed olive oil
Add grilled chicken breast 5.0

Goats with a Beet **GF** **V** 19

Warmed roasted beetroot and pumpkin with goat's cheese, mint, rocket and baby spinach, drizzled with cold-pressed olive oil and balsamic vinaigrette and sprinkled with crushed walnuts and dukkah crisp

Black Rose **GF** **VG** 19

House-made sweet potato patty with mixed lettuce, Argo's special quinoa mix (corn kernels, raisins, dill, olives and spring onion), avocado, cucumber served with a dollop of hummus and a balsamic glaze

SEA BOWLS

Tuna Bowl **GF** 21

AVAILABLE UNTIL SOLD OUT

Seared Tuna, avocado, sautéed kale, nori seaweed, edamame beans, ginger brown rice, sriracha mayonnaise and crispy shallots

Spicy Hawaiian Poke Bowl (Mild) **GF** **A** 21

AVAILABLE UNTIL SOLD OUT

Ginger brown rice topped with a fresh raw Atlantic salmon fillet, spring onion, sweet and spicy turmeric pickled radish, nori sheets, cucumber, freshly sliced avocado and mango kimchi topped with a sprinkle of sesame seeds

BUDDAH BOWLS

Oasis **GF** **VG** 19

A base of coconut and ginger brown rice served with sautéed kale, sautéed broccoli, roasted sweet potato, avocado, crispy spiced chickpea topped with sriracha mayo, crushed almonds and crispy shallots
Salt and Pepper Tofu 5.0

Tranquility **GF** **VG** 19

Spiced lentil dal on our coconut ginger brown rice served with a side of coconut raita, edamame beans, red cabbage turmeric sautee, coriander, cherry tomatoes, crushed almonds, goji berries and our super smash sweet potato

The Mexican Buddha **GF** **VG** 23

Spicy plant based chorizo, tofu scramble, house-made salsa, cashew nut cheese, mixed greens, Brazilian black bean paste and plant based mozzarella on a bed of brown rice surrounded by corn chips
Guacamole 3.0

Deserving **GF** **VG** 18

Spiced cauliflower mixed with toasted almonds, pepitas, spinach and chickpeas dressed with tahini. Served on coconut ginger brown rice, our super smash sweet potato topped with kimchi-kraut and dried shallots

NEW Kimchi Pork Bowl **GF** **A** 23

Kimchi & pulled pork fried brown rice, sautéed kale, pickled onions, crispy shallots and apple chutney

NEW Eggplant Delight **GF** **VG** 23

AVAILABLE UNTIL SOLD OUT

Braised eggplant with salt & pepper tofu, sautéed kale, coconut raita, edamame beans and ginger brown rice

SIDES

Cauli-licious **GFO** **VG** 5.9/9.5
Deep fried cauliflower topped with our house-made tangy tahini

Holy Guac **GF** **VG** 10.5
House-made guacamole with a side of corn chips and spicy tomato relish

French Fries **GFO** **VG** 5.9 / 8.9

Sweet Potato Wedges **GFO** **VG** **A** 7.9 / 12.9

All our fries and wedges can be seasoned with your choice of regular salt, chicken salt or spiced herb seasoning (all gluten free)

Loaded Fries **GFO** 14.5
French Fries topped with lamb, mango kim-chi salsa, guacamole and tzatziki

Halloumi Fries **GFO** **V** 12.5
Served with beetroot labneh

Steamed Veg Bowl **GF** **VG** 10.5
A steamed veggy medley made up of cauliflower, broccoli, carrot and zucchini lightly tossed in olive oil

Antipasto Argo Style **GFO** 2 PPL 35.0
AVAILABLE UNTIL SOLD OUT 4 PPL 59.0

Gorgonzola, provolone, prosciutto, freshly cooked chicken schnitzel, kale chips, falafel, medley of fermented veges, olives, cherry tomato salata, hummus, sriracha mayo served with dukkah crisps and grilled piadina

House-made Soup **GFO** 11.5
Our house made soup served with the bread of the day

Bone Broth **GFO** 8.9
A rich beef broth infused with marrow, garlic, black pepper and balsamic. Served with yeast free sourdough

Benefits of Bone Broth

- Protects Joints
- Good for the Gut
- Maintains Healthy Skin
- Supports Immune System Function
- Boosts Detoxification
- Aids the Metabolism and Promotes Anabolism

