



Shop 13-14, Mid City Centre, 200 Bourke Street, Melbourne Tel : 03 - 9942 2257  
 401/200 High St, Templestowe Lower Tel : 03 - 9077 6999  
 @regretless\_au @regretlessau



Catering, Celebration Cakes,  
 Functions Available, Please check  
 our website or ask our friendly staff.



### LIGHT EAT & BOWLS

#### I just want somethin' small

(DF\* VG\* NFO\* - Base on your choice)

We get it, and that's why we have this special section for you.  
 You can choose what you like based on your mood and appetite.

- |                                      |                             |             |
|--------------------------------------|-----------------------------|-------------|
| Free Range Egg 3.5                   | Grilled tomato 5            | Fresh Avo 6 |
| Sauteed Spinach 5                    | Portabello Mushroom 6       |             |
| Crispy Halloumi 6                    | Sauteed Mushroom 7          |             |
| Streaky Bacon 7                      | Smoked Salmon 7             |             |
| Chorizo 7                            | Grilled Cauliflower 7       |             |
| Mixed Green 6                        | Creamy Cauliflower Mash 6   |             |
| Yuzu Hollandaise 2                   | Chaffle (Cheesy Waffle) 7   |             |
| Low Carb Toast 5                     | Low Carb Toast - 2 Slices 8 |             |
| House - Made Coulis                  |                             |             |
| Blueberry / Strawberry / Marmalade 2 |                             |             |

#### Hemp Chia Basil Seed Porridge (DF\* VG\* NFO\*) 23

Low carb can have porridge too! Indulge in a coconut cream base infused with the warm flavours of cinnamon and vanilla, complemented by our house-made blueberry coulis and crunchy keto granola.

VEG\* - Veg  
 VG\* - Vegan  
 DF\* - Dairy Free  
 DFO\* - Dairy Free Optional  
 Everything selling instore are Gluten Free

NF\* - Nut Free  
 NFO\* - Nut Free Optional

#### Smoothie Bowl 22

Happy Food, Happy Mood! Enjoy our coconut yogurt and coconut cream base smoothie bowls, available in five delicious flavors. Each bowl is topped with our house-made granola for a satisfying crunch.

- |                     |                                                                                                |                |
|---------------------|------------------------------------------------------------------------------------------------|----------------|
| <b>Mr. PAC</b>      | Cocoa Powder, Cocoa Nibs, Peanut Butter, Avocado, Cinnamon                                     | (DF* VG*)      |
| <b>Acai Delight</b> | Acai, Blueberry, Blackberry, Chia Seed                                                         | (DF* VG* NFO*) |
| <b>Ruby's</b>       | Raspberry, Rhubarb, Goji Berry, Chia Seed                                                      | (DF* VG* NFO*) |
| <b>Green Fairy</b>  | Spinach, Kale, Apple Smith, Matcha, MCT, Chia Seed                                             | (DF* VG* NFO*) |
| <b>Snowy</b>        | Coconut Butter, Coconut Cream, Protein Powder, Cinnamon, Cream Cheese, Chia Seed, Vanilla Seed | (NFO*)         |

#### Chaffle Benedict 25

Enjoy our famous chaffle base w/cauliflower mash, pulled pork, yuzu hollandaise, rainbow slaw, candy bacon bits topped with a perfectly poached egg and mandarin segments

#### Nourish Bowl (DFO\* NF\*) 24

Smoked Salmon/ Yuzu Tuna/ Roasted Beef/ Chorizo / Pulled Chicken /  
 All come with a Perfectly Poached Egg, House Made Zucchini Pickles, Cucumber, Capsicum, Radishes, Avocado, Tasty Cheese Cube, Parmesan, Mixed Salad and Balsamic Vinaigrette

Feel free to also check out our display fridge for more light eats  
 and our award winning desserts!




FREE RANGE  
 ORGANIC  
 MADE WITH ♥

More



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**BRUNCH**

**Stuffed Cheesy Chaffle** 20

Free Range Egg, Mozzarella Cheese, Almond Meal and Pinch of Garlic Turn into a Stacked Waffle. YUMYUM!

**Kimchi Chicken / Beef Sauerkraut / The Veg (Zucchini Pickle, Avo, Capsicum, Cheese)**

**Zucchini Cauliflower Fritter (DF\* VEG\*)** 26

Oven bake fritters served with vibrant Beetroot Relish, Baby Carrot, Fresh Avocado, and a Perfectly Poached Egg.

