

BREAKFAST

"the average adult daily energy intake is 8700kj"

<p>toast with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, raisin)</p>	<p>6.5</p>	<p>bacon & egg sandwich 2150kj 12.9 with 2 free range egg and double bacon with your choice of sauce</p>	<p>vegetarian breakfast 2660kj 20.9 with eggs, baby spinach, avocado, mushrooms, tomatoes, haloumi and toast</p>
<p>banana bread 2000kj made to our secret recipe, toasted and served with praline butter</p>	<p>6.5</p>	<p>eggs on toast 1690kj 11.0 2 free range eggs on toast (poached, scrambled or fried)</p>	<p>breakfast wrap 2760kj 13.9 made with 2 free range eggs, cheese, bacon, tomato relish and rocket</p>
<p>pancakes 3830kj with marscapone, honey roasted nuts, maple syrup and berries</p>	<p>20.9</p>	<p>eggs benedict 3340kj 17.9 poached eggs with hollandaise on toast with your choice of ham or spinach</p>	<p>big breakfast 3860kj 22.9 with free range eggs, bacon or salmon, grilled tomato, mushrooms, spinach, hash brown and toast</p>

BOWLS

SOMETHING ELSE

<p>acai bowl 2550kj 🌿 acai berry blended with banana & coconut water topped with toasted granola, coconut and seasonal fruit</p>	<p>18</p>	<p>cheese melt 1980kj 10.9 served on sourdough with our sweet and spicy tomato relish</p>
<p>green breakfast bowl 1420kj 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg</p>	<p>15.9</p>	<p>smashed avocado 15.9 with native macadamia & finger lime bush dust, feta and herbs served on sourdough rye. 2610kj</p>
<p>vegan bliss bowl 1780kj 🌿 falafel, beetroot hummus, quinoa, kale, toasted seeds, tomato, tahini, mint, pickled onion and micro herbs</p>	<p>18.9</p>	<p>or with our marinated feta and semi dried tomatoes on sourdough 2080kj</p>
<p>superfood chop salad 2160kj 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta and viniagrette add chicken 5</p>	<p>15</p>	<p>or with grilled haloumi, pesto and semi dried tomatoes on sourdough 2080kj</p>
<p>fries 981kj 7.0 served with aioli or ketchup</p>	<p>7.0</p>	<p>corn and zucchini fritters 1010kj 🌿 with spicy tomato relish, avocado and rocket</p>
<p>sweet potato fries 1280kj 8.9 served with sweet chilli and sour cream</p>	<p>8.9</p>	<p>cheese burger with fries 2540kj 16.9 100 % beef pattie w/ cheese, lettuce and special burger sauce served on a brioche bun</p>
<p>🌿 = made from gluten free ingredients but not in a gluten free kitchen</p>		<p>vegetarian lasagne 2880kj 22.9 served with a side salad of mesculun and toasted seeds</p>

SANDWICHES & WRAPS

<p>haloumi turkish 1940kj 14.9 grilled haloumi, fresh tomato, spinach and pesto on turkish bread</p>	<p>14.9</p>	<p>the schnitty 2200kj 14.9 chicken schnitzel, tomato, rocket and mayonnaise served on turkish</p>
<p>vegetarian wrap 2800kj 14.9 with corn and zucchini pattie, tomato, beetroot, avocado, rocket, sour cream and sweet chilli</p>	<p>14.9</p>	<p>turkey sandwich 2150kj 14.9 with shaved turkey, brie cheese, cranberry sauce, rocket and avocado</p>
<p>classic chicken sandwich 2010kj 15.9 with free range poached chicken, mayo, swiss cheese, tomato and rocket on sourdough</p>	<p>15.9</p>	<p>vegan wrap 2450kj 14.9 falafel, beetroot hummus, cabbage, kale, tomato, pickled onion and tahini</p>
<p>pesto chicken club 2190kj 16.9 poached chicken, free range bacon, cos, tasty cheese, pesto and mayo on sourdough</p>	<p>16.9</p>	

Sides

EGG . GRILLED TOMATO . HASH BROWN 3 . MUSHROOMS . AVOCADO . MARINATED FETA 3.5 .
HALOUMI . POACHED CHICKEN . HAM . FREE RANGE BACON . CHORIZO 4.5 . SMOKED SALMON 7

Please be aware the food we serve may contain egg, soy, tree nuts, peanuts, dairy. If you have any allergies please let the staff know

three beans

COFFEE

coffee

our own sustainable blend sourced from farmers we know and trust

chocolate

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

bubble coffee / chai 1160kj

iced coffee or chai with brown sugar jelly balls

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

Dairy Free

CHOCOLATE

S 4.5

L 5.3

S 4.5

L 5.3

8

0.7

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

turmeric latte 727kj

golden latte made with our spiced turmeric

matcha latte 727kj

green matcha latte

tea drop organic teas 2kj

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

6

S 4.5

L 5.5

S 4.5

L 5.5

4.5

SMOOTHIES

acai smoothie 1420kj

acai berry blended with coconut water and banana

10

cocoa banana 2080kj

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

10

green machine 828kj

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

10

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

10

SHAKES

milkshakes

available in all the classic flavours, thickshake add 2.0

7

Premium Shakes

cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

9

peanut butter 1730kj

peanut butter, vanilla ice cream, chocolate and milk

9

biscoff shake 1490kj

lotus biscuit, biscoff cream, vanilla ice cream and milk

9

SMOOTHIES

smoothies

blended fruit, yoghurt and honey

strawberry 1290kj, mixed berry 1240kj, banana 1240kj

8

ICED DRINKS

iced drinks 1460kj

iced coffee
iced chocolate
iced mocha
iced long black

7.0

frappes

berry crush 1020kj

berries blended with apple juice and ice

7.5

coffee frappe 709kj

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

7.5

FOR THE LITTLE ONES

fairy bread 964kj

4.0

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

4.0

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

toasties 860kj, 1050kj, 920kj

cheese 9.0

9.0

ham and tomato 10.0

10.0

ham, tomato and cheese 11.5

11.5

babycino 199kj

1.5

