

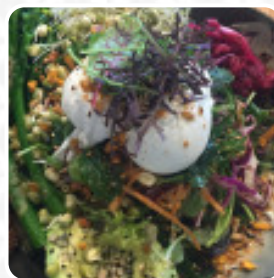
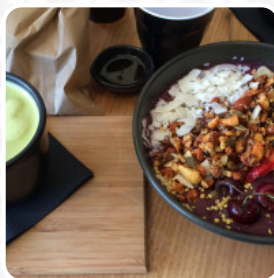
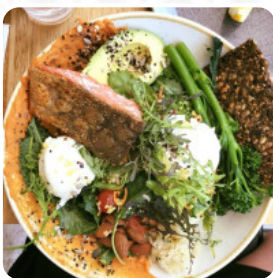


Rough & Bare Wholefood Kitchen Menu

<https://menuweb.menu>

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

+61299991950 - <http://www.facebook.com/roughandbare>



A comprehensive [menu](#) of Rough & Bare Wholefood Kitchen from MONA VALE covering all 26 menus and drinks can be found here on the card.

Rough & Bare Wholefood Kitchen Men



Non Alcoholic Drinks

WATER

Smoothies

SMOOTHIE

Pizza

SPECIAL PIZZA

Toast

TOAST

Indian

CHAI

Soft Drinks

WATER

Hot Drinks

COFFEE

Restaurant Category

VEGAN

Vegetarian

SPINACH TART

PARMESAN ASPARAGUS

Drinks

COCONUT WATER

SMOOTHIES

These Types Of Dishes Are Being Served

TOSTADAS

SALAD

Ingredients Used



COCONUT

FRUIT

HONEY

MILK

PESTO

BANANA

KALE

TOMATOES

AVOCADO

BACON

SPINACH

BUTTER

Rough & Bare Wholefood Kitchen Men

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2103, Australia, MONA VALE

Opening Hours:

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