**Bolognese Omelette (NF\*)** 26

Cheese Quartet Bolognese Omelette, Avocado, Cherry Tomato Medley Salsa w/ Green

**Chorizo Baked Egg** 25

Chorizo, Capsicum, Napoli, Spinach, Red Onion, Avocado w/ Cheesy Chaffle & Mixed Green Slaw

**Low Carb Beef Casserole** 24

Slow Cooked Ground Beef, Shredded Smoked Cheese, Jalapenos, Scallion, Sour Cream, Mix Green Slaw w/ Cheesy Chaffle

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**Bliss Burger (NF\*)** 28  
 Slow-cooked Beef Short Ribs in Lettuce bun, Tomato, House Made Gherkins, Pepper Jack Cheese, Halloumi Chips w/ Truffle Mayo

**King Prawn Arrabbiata (DFO\*)** 29  
 Low Carb White Wine, Napoli Sauce, Cherry tomato, Parsley, Garlic Bread

**The Carnivore Me (NF\*)** 48  
 Grass Fed Mb4 stripon, slow cooked beef cheek, grill king prawns, grilled salmon, 2 eggs of your choice



**Low Carb Pasta (NF\* DFO\*)** 26  
 Chef approved Low Carb Slender Soybean Fettucine. Taste like real with simpy 2 ingrediants! Its only 2.5g carbs for the pasta base!!!

**Bolognese -** Ground grass-fed beef mince cooked in a rich Napoli sauce  
**Chicken Alfredo -** Chicken, Mushroom, Avocado, Parmesan, Herbs  
**Pinky Gamberi Arrabbiata -** King Prawns, Spinach, Garlic, Chilli, Napoli, Cream  
**Roasted Veg -** Zucchini, Pumpkin, Spinach, Cherry Tomato in Napoli Sauce

**7 Day Brekky & Brunch till 3pm**  
**Dinner available Thu, Fri, Sat: 5:30 - 10:00pm**

Check our dinner menu for - 



FREE RANGE ORGANIC MADE WITH 

**More** 



## Coffee

All Drinks With Low Carb Cream Base +1 Extra Large Take Away Cup + 1

<b>ESPRESSO</b>			3.8
<b>BLACK COFFEE</b>	- Long Black, Long Mac, Short Mac	R 4.2	M 5.0
<b>MILK COFFEE</b>	- Flat White, Cappuccino, Latte, Magic, Piccolo	R 4.5	M 5.5

<b>BULLETPROOF</b>			6.5
Long Black+Coconut Oil+Grass-Fed Butter			

<b>BOOST UP</b>			6.5
Long Black + MCT Oil			



<b>Choco</b>		R 4.5	M 5.5
<b>Mocha</b>		R 5.2	M 6.5
<b>House Blend Sticky Chai</b>	- L.C Ingredients, Vegan		6.5

<b>SPECIAL LATTE</b>			6.5
PURPLE YAM / MATCHA / HOJICHA / BEETROOT / GOLDEN VANILLA TURMERIC			

Decaf/Honey	+0.5
Extra Shot / Strong	+0.8
MCT Oil	+ 1.5
On Ice	+ 1
Low Carb Cream Base	+ 1
Almond / Coconut / Soy / Macadamia/ Lactose Free	+0.8
No Sugar Syrup - Vanilla / Irish Cream / Hazelnut	+0.9



## Tea . Fizzy . Cotta

<b>HOUSE BLEND HERBAL TEA (POT)</b>		7.5
Calming	Goji Berry, Chrysanthemum	
Soothing	Hibiscus Rose	
Queen of Four	Rose Osmanthus	
Blossom Tea	Yunan White Tea	

<b>FAIRTRADE ORGANIC TEA</b>		4.5
Breakfast / Earl Grey / Darjeeling Green / Peppermint / Chamomile / Chai Tea / Lemongrass Ginger		

<b>House Made Light Drink</b>		
All refine sugar free, select milk choice for ultra low carb!		
Strawberry Hojicha Latte		8.5
Matcha Mocha		8.5
Yuzu Matcha Fresher		8.5
Coco Black		8.5
Yuzu Black Spritz		8.5
Lemon Tea		7
Berries Rose Tea		7.5
Butterfly Lemonade		7.5
Cranberry Elderflower Soda		7.5
Passion - Lime Soda		7.5
Kombucha / Karma Juice		5
Sparkling / Water		4.2 / 3.2