GARLIC BREAD

Original 8.9

With Cheese 10.9

With Turmeric 8.9

With your choice of bread:

Yeast Free Sourdough

Rye sourdough

Chia seed gluten free +1.5

Low carb Keto bread +1.5

LUNCH

LIGHT LUNCH

MON-FRI 6:00AM - 5:00PM SAT 6:30AM-4:30PM SUN 7:00AM-4:30PM

Nachos **GF** **V** 16

Crispy corn chips, topped with tasty cheese, house-made tomato relish, house made salsa, whole bean mix, guacamole and sour cream

Pulled Pork (available on Friday until sold out) 4.0

Lamb 5.0

Jalapeños 1.0

Hipster Nachos **GF** **VG** 17.5

Crispy corn chips with Argo's special quinoa mix (corn kernels, raisins, dill, olives and spring onion), Daiya Vegan Mozzarella cheese, tomato relish, guacamole and whole bean mix

Jalapeños 1.0

Coconut Raita 3.0

Back to Basics **GFO** **VG** 13

Yeast free sourdough with Argo's special smashed avocado mix topped with sliced tomato served on with a lemon wedge

Poached Egg (1) 2.5

Halloumi 4.0

Buffalo Bruschetta **GFO** **V** 18.9

Yeast free sourdough, artichoke basil pesto, diced tomato, basil, buffalo mozzarella, garlic, olive oil, balsamic glaze

Halloumi 4.0

Prosciutto 4.5

House-made Frittata **GF** **V** 9.9

House baked frittata with pumpkin, Danish fetta, tasty cheese, spinach, tomato and roasted capsicum

Add side salad 5.0

PLATES

MON-FRI 6:00AM - 4:30PM SAT 6:30AM-4:00PM SUN 7:00AM-4:00PM

Giovanna's Pasta (Lina's Mum) 24

AVAILABLE UNTIL SOLD OUT

House-made fussili pasta with grilled chicken, crispy pancetta (pork), roasted capsicum, Spanish onion, a sprinkle of chilli tossed in a rose sauce garnished with fresh parsley and mint

Sage's Lunch **GFO** **V** **A** 24

Your choice of House-made fussili pasta, gluten free pasta or brown rice served with a cashew cheese and Napolitana sauce made up of sun-dried tomatoes, jalapeños, Spanish onion, green olives, baby spinach and basil

The Flying Fish **GF** 27

AVAILABLE UNTIL SOLD OUT

Crispy Skinned Salmon with crispy herbed potato, vegan super patty and a superfood salad

Bird & Butter **GF** 20

Dukkah crusted chicken served on top of a sweet potato mash, jus (bone broth reduction) sautéed

kale, toasted pine nuts, caramelised onion

Poached Egg (1) 2.5

Super Green Sautee **GF** **VG** 20

Broccoli, grilled zucchini, sautéed kale, spinach, crushed almonds, almond mustard dressing with parsley and mint, and served with a lemon wedge

Poached egg (1) 2.5 Brown Rice 3.0

Chicken breast 5.0

Marinated tofu 4.0

Korean Fried Chicken Bowl **GFO** **VGO** 21

Korean Fried Chicken with kewpie mayo, edamame beans and sesame seeds served on a bed of turmeric brown rice, kimchi and a pickled veg salad with a dollop of mango kimchi

Replace chicken with salt and pepper tofu to make the dish vegan

Sarah's Pumpkins **GF** **V** 19

AVAILABLE UNTIL SOLD OUT

Pumpkin roasted in sticky fig jam and spicy carrot chutney with dried fig, sautéed broccoli, pickled onions, crispy chickpeas and baby spinach with artichoke pesto and fig labneh









NEW Chicken laid a 'cado **GF** **K** **A** 16

Grilled chicken, bacon, mixed greens and basil mayo in an avocado 'bun' topped with sesame seeds (no bread, the avocado is the 'bun')




BREADS

Add a side of fries for +2.9 or sweet potato wedges for +\$3.5 with your choice of dipping sauce!







