

BREAKFAST

"the average adult daily energy intake is 8700kj"

toast with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, raisin) gluten free/ croissant add 0.5	6.8	bacon & egg roll 2150k with a free range egg and free range bacon on a milk bun or turkish bread make it a deluxe -hash brown, cheese, relish add 5.0	10.8	big breakfast 3860kj with 2 eggs, bacon, grilled tomato, avocado, mushrooms, hash browns and toast	21.8
banana bread 2000kj made to our secret recipe, toasted and served with praline butter	6.8	vegetarian breakfast 2660kj with poached eggs, avocado, mushrooms, haloumi and toast	19.9	eggs benedict 3340kj poached eggs with hollandaise, spinach and your choice of bacon, salmon or ham on toast	18.8
vanilla pannacotta 2320kj served with our granola, berry coulis, coconut and fresh berries	16.8	chilli scrambled 1790kj scrambled free range eggs with crispy chilli oil and marinated feta on sourdough	14.8	pancakes 3830kj with ice cream, honey roasted nuts, almonds, maple syrup and berries	19.8
breakfast wrap 2760kj made with 2 free range eggs, cheese, bacon, tomato relish and rocket add a hash brown, add 4	14.8				

Please Order at the Counter

BOWLS

SOMETHING ELSE

acai bowl 2550kj 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit	17	cheese melt 1980kj with cheese, avocado and free range bacon on sourdough	17.8
green breakfast bowl 1420kj 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	18.8	mushroom sourdough 2660kj with sauteed mushrooms, marinated feta, bush dust and a poached egg served on sourdough	13
japanese chicken bowl 1770kj 🌿 with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing make it with salmon 2	19.8	corn and zucchini fritters 1010kj 🌿 with spicy tomato relish, avocado and rocket add an egg 3 or bacon 5	16.8
chicken katsu bowl 2560kj brown rice, cabbage, pickled carrot, ponzu, katsu BBQ sauce and mayo topped with chicken schnitzel and sesame dust	19.8	smashed avocado with bush dust 2610kj with native macadamia & finger lime bush dust, feta, and herbs served on sourdough rye	16
superfood chop salad 2160kj 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and viniagrette and poached chicken	18.8	smashed avocado with grilled haloumi 2080kj with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	17
		chicken katsu burger w fries 2730kj crumbed chicken breast with shredded cos, mayonnaise and katsu BBQ sauce, served with fries	19.8

🌿 = made from gluten free ingredients but not in a gluten free kitchen

SANDWICHES & WRAPS

BRAT 2380kj with free range bacon, avocado, tomato, mayo and rocket on turkish	13.8	turkey and brie 2230kj shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	16.8	the schnitty 2200kj chicken schnitzel, tomato, rocket and mayonnaise served on turkish	12.8
tandoori chicken wrap 2720kj 16 tandoori chicken, rocket, cabbage, cucumber, tomato, coriander, cashew, tzatziki and chilli jam		grilled veg turkish 1690kj grilled sweet potato, red pepper pesto, tomato, spinach, feta and mayo on turkish	14.8	haloumi turkish 1940kj grilled haloumi, fresh tomato, spinach and basil pesto on turkish bread	16
classic chicken s/w 2010kj 16 with free range chicken, mayo, swiss cheese, tomato and rocket on sourdough make it a club- add bacon & avo 18.5		pesto chicken club 2190kj poached chicken, free range bacon, cos, tasty cheese, pesto and mayo on sourdough	13.8	salmon on rye 2140kj smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	18.8

Sides

1 EGG, GRILLED TOMATO, SPINACH, AVOCADO 3.5
HALOUNI, HASH BROWN, MARINATED FETA 4.8

HAM, POACHED CHICKEN, BACON, SMOKED SALMON 6
SIDE OF FRIES SMALL 6.8, LARGE 8.8

three beans

COFFEE

coffee

our own sustainable blend sourced from farmers we know and trust

S 4.3
L 4.9

chocolate

our hot chocolates and moccha's are made with 40% cocoa

S 4.3
L 4.9

bubble coffee / chai 1160kj

iced coffee or chai with brown sugar jelly balls

8.5

extra shot/ flavour/ decaf bonsoy/ oat/ almond/

0.6
0.9

CHOCOLATE

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

5.8

turmeric latte 727kj

golden latte made with our spiced turmeric

S 4.9
L 5.5

matcha latte 727kj

green matcha latte

S 4.9
L 5.5

tea drop organic teas 2kj

english breakfast, earl grey, chamomile, spring green, peppermint, lemongrass and ginger

5.8

Dairy Free

SMOOTHIES

acai smoothie 1420kj

acai berry blended with coconut water and banana

9.5

cocoa banana 2080kj

banana, peanut butter, cocoa nibs, almond milk, coconut yoghurt and honey

9.5

green machine 828kj

kale, lemon, avocado, coconut water, mint and apple juice

9.5

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

9.5

SHAKES

milkshakes

available in all the classic flavours, thickshake add 1.0

S 6.5
L 7.5

Premium Shakes

cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

9.5

peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate and milk

9.5

biscoff shake 1490kj

lotus biscuit, biscoff cream, vanilla ice cream and milk

9.5

SMOOTHIES

smoothies

blended fruit, yoghurt and honey

8.5

strawberry 1290kj, mixed berry 1240kj, banana 1240kj, strawberry and matcha smoothie 1330kj

ICED DRINKS

iced drinks 1460kj

iced coffee
iced chocolate
iced mocha
iced long black, Iced latte

8.5

frappes

berry crush 1020kj

berries blended with apple juice and ice

8.5

coffee frappe 709kj

espresso, milk, ice and syrup (vanilla, caramel or hazelnut)

8.5

iced choc chai 1660kj

chocolate and chai with icecream and milk

8.5

summer iced tea 1020kj

iced strawberry guava tea with lemon and berries

8.5

FOR THE LITTLE ONES

fairy bread 964kj

5.5

sandwich 1150kj, 1150kj, 768kj, 1070kj

fresh sandwich with your choice of homemade seasonal jam, honey, vegemite or peanut butter

6

toasties 860kj, 1050kj, 920kj

with your choice of cheese, ham and cheese or cheese and tomato

9

kids pancakes 1210kj

with maple syrup and ice cream

9.8