<b>ICED COTTA</b>		8.5
Panna Cotta Ice Pop with Cold Drinks		
PURPLE YAM / MATCHA / HOME MADE CHOCO / COFFEE		

<b>SUGAR - FREE SHAKES</b>		8.5
Using no sugar syrup, select milk choice for ultra low carb!		
Chocolate / Vanilla / Espresso		

<b>SMOOTHIES</b>		9.5
Peanut Butter Chocolate / Mix Berry		



### Stubby

<b>Hahn - Super Dry G.F.</b> I am a Gluten Free Beer contains 4.5g Carbs	10
<b>Hahn - Ultra Zero Carbs Beer</b> I contain Gluten, and I am 0g Carbs	10



### Vino

<b>WHITE -</b>	
<b>Brown Brother - Prosecco Piccolo 200ml</b>	12
<b>Whisper Rock (N.Z) - Sauvignon Blanc</b>	10 / 36
<b>Clouded Isle (N.Z) - Sauvignon Blanc</b>	11/ 45
<b>Rothbury Estate - Chardonnay</b>	11/ 45
<b>Hardy the Riddle - Moscato</b>	11/ 45
<b>Chancellor &amp; Co - Moscato</b>	10/ 36
<b>RED -</b>	
<b>Warburn Estate 2020 - Cabernet Merlot</b>	12 / 55
<b>Audacious Barossa Valley - Shiraz</b>	11 / 45
<b>SPIRIT -</b>	
<b>Gin / Vodka / Jim Beam Bourbon / Plomari Ouzo / Canadian Club / Add Sugar Free Mixer - 1.5</b>	10



## Dinner Menu

Available Thu, Fri, Sat: 5:30 - 10:00pm

<b>300g MB4+ Grass Fed Beef Striploin (NF* DFO*)</b> w/ Meat jus & Sauteed Mushroom	42
<b>200g Skin On Crispy Salmon (NF*)</b> w/ Yuzu Miso Kale & Roasted Veg	36
<b>8oz Grilled Flat Chicken Breast (NF* DFO*)</b> w/ Avocado & Sauteed Spinach	32
<b>Pan Grilled Slow Cook Beef Cheek (NF*)</b> w/ Meat Jus & Creamy Cauli Mash	36
<b>600g + 8 hrs Braised Lamb Shank (NF*)</b> w/ Roasted Veg, Creamy Cauli Mash	42
<b>Oven Baked Crispy Asian Spiced Duck Leg (NF* DF*)</b> w/ Housemade Zucchini Pickles & Mix Salad	36
<b>The Carnivore Me (NF* DFO*)</b> Grass Fed Mb4 Striploin, Slow Cooked Beef Cheek, Grill King Prawns, Grilled Salmon, 2 Fried Egg	48
<b>Add some extra -</b>	
Sauteed Mushroom / Roasted Veggie /	
Mix Salad with Low Carb Balsamic Vinaigrette /	
Crispy Halloumi w/ Truffle Mayo	7
Miso Yuzu Kale / Creamy Cauli Mash	8
Sauteed Spinach / Zucchini Pickles	5
Meat Jus / Citrus Hollandaise Garlic Butter	4



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<b>Baked Brie Cheese w/ Sugar Free Maple, Walnut &amp; Cheese Crisp</b>	14
<b>Caprese Salad - Buffalo Cheese, Tomato &amp; Basil, Balsamic</b>	18



Chef approved Low Carb Slendier Soybean Fettucine. Taste like real with simpy 2 ingredients! Its only 2.5g carbs for the pasta base!!!

<b>Low Carb Pasta (NF* DFO*)</b>	26
<b>Bolognese -</b>	Ground Grass-fed Beef Mince Cooked in Napoli (DFO*)
<b>Chicken Alfredo -</b>	Chicken, Mushroom, Avocado, Parmesan, Herbs
<b>Pinky Gamberi Arrabbiata -</b>	King Prawns, Spinach, Garlic, Chilli, Napoli, Cream (DFO*)
<b>Fettucine alla Boscaiola -</b>	Italian Sausage, Mushroom, Cream, Pasley, Parmasan
<b>Blue Cheese Truffle -</b>	Gorgonzola, Truffle, Pasley, Cream (Veg)
<b>Roasted Veg -</b>	Zucchini, Pumpkin, Spinach, Cherry Tomato in Napoli Sauce (Veg* DF)

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