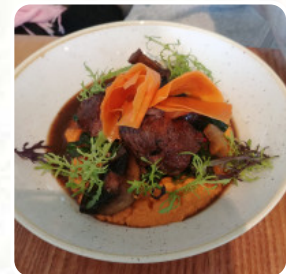
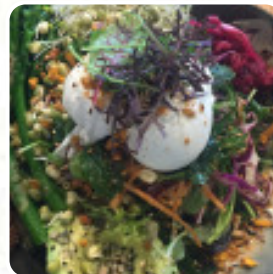
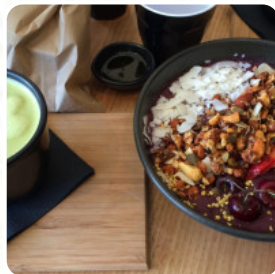
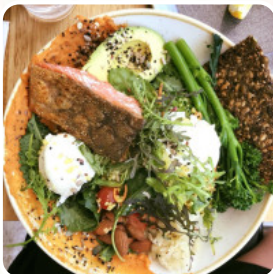


Rough & Bare Wholefood Kitchen Menu

<https://menulist.menu>

1 Bungan Lane | Shop 1, Mona Vale, Pittwater, New South Wales 2103, Australia, MONA VALE

(+61)299991950 - <http://www.facebook.com/roughandbare>



A complete menu of Rough & Bare Wholefood Kitchen from MONA VALE covering all 28 menus and drinks can be found here on the card. For **seasonal or weekly deals**, please get in touch via phone or use the contact details provided on the website. What [User](#) likes about Rough & Bare Wholefood Kitchen:

Second visit to this lovely place tucked away in mona vale. Both visits I enjoyed a delicious brunch - felt really full but in that healthy way afterwards, and the food is not only virtuous but really tasty too. Tried a tumeric latte - not bad but had a proper coffee the second time! Staff generally friendly (one girl not so much) and I would definitely recommend this for breakfast/brunch or lunch. I'll be back. [read more](#). When the weather is pleasant you can also eat outside, And into the accessible rooms also come clientele with wheelchairs or physical limitations. What

[User](#) doesn't like about Rough & Bare Wholefood Kitchen:

Bad service and tasteless food. Arrived asking for someone to please clear the table 3 times. In the end I had to go in myself to obtain a cloth. Asked for glasses for the water but they didn't have any. They brought them out when we were leaving after our meal. Bone broth was as tasteless as water. [read more](#). At Rough & Bare Wholefood Kitchen from MONA VALE you have the opportunity to try delicious [vegetarian](#) menus, in which no trace of animal meat or fish was used, Furthermore, the guests of the restaurant enjoy the extensive variety of the differing **coffee and tea specialities** that the restaurant has available. One should particularly acknowledge the dishes from Australia of this establishment, In the morning they serve a tasty breakfast here.

Rough & Bare Wholefood Kitchen Menu



Pizza

PIZZA SPECIAL

Toast

TOAST

Drinks

COCONUT WATER

Soft drinks

WATER

Milchshakes

SMOOTHIE

Slushes

LIME

Popular Items

SMOOTHIES

Coffee

COFFEE

Vegetable Or Hand Roll

ASPARAGUS

Restaurant Category

VEGAN

Non alcoholic drinks

WATER

CHAI

These types of dishes are being served

TOSTADAS

SALAD

Dishes are prepared with



MILK

BUTTER

SPINAT

BACON

EGGS

TOMATOES

KALE

PESTO

AVOCADO

HONEY

FRUIT

COCONUT

BANANA

SPINACH

Rough & Bare Wholefood Kitchen Menu



Rough & Bare Wholefood Kitchen

1 Bungan Lane | Shop 1, Mona
Vale, Pittwater, New South Wales
2103, Australia, MONA VALE

Opening Hours:

Made with menulist.menu

