

LA JACOBA COFFEE

organically grown, fairtrade beans, locally roasted

Takeaway Sizes 8oz & 10oz

m-f: 7am - 4pm sat: 8am - 3pm all day 

Paséyo's organically grown single origin coffee is grown by families in a community owned co-op in the La Union region of south-western Colombia. They are proud of their fair-trade certification and are working towards USDA organic certification by 2020. We buy their green beans and then roast in small batches locally with Rodney from the award winning Barefoot Coffee Roasters.

- flat white** 4 FW / 5 FW +lg
- latte** 4 L / 5 L +lg
- cappuccino** 4 CAP / 5 CAP +lg
- espresso** 3
- piccolo** 3.5
- affogato** 6

bulletproof 5 BP
MCT oil, coconut oil, blended with cinnamon and cardamom

iced coffee or chocolate
Paséyo Hemp Vanilla Icecream, your choice of milk, ice and organic espresso or vegan chocolate sauce 8

paséyo coffee retail
Our freshly roasted coffee is for sale in 250g bags for \$16.50 or BYO container for \$44/kg

additional instructions extra shot 1 +XS double ristretto 1 +DRis Decaf 0.5 +decaf sugar +S honey +H extra hot +XH weak +weak 3/4 milk +3/4

HOT DRINKS

locally made blends of fresh organic spices

Served in 10oz

m-f: 7am - 4pm sat: 8am - 3pm

hot chocolate HC
organic cacao and coconut sugar

chai latte CL
house made blend of spices with black tea

tumeric latte TL
house made blend of spices and tumeric

PLANT BASED MILKS

- soy +SOY
- almond +alm
- coconut +COCO
- coco quench +cq

dandy latte DL
roasted dandelion root tea

make it iced \$1 +iced
our hot drinks can also be served over ice

COWS MILK

- barambah organic fullcream (default)
- milklab lactose free +LF

Tea Tribe Teas served in a pot \$6

m-f: 7am - 4pm sat: 8am - 3pm

english breakfast
with milk on the side

earl grey
served with a slice of lemon

sleep
honeybush, oats straw & chamomile

uplift
gynostemma, lemongrass & goji berry

immunity
ginger, tumeric & black pepper

genmaicha
green tea & roasted brown rice

LOCALLY MADE TREATS

available until sold out each day

All our treats are sourced locally from boutique suppliers who make their delicious offerings with love and source high quality ingredients.

- empanada with spiced lentil and pumpkin** 7 add a side salad +5
- locally made blueberry muffins** 5.5
- goonengerry goji balls gf** 3.5

OUR STORY

Paséyo, pronounced 'pa-say-yo' was inspired by the spanish word 'paseo' which literally means 'path' but it is commonly used in South American countries to describe a leisurely stroll, with good company, often on the way to get some yummy food. It is this happy, relaxed and meandering vibe that we wish to create for our customers.

We strive to be a responsible food business that offers nutritious yet fast, wholefood meals with as little impact on the planet as we can. We acknowledge that there are significant challenges to overcome with regards to the impact human consumption has on this little blue planet that so many creatures call home and there are many creative ways we can all make a real difference.

"Eat food. Not too much. Mostly plants." - Michael Pollen - The Omnivore's Dilemma

We create healthy, fresh, balanced and nutrient dense meals that creates a sensory delight for our customers. We think that the healthiest food is food you actually want to eat so that is why each one of our creations is not only nutrient dense, but we also do our best to make it taste amazing!

We embrace simplicity to provide nourishment that is quick and easy to order and deliver. Many of us live busier lives than we would like and sometimes it can be easier to grab a snack on the go than slowly cooking a nutritious meal at home. Paséyo has designed our menu and systems so that our food can be served as quickly as possible while still retaining a focus on health, taste and sustainable practices.

We acknowledge that it is due to the kindness and knowledge of those who have walked before us, the love and support of our family and friends, the care from our suppliers and enjoyment from our customers that makes all we do at Paséyo possible.

We are grateful to have the opportunity to be co-creating something special with you all.

CONTACT US

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#plantbased #smoooves #buddhabowls #mullumbimby
#veganfriendly #coconuticecream #benourished
#biggestlittletown #loveisallthereis #putabirdonit

Find us online and please reach out to give us your feedback!

www.paseyo.com

 paseyo_yum

 paseyo



PLANT BASED

BUDDHA BOWLS SUPER SMOOVES

SOFT SERVE ICECREAM ETHICAL COFFEE

MENU

Summer - Autumn '19

m-f: 7am - 5pm

sat: 8am - 3pm



Save time and order via SMS

Products that have a 'shortcode' in our MENU can be ordered by SMS. Register by sending an SMS to our number below or scan this QR code > Orders are paid on collection and are served in compostable T/A vessels.

0488 844 396



BUDDHA BOWLS

grains, greens, veggies, protein, sweet, crunch, fats

\$10 small \$14 regular

serving from 8am- 3pm 

A Buddha Bowl is a simple, well balanced meal made from wholefoods that contain the essential components to give you your daily nourishment in a satisfying, delicious, textured and colourful experience.

Every morning at Paséyo we begin the day by preparing the ingredients for our fresh buddha bowls. We have a combination of **values** when selecting our suppliers. Most importantly is the **nutritional benefit**, the **quality** and **freshness**. But equally important is offering our nourishing foods at an **affordable price**. Where it is possible to maintain these core values and buy from certified organic and local spray-free suppliers, we do and so most of our core ingredients come from local and organic suppliers.