PIADINAS

Turkey Boss 	15.5
Turkey, avocado, sun-dried tomato, baby spinach, goats cheese & cranberry sauce	
Piggy Went to Market 	15.5
Prosciutto, tomato, kalamata olives, Swiss cheese, artichoke and basil pesto and baby spinach with our homemade sweet chilli jam	
Heart 2 Soul  	15.5
Halloumi, roasted capsicum, grilled zucchini, artichoke and basil pesto and baby spinach	
Mr and Mrs Swiss  	15.5
Swiss mushrooms, caramelised onion jam, organic marinated tofu, roasted capsicum, eggplant, artichoke basil pesto, baby spinach and mixed greens	
The Little Red Hen  	15.5
Shredded chicken breast, Swiss cheese, sun-dried tomato and baby spinach with our aioli	

CLUB SANDWICHES

ARGO Club Sandwich  	15.5
Top: tomato, caramelised onion and mixed greens with our house-made mayo Bottom: grilled chicken breast, bacon and a fried egg with our house-made mayo NOT AVAILABLE AFTER 4:30PM	
Turkey Club Sandwich 	16.5
Top: tomato, lettuce, sliced avocado and sriracha mayo Bottom: Turkey, bacon, Swiss cheese, fried egg and sriracha mayo NOT AVAILABLE AFTER 4:30PM	

FOCCACIAS

Gobble Gobble 	15.9
Smoked turkey breast, sliced avocado, sun-dried tomato, goat's cheese, baby spinach and aioli	
Chicken Parmigiana 	15.9
Chicken schnitzel, crispy pancetta (pork), roasted tomato, tasty cheese with our aioli and house-made napolitana sauce	
Mediterranean   	15.5
Grilled eggplant, roasted capsicum, sun-dried tomatoes, Kalamata Olives, fetta, artichoke pesto and rocket	
Deluxe Model 	15.5
Shredded chicken breast, Spanish onion, tomato, tasty cheese, avocado, mixed greens and our mayo	

Bread Options

Yeast Free Sourdough
Rye sourdough
Chia seed gluten free +1.5
Low carb bread +1.5
Ezekiel Bread +1.5

WRAPS











Lady Athena 	16.9
Marinated lamb, halloumi, guacamole, roasted capsicum and mixed greens with our tzatziki sauce NOT AVAILABLE AFTER 4:30PM	
Empire  	15.5
House-made green falafel, quinoa tabbouleh, avocado, hummus and mixed greens with our tahini dressing	
Soul Cleanser  	15.5
Fresh beetroot, red cabbage, carrot, L.S.A mix (linseeds, sunflower seeds and almonds), pepitas, goji berries, hummus, avocado and baby spinach with our tahini dressing, served in a multi-grain wrap Chicken breast 5.0	
Spice It Up  	15.5
Chickpeas, spiced cauliflower, carrot, kimchi-kraut, cashew cheese, avocado and baby spinach with our tahini dressing	
Carla's 	15.5
Grilled chicken, roasted capsicum, Spanish onion, Danish fetta and baby spinach with our house-made aioli	
Sweet Chick   	15.5
Chicken schnitzel, sun-dried tomato, carrot, avocado and baby spinach with our sweet chilli jam and mayo Replace chicken with salt and pepper tofu to make the dish vegan	
In Limbo 	16.9
Your choice of grilled chicken breast or marinated lamb with quinoa tabbouleh, goat's cheese, avocado, mixed greens and our tzatziki sauce LAMB NOT AVAILABLE AFTER 4:30PM	

Gluten free wraps
available + \$1.5
(Contains soy and egg)

BREAKFAST SOURDOUGH SANDWICHES

*Or with your choice of:

- Bagel +1.0
- Croissant +1.0 or Vegan Croissant +1.0
- Sprouted Ezekiel Bread +1.5
- Focaccia +1.0

Number One  	15
Soft poached egg, roasted tomato, sautéed mushrooms, caramelised onion and fresh baby spinach Bacon 4.0	
Number Two  	15
Grilled halloumi, asparagus, rocket, onion jam and beetroot relish Poached Egg (1) 2.5	
Number Three 	15
Smoked salmon, dill, goat's cheese, capers, Spanish onion, mixed greens, lemon wedge	
Jack and Jill 	15
Your choice of brioche bun or Turkish roll filled with Bacon, a fried egg, Swiss cheese and barbecue sauce	
Number Five  	15
Vegan scrambled eggs, sautéed mushroom, baby spinach, kalamata olives, barbecue sauce, cherry tomatoes and sriracha mayo Hash Brown +2.5	
Breakfast Burger  	16
A brioche bun filled with bacon, provolone, fried egg, bacon jam, aioli, tomato relish and baby spinach	

BURGERS AND HOT DOGS

Choose from a classic white bun, brioche bun, dark rye bun, bagel (\$1) or gluten free bun! (GF +\$1.5 extra) Add a side of fries for +\$2.9 or sweet potato wedges for +\$3.5 with your choice of dipping sauce!

