

BREAKFAST

the average adult daily energy intake is 8700kjs

toast with your choice of jam, marmalade, honey, peanut butter or vegemite (sourdough, turkish, rye, raisin) gluten free/ croissant add 0.5	6.5	eggs on toast 1690kj 2 free range eggs on toast (poached, fried or scrambled) add bacon 5, salmon 5.5, spinach 3	11	big breakfast 3860kj with 2 eggs, bacon, grilled tomato, chorizo, mushrooms, hash browns and toast	21
banana or carrot bread 2000kj made to our secret recipe, toasted and served with praline butter	7	breakfast wrap 2760kj made with 2 free range eggs, cheese, bacon, tomato relish and rocket	14	vegetarian breakfast 2660kj with poached eggs, avocado, mushrooms, tomato, spinach, haloumi and toast	19
ham and cheese croissant 1420kj	12	bacon & egg roll 2150k with a free range egg and free range bacon on a brioche bun or turkish bread	10	eggs benedict 3340kj poached eggs with hollandaise and spinach with your choice of bacon, salmon or ham on toast	19
sesame scrambled eggs 1790kj made with free range eggs served with sesame avocado on sourdough or scrambled with crispy chilli oil	15				

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	16	bacon, avo & cheese melt 1980kj on sourdough with our spicy tomato relish, avo and free range bacon	18.9
green breakfast bowl 1420kj 🌿 with avocado, quinoa, kale, peas, toasted seeds, haloumi, coriander, basil pesto and a free range egg	20.9	mushroom sourdough 2660kj with sauteed mushrooms, marinated feta, bush dust and a poached egg served on sourdough	17
japanese chicken bowl 1770kj 🌿 with brown rice, avocado, kale, spring onion, cabbage, edamame, sesame, pickled ginger, poached chicken, umami dust and ponzu dressing (swap chicken for salmon 22)	20.9	smashed avocado with grilled haloumi 2080kj with grilled haloumi, pesto and semi dried tomatoes on toasted sourdough	17
chicken caesar salad 2080kj our caesar salad with cos lettuce, kale, avocado, bacon, crouton, caesar dressing and poached chicken. swap chicken for salmon 22	20.9	pumpkin and feta tart 2120kj in a pastry case served with a mesculun feta and toasted seed salad	15
superfood chop salad 2160kj 🌿 with cos, chickpeas, peas, avocado, toasted seeds, marinated feta, poached chicken and viniagrette	20	bacon and cheese tart 2220kj in a pastry case served with a mesculun feta and toasted seed salad	16
		vegetarian lasagne 2880kj served with a side salad of mesculun and toasted seeds	16

SANDWICHES & WRAPS

croque monsieur 1880kj smoked free range ham, cheese, aioli toasted on turkish bread	15	salmon on rye 2140kj smoked salmon, cream cheese, spinach, pickled onion and avocado on rye	16	the schnitty 2200kj chicken schnitzel, tomato, rocket and mayonnaise served on turkish like it hot? - ask for a kick of chilli	16
chicken waldorf 2020kj poached chicken with walnuts, celery, mayo and avocado on sourdough	16	turkey and brie 2230kj shaved turkey, brie, avocado, cranberry sauce and rocket on turkish bread	16	chicken caesar wrap 2800kj poached chicken, cos lettuce, kale, avocado, bacon, croutons and caesar dressing	15
grilled veg turkish 1690kj grilled sweet potato, red pepper pesto, tomato, spinach, feta and mayo on turkish	16				

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

Sides

1 EGG, GRILLED TOMATO, HASH BROWN, MUSHROOMS 3.5	HALOUMI, MARINATED FETA, WILTED SPINACH, AVOCADO 4	HAM, POACHED CHICKEN, BACON, SMOKED SALMON 5.
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10% surcharge for public holidays

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

S 4.5
L 5.2

chocolate

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

S 4.5
L 5.2

bubble coffee / chai 1160kj

iced coffee or chai with brown sugar jelly balls

8.5

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

0.7

Dairy Free

CHOCOLATE

malabar chai 910kj

chai leaves brewed with milk, served with honey and cinnamon

6.0

turmeric latte 727kj

golden latte made with our spiced turmeric

S 5.5
L 6

matcha latte 727kj

green matcha latte

S 5.5
L 6

tea drop organic teas 2kj

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

4.5

SMOOTHIES

acai smoothie 1420kj

acai berry blended with coconut water and banana

9

cocoa banana 2080kj

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

9

green machine 828kj

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

9

coconut berry 1640kj

berries blended with coconut water, coconut yoghurt and banana

9

SHAKES

milkshakes

available in all the classic flavours, **thickshake add 2.0**

7.5

cookies and cream 1220kj

cookies, vanilla ice cream, chocolate and milk

8.5

New

strawberry and matcha smoothie 1310kj

strawberries blended with milk, ice cream and honey with matcha

8.5

iced choc chai 1560kj

chocolate and chai with milk and icecream

8.5

summer iced tea 1020kj

iced strawberry guava tea with lemon and berries

8

SMOOTHIES

smoothies

blended fruit, yoghurt and honey

7.5

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

ICED DRINKS

iced drinks 1460kj

iced coffee
iced chocolate
iced mocha
iced long black

7.5

6.5

frappes

berry crush 1020kj

berries blended with apple juice and ice

8

coffee frappe 709kj

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

8

affogato 1020kj

7

FOR THE LITTLE ONES

fairy bread 964kj

4.9

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

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

6.9

toasties 860kj, 1050kj, 920kj

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

9.9