BREKKY BOWL

14 BK

organic buckwheat toast, mixed greens, cherry tomatoes, avocado, moroccan carrot, sea-salt roasted pepitas, lemon-tahini dressing, black sesame and lime.
energy 1980kj, protein 10g, fat 28g, carbs 40g, sugar 7g

EARTH BOWL

10 EBs 14 EBr

fennel-seeded quinoa, mixed greens, cherry tomatoes, italian beetroot, toasted sesame oil cucumber, turmeric cauliflower, maple fava-bean wakame tempeh, currants, sea-salt roasted pepitas, avocado, carrot-ginger dressing
energy 2120kj, protein 14g, fat 36g, carbs 30g, sugar 20g

BEANIE BOWL

10 BBs 14 BBr

coconut brown rice, mixed greens, kale, broccoli, moroccan carrot, marinated shitake mushrooms, adzuki beans, currants, garlic roasted macadamias, lemon-tahini dressing
energy 2470kj, protein 13g, fats 36g, 50g carbs, sugar 9g

NACHO BOWL

14 NB

organic totopes, mixed greens, moroccan carrot, pico de gallo (fresh salsa with cilantro, red onion and tomato), Mexican black beans, avocado, macadamia cheese dressing,
energy 2508kj, protein 10g, fat 43g, carbs 47g carbs, sugar 8g

EXTRAS

\$3 per serve

| | |
|--------------------------------------|-----------------------------|
| brown rice | fava bean and wakame tempeh |
| fennel seeded barley | avocado |
| 1 slice of toast buckwheat/sourdough | kim chi |
| totopos (corn chips) | sauerkraut |
| mixed greens | shitake mushrooms |
| spinach | pico de gallo |
| italian beetroot | |
| morrocan carrot | Alive Foods kim chi |
| kale w'toasted sesame oil | Alive Foods sauerkraut |

TOAST & TOPPERS

locally baked bread w' wholesome spreads

\$3 per slice + \$3 per topper

serving from 7am- 3pm

Choose between GF **buckwheat** or our **sourdough**, with a topper for one or more slices:

almond date

activated almond butter, caramelised date sauce, garnished with green apple and raisins

olive beet

paséyo made olive tapenade, garnished with Italian beetroot and fresh basil

smashed avo

lemon dressed smashed avocado, garnished with cherry tomatoes and Moroccan carrot

DIY BREKKY BOWL

build your own brekky from our fresh local ingredients

\$3.90 | 100g

serving from 7am- 3pm

fresh fruit, organic barambah or coyo yoghurt, farmer jo's range of locally made organic muesli, gluten free and paleo options, coconut water chia seeds and so much more...

AÇAÍ BOWL

a generous bowl of berry goodness that is a good sharing size

\$14



organic acai, banana, blueberries, strawberries, coconut water

AB

served with mullum made farmer jo's fig & almond granola, coconut flakes, cacao nibs, sliced banana, fresh berries and a drizzle of our house made chocolate sauce
energy 2423j, protein 15g, fat 43g, carbs 88g carbs, sugar 42g

COLD PRESSED JUICES

made fresh to order

\$8 for 250ml of cold press juice served over ice



BEAT IT

apple, celery, beetroot, lemon,

BI

GREEN CLENSE

cucumber, celery, kale, lemon, ginger

GC

COLD DRINKS

NATURAL COCONUT WATER

Coco Coast

5

SPARKLING PROBIOTIC WATER

Imbibe Living

5

PROBIOTIC KEFIR

Happy Belly from Bilinudgel

6

KOMBUCHA

Good Happy from Myocum

7

SUPER SMOOVEES

plant-based smoothies packed with nourishment

\$12 | 450ml

serving all day 

GREEN DREAM

kale, banana, pineapple, hemp seeds, dates, mint, coconut milk
energy 1140kj, protein 7g, fats 10g, carbs 33g, sugars 26g

GD

CACAO CRUNCH

cacao, maca, spirulina, hemp seeds, almond butter, banana, dates, almond milk
energy 2066kj, protein 16g, fats 25g, carbs 58g, sugars 31g

CC

BERRY ZINGER

strawberries, blueberries, açai, dates, cold-pressed ginger and apple juice
energy 971kj, protein 4g, fats 2g, carbs 45g, sugars 35g

BZ

VEGANILLA

pecans, dates, probiotics, vanilla protein, banana, nutmeg, cinnamon, coconut milk
energy 1390kj, protein 12g, fats 5g, carbs 23g, sugars 15g

VN

BULLETPROOF FROSTEE

coffee, macadamia nuts, vanilla protein, MCT oil, cinnamon, almond milk
energy 1847kj, protein 13g, fats 35g, carbs 7g, sugars 3g

BF

SIMPLE SMOOVEES

kids favourite

\$9 | 450ml



BANANA CHOC

banana, cacao, dates, almond milk
energy 1284kj, protein 5g, fats 7g, carbs 55g, sugars 33g

SSBC

BERRY BLISS

strawberries, blueberries, dates, apple juice
energy 766kj, protein 2g, fats 1g, carbs 39g, sugars 38g

SSBB

MANGO LUSHI

mango, organic coyo yoghurt, dates, coconut milk
energy 971kj, protein 3g, fats 6g, carbs 38g, sugars 28g

SSML

VANILLA YUM

banana, vanilla, dates, coconut milk
energy 971kj, protein 3g, fats 6g, carbs 38g, sugars 28g

SSVY

KNOX & AYA SOFT SERVE

locally made plant based hemp icecream

\$3.90 | 100g

vegan friendly, paleo, low-GI, gluten free, dairy free

HEMP VANILLA (COCONUT MILK BASE)

energy 487kj, protein 2.2g, fats 8.3g, carbs 8.1g, sugars 5.4g, sodium 61mg

HEMP CHOCOLATE (COCONUT MILK BASE)

energy 474kj, protein 1.7g, fats 8.1g, carbs 8.8g, sugars 6.4g, sodium 53m

1. fill your cup 2. add topping 3. weigh and pay