Don't want your burger in a bun? Have it on a bed of brown rice instead for no extra charge!

PLANT BASED

The Crimson Warrior GFO VG 16.5

Super Beetroot Patty (chickpea, sunflower seeds and pumpkin seeds) crispy slaw tossed in garlic aioli, beetroot relish and a zesty guacamole on a dark rye bun

Master Veg GFO VG 15.9

Marinated tofu, grilled zucchini, roasted capsicum, cashew cheese, tomato, kalamata olives, and baby spinach with our almond mustard sauce on a dark rye bun

Namaste GF VG 15.9

House-made sweet potato and green falafel patty, hummus, avocado, tomato, sliced beetroot and carrot with sweet chilli jam, served on a gluten free bun

Mushroom Burger GFO V A 16.5

Fried tempura mushroom, lentil dahl, sweet pickled onion, salsa verde, goat's cheese, remoulade, truffle oil and rocket on a dark rye bun

Princess Fiona GFO 16.5

Quinoa crumbed halloumi, roasted pumpkin, caramelised onions, baby spinach, beetroot relish and beetroot labneh on a dark rye bun

BEEF

The Valedictorian GFO 15.9

Wagyu patty, crispy prosciutto, Gorgonzola, kimchi-kraut, mixed greens & whole seeded mustard and mayo

Umami Burger GFO 21.5

Wagyu patty, crispy pancetta (pork), provolone, roasted mushrooms, aioli, white truffle oil and crispy shallots served with a side of fries & aioli

The Love GFO A 16.5

Wagyu patty, bacon, fried egg, caramelised onion, tasty cheese, tomato, sliced beetroot, mixed greens, cherry tomato relish

Cheeseburger GFO 14.5

Wagyu patty, tasty cheese, pickles, caramelised onions, American mustard, tomato sauce

Dragon Tamer GFO 15.9

Wagyu patty, roasted capsicum, jalapeños, kimchi-kraut, sriracha, Swiss cheese and pickled onion

PORK

Pulled Pork Burger GFO A 15.9

AVAILABLE FROM FRIDAY UNTIL SOLD OUT

16 hour slow cooked pulled pork with smoky sriracha barbecue sauce, house-made slaw

SIDES

French Fries GFO VG 5.9 / 8.9

Sweet Potato Wedges GFO VG 7.9 / 12.9

All our fries and wedges can be seasoned with your choice of regular salt, chicken salt or spiced herb seasoning (all gluten free)

Halloumi Fries GFO V 12.5

Served with beetroot labneh

CHICKEN

The Chicken Dance GFO 16.5

Dukkah crusted chicken breast, orange aioli, provolone, pancetta (pork), sweet pickled onions, tomato and mixed greens

Twitter GFO 15.9

Grilled chicken breast, avocado, Gorgonzola, caramelised onion, sour cream, cherry tomato relish and rocket

John's Special GFO A 16.5

Chicken schnitzel, bacon, fried egg, tasty cheese, tomato, mixed greens, aioli, sweet chilli jam

Saranghae GFO 15.9

Chicken schnitzel, Kimchi-kraut, spring onion, fried shallots, fried egg, sriracha mayo and lettuce

Southern Fried Chicken Burger GFO 16.5

Crispy chicken (cajun spiced corn chip crumbed) with house-made slaw, lettuce and aioli

Bacon 4.5
Jalapeños 1.0

NEW Chicken laid a 'cado GF K 16

Grilled chicken, bacon, mixed greens and basil mayo in an avocado topped with sesame seeds

HOT DOGS

All hot dogs served with a smoked pork Frankfurt and brioche bun

Basic 8.0

Ketchup

Add mustard

Goes great with a side of fries (2.9) or a side of wedges (3.5)

*Not Available on Weekends

The Great Dane* 13.9

Crispy shallots, remoulade, pickles, ketchup and mustard

Ms Gomez* 14.9

Frijoles, guacamole, sour cream, tomato & corn salsa, sriracha mayo and cheddar

Pigs in a Fire Blanket (available from Friday until sold out) 16.9

16 hour slow cooked pulled pork, spicy slaw, jalapeños and hot sauce

Flat Packed 14.9

Roasted Portobello, grilled ham, Swiss Gruyère, rocket and mustard

Oppa* 15.9

Bacon, chorizo, kimchi-kraut, caramelised onion, cheddar and sriracha

Vegan Sauces

Tomato Sauce
Hummus
Aioli
Mayo
BBQ Sauce
Sweet Chilli Jam
Mustard
Tangy Tahini
Sriracha Mayo
Guacamole 3.0

Non-Vegan Sauces

Sour Cream
Tzatziki
Caesar
Chilli Labneh
Lemon Yoghurt Dressing

We only use premium Wagyu

beef mince in our burgers and

all our meats Beef, Chicken and

Lamb are certified Halal

Gluten Free? Please let your server know when ordering!

A ARGO'S FAVOURITES

VO VEGETARIAN OPTION

V VEGETARIAN

VG VEGAN OPTION

VG VEGAN

GFO GLUTEN FREE OPTION

GF GLUTEN FREE

KO KETO OPTION

K KETO

COLD DRINKS MENU

What's New!

Strawberry Cheesecake Smoothie - Keto

Coconut milk, coconut whipped cream, cream cheese, strawberries and MCT oil

Pink Keto - Keto

Coconut milk, beetroot juice, almond butter, raspberry and MCT oil

SMOOTHIES

VEGAN SMOOTHIES

PROTEIN BLENDS

Peanut Butter Berry Time **VG** 12.5

Organic almond milk, banana, mixed berries, peanut butter, medjool dates, spinach and natural protein powder

Mrs Mauve **VG** 11.5

Organic almond milk, banana, blueberries, raw cacao, spinach, medjool dates and choc protein powder

The Wolf **VG** 10.5

Organic almond milk, banana, blueberries, spinach, espresso, rice malt syrup and vanilla protein

SUPER BLENDS

The Amazonian **VG** **A** 12.5

Coconut water, acai, banana, mango and chia seeds

Ah-Mazing **VG** 9.5

Coconut water, banana, raw cacao, brazil nuts, baby spinach, medjool dates and coconut flakes

Go Figure **VG** 9.5

Organic almond milk, figs, banana, tahini, almonds and linseed

Island Sunrise **VG** 10.5

Orange, mangoes, mint, strawberries, banana and kiwi fruit

INDULGE

Snickers **VG** **A** 12.5

Coconut milk, raw cocoa sauce, peanut butter, salted caramel sauce, coconut ice cream

The Rubus **VG** 9.5

Organic almond milk, coconut water, raw cacao, raspberries, strawberries, medjool dates and coconut oil

Cloud 9 **VG** 10.5

Coconut milk, raspberry chia jam, dark chocolate sauce and coconut sorbet

Ella Nut **VG** 10.5

Almond milk, house-made nutella, banana and vanilla protein

BOLD SPICES

Fire and Ice **VG** 9.5

Organic almond milk, banana, raw cacao, almond butter, cacao nibs, cinnamon, cayenne pepper and maple syrup

Mudslide **VG** 9.5

Organic almond milk, espresso, banana, raw cacao, maple syrup cinnamon, medjool dates

@MEDICAL MEDIUM

Heavy Metal Detox Smoothie **VG** 13.5

Banana, wild blueberries, coriander, orange juice, barley grass powder, spirulina and atlantic dulse

VEGAN SMOOTHIES

GREEN SMOOTHIES

Green Python **VG** **A** 11.5

Organic almond milk, banana, baby spinach, almond butter, medjool dates, spirulina and mint

Thai Wing Fai **VG** 12.5

Coconut milk, spinach, medjool dates, mango, coconut flakes and pandan syrup served with a layer of coconut chia seed pudding

Passionite **VG** 11.5

Almond milk, coconut milk, banana, spinach, pineapple, mango and passionfruit pulp

Tree of Life **VG** 12.5

Almond milk, spinach, kale, banana, spirulina, cashew butter, vanilla protein and lucuma

HEMP PROTEIN

Mary Jane **VG** 12.5

Coconut milk, coconut water, coconut oil, banana, hemp protein, mesquite, spirulina, maca, maple syrup, almond butter and kale

CLASSIC SMOOTHIES

MILK BASE

The Oatarian 8.9

Frozen vanilla yoghurt, cow's milk, strawberries, banana, oats and honey

Bananarama **A** 8.9

Frozen vanilla yoghurt, cow's milk, banana and honey
Add a shot of espresso +1.5
Add a dollop of peanut butter +2.0

Berry Me **A** 8.9

Frozen vanilla yoghurt, cow's milk, mixed berries and honey

Missango 8.9

Frozen vanilla yoghurt, cow's milk, strawberries, mango and mint

Golden Gaytime 9.5

Cow's milk, carob, honey and vanilla ice cream

Toblerone 8.9

Cow's milk, espresso, chocolate sauce, honey, hazelnut syrup and vanilla ice cream

FRUIT BASE

Mango Mania **A** 8.9

Frozen vanilla yoghurt, tropical juice and mango

Tropical Getaway 9.5

Frozen vanilla yoghurt, tropical juice, mango and mixed berries

Bella Goes East 8.9

Frozen vanilla yoghurt, ginger, lemon, pineapple and orange

PROTEIN BREKKY SMOOTHIES

All come with granola sprinkled on top

Paleo Granola

Almonds, sunflower seeds, pepitas, carob, coconut oil and cinnamon
CONTAINS NUTS

Breakfast Smoothie 1 **VG** 10.5

House-made granola, strawberry, banana, almond milk, chocolate protein and maca

Breakfast Smoothie 2 **VG** 9.5

House-made muesli, blueberry, coconut oil, vanilla bean, cinnamon and almond milk

Breakfast Smoothie 3 **VG** 9.5

House-made granola, banana, raspberry, honey and rice milk

Breakfast Smoothie 4 **VG** 10.5

House-made granola, banana, chocolate protein, coconut oil, raw cacao, rice malt syrup and coconut milk

FRAPPES

MILK BASE

Blended with ice and Golden North vanilla ice cream

Cafenatic 8.5

Cow's milk, double shot espresso and vanilla syrup

Mocha Delight 8.5

Cow's milk, chocolate sauce, shot of espresso

Icy Chai 8.5

Cow's milk, chai powder and vanilla syrup

Coconut Surprise **VG** 9.5

(No vanilla ice cream)
Coconut milk, rice malt syrup and coconut ice cream

Matcha Colada **VG** 9.5

(No vanilla ice cream)
Coconut milk, matcha powder, rice malt syrup and coconut ice cream

FRUIT BASE

Blended with ice and lemon sorbet

Love Thy Lychee **VG** 8.5

Fresh watermelon juice and lychee syrup

It's Pearific **VG** 8.5

Fresh Pear juice, lime, strawberries and mint

Pink Summer **VG** 8.5

Apple juice and strawberries

Felipe's **VG** 8.5

Apple juice and mixed berries

Aloha **VG** 8.5

Orange and mango juice and mango

Fresca **VG** 8.5

Apple juice, mint and lime

A ARGO'S FAVOURITES

VG VEGAN

MORE COLD DRINKS

FODMAP FRIENDLY

Sweet Blue Shake (VG) 8.5
Blueberries, vanilla bean, rice milk and coconut soft serve

Breakfast Blast Shake (VG) (A) 9.5
Coconut yoghurt, strawberries, oats, linseeds, cinnamon, organic almond milk, coconut oil and ice

Berries Meet Chia Shake (VG) 8.5
Rice milk, strawberries, raspberries, maple syrup on top of coconut chia gel

Cacao Berry Shake (VG) 9.5
Almond milk, rice malt syrup, strawberries, raspberries, cacao, almond butter

Ginger Lemonade (VG) 8.5
Cold pressed ginger juice, filtered water, lemon and lemon sorbet

ICED MILK BAR

Iced Drinks 7.5
Cow's milk poured over ice and stirred with your choice of flavour, topped with a scoop of Golden North vanilla ice cream

Flavours: coffee, chocolate, mocha or organic vanilla bean

Milkshakes 7.5

Thickshakes 9.5

All ingredients used to create flavours are natural and organic where possible!

Flavours: chocolate fudge, raw cacao, vanilla bean, strawberries, raspberries, salted caramel, caramel, choc mint, coffee, peanut butter, chai

Vegan Option +3.0

We replace vanilla ice cream with vegan coconut ice cream. Replace cow's milk with your choice of milk: oat, almond, rice, soy or coconut milk

METHYLATION

Celebration 13.5
Coconut water, salted caramel protein powder, hydrolysed collagen powder (not VG), creatine monohydrate, soy lecithin, banana, spinach, brazil nuts, strawberries, kelp powder, cinnamon

ICED TEA

Flavour of the week 6.5
Our iced tea uses Argo's huge range of teas. Ask our friendly staff to see which tea is available that week

WORKOUT SMOOTHIES

PRE-WORKOUT

Run Like The Wind (VG) 10.5
Rice milk, almond butter, banana, espresso, cacao, vanilla protein

Go For Green (VG) 10.5
Almond milk, peanut butter, maple syrup, kiwi fruit, kale and creatine

Healthy Start (VG) 10.5
Carrot, almond butter, blueberries, hemp seeds, vanilla protein, creatine

Revive (VG) 10.5
Watermelon juice, beetroot juice, kale, blueberries, spinach and blood orange BCAA powder

POST-WORKOUT

The Rundown (VG) (A) 10.5
Coconut water, banana, cacao, almond butter, blueberries, figs, spinach, chia, vanilla protein and Japanese Glutamine

Workout Refresh 10.5
Carrot juice, orange juice, coconut water, Greek yogurt, mango, vanilla protein and Japanese Glutamine

KETO

Fiber Magic (VG) 9.5
Coconut milk, linseed, chia seeds, blueberries, MCT oil

Choc Shake (VG) (A) 9.5
Coconut Milk, cacao, almond butter, vanilla bean

Power Up (VG) 13.5
Coconut Milk, avocado, spinach, blueberries, peanut butter, maca powder, protein powder and charcoal

NEW Strawberry Cheesecake 10.5
Coconut milk, coconut whipped cream, cream cheese, strawberries and MCT oil

NEW Pink Keto Smoothie (VG) 10.5
Coconut milk, beetroot juice, almond butter, raspberry and MCT oil

ADAPTOGENICS

Berry Glow (VG) 10.5
Almond milk, dates, strawberry, goji berries, lucuma, MSM and Superfood Beauty Blend

Stress Buster (VG) 10.5
Coconut milk, protein powder, banana, tahini, withania powder, He Shou Wu and Maca Powder

Nootropic Galore (VG) 13.5
Coconut milk, protein powder, blueberry, butterfly pea powder, cordyceps, espresso, raw cacao, peppermint oil and reishi

(A) ARGO'S FAVOURITES (VG) VEGAN

UPGRADES FOR ALL DRINKS!

House made

Peanut Butter 2.0
Vegan Chocolate Sauce 2.0
Almond Butter 2.0
Salted Caramel Sauce 2.0

Protein Powders

Vanilla 1.2
Chocolate 1.2
Natural 1.2
Salted Caramel 1.2
Hemp 1.2

Oils

MCT Oil 2.0
Coconut Oil 1.2

Powders

Matcha 1.5
Lucuma 1.0
Maca 1.0
Spirulina 1.0
Cayenne Pepper 0.7

Boosters +2.0

L-THEANINE

Found in tea leaves this amino acid promotes relaxation and reduces stress while simultaneously improving focus. Perfect when paired with stimulants

LIONS MANE

A beautiful mushroom, said to give one nerves of steel and the memory of a lion

CHAGA

A medicinal mushroom used in china for thousands of years that assists with stress and immune building

BEAUTY BLEND

Schizandra, goji berry and longan berry powdered extracts and micro-ground pearl powder

CORDYCEPS

A powerful athletic tonic that builds physical power by balancing and restoring the body's fundamental energies

REISHI

The mushroom of immortality, helps create immunity, adaptability, and hormone health

NEURAL NECTAR

These carefully selected herbs may enhance cerebral circulation, neurological immunity, cognitive ability and as fortification against age-based degeneration.

ASHIWAGANDA

Great for stress management and decreasing blood sugar. Also used to reduce cortisol, boost brain function and help fight symptoms of anxiety and depression

ALPHA-GPC

A natural cognition enhancing compound that enhances memory, increases energy and mood and studies show it protects against brain aging

Argo Juices and smoothies have not been pasteurised and may be unsuitable for people with a weakened immune system, pregnant women, older adults, infants and younger children. May contain traces of nuts. Comments regarding food-health relationships made on our menu do not constitute medical advice or health claims. Always consult your own health practitioner for advice about the possible effects of ingredients.

JUICES

GREEN JUICES

VEG Central 8.5
Cucumber, carrot, beetroot, spinach, lemon and mint

Double Trouble 8.5
Cucumber, kale, zucchini, spinach, lemon, turmeric and ginger

Celery Juice 8.5
Just pure celery!

The Good Green One  8.5
Celery, spinach, cucumber, ginger and lemon

FIBER BLENDED WHOLE

Green Flo 9.5
(Blended whole with filtered water) Apple, banana, broccoli, celery, cucumber, pineapple and lettuce

Aligned 12.5
Macademia milk, kale, spinach tomato, carrots, apple avocado, blueberries and banana


Focus 12.5
Filtered water, kale, tomato, carrots, celery, parsley, apple, spinach, lemon, blueberries, avocado, hydrolysed collagen powder

WITH FRUIT

Green Coconut 8.5
Apple, coconut water, pineapple, lime, spirulina, basil and chia seeds

The Hulk 8.5
Apple, fennel, cucumber, spirulina, spinach and chia seeds

Captain Planet 9.5
Pear, celery, spinach, avocado, mint and lime

Emerald City  8.5
Apple, ginger, lemon, cucumber, spinach, mint and L.S.A. mix

Ninja 8.5
Apple, goji berries, banana, mixed berries and kale

Fresh Pines 8.5
Pineapple, pear, lemon, ginger, spirulina and mint


The Kermit 8.5
Apple, ginger, lime and kale

Hector 8.5
Apple, lemon, lime, cucumber, spirulina, mango and spinach

The Marshall 2.0 8.5
Pineapple, banana, spinach and passionfruit pulp

The Veganaut 8.5
Apple, goji berries, strawberries, spinach and maca powder

FRUIT JUICES

Harrison's  8.9
Pineapple, mango, passionfruit pulp and lime

Breakfast Juice  8.9
Orange, pineapple, grapefruit, strawberries, spinach and basil

Divinity 7.9
Apple, ginger, lemon, celery and parsley

5th Element 8.5
Carrot, celery, beetroot, lemon and ginger

C.O.L.A. 7.9
Carrot, orange, lemon and apple

Kiwi Illusion 9.5
Pineapple, ginger, lime, cucumber, spinach and mango

Cough Remedy 8.5
Pineapple juice, ginger, honey, cayenne pepper and salt

Vitamin C 7.9
Orange, grapefruit, lemon and lime


Zing 7.9
Orange, pineapple and ginger

Blue Star 8.5
Watermelon, mint and blueberries

Coco Loco 7.9
Watermelon, apple and kiwi fruit

Pear Shaped 8.9
Pear, lemon, apple and mint

Lady In Red 8.9
Coconut water, strawberries, mango, beetroot and kiwi fruit

Summer Days  8.5
Orange, pineapple and strawberries

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IT'S THE SMALL THINGS THAT ADD UP

HERE ARE SOME SMALL THINGS WE CHANGED
TO MAKE A DIFFERENCE.

**Proud signatory of the
Ethical Paper Pledge**

EthicalPaper 

www.ethicalpaper.com.au

We signed the 'Ethical Paper Pledge' to ensure all the paper we use is 100% recycled. Our beautiful forests in Victoria continue to be logged at a rate of nearly 5,500 hectares annually – that's an area more than 8 times the size of a city block every single day! We want to put a stop to this.



Since February 2016, Argo has made a huge push to recycle all of our wastage. We are consistently recycling over 80% of all our waste every single month.



We have recently installed water saving taps on all our faucets. These taps save up to 75% of water usage and have the option to increase and decrease water pressure with a simple turn. We went from using 12L per minute to only using 4.5L per minute.

**who
gives a
crap®**

'Who gives a crap' is determined to prove that toilet paper is about more than just wiping bums. They make all of their products with environmentally friendly materials, and donate 50% of their profits to help build toilets for those in need. To date they've donated over \$1.2 million dollars to charity and saved a heck of a lot of trees, water and energy. Not bad for a toilet paper company, eh?



The NASA Clean Air Study was led by the National Aeronautics and Space Administration (NASA) in association with the Associated Landscape Contractors of America (ALCA). Its results suggest that certain common indoor plants may provide a natural way of removing toxic agents such as benzene, formaldehyde and trichloroethylene from the air, helping neutralize the effects of sick building syndrome. We are doing our part by filling our stores with plants that NASA recommended.



Every year we support over 30 local community groups and we are always looking for more ways we can help and grow our community.