

Please Order & Pay at Counter



Blackboard Specials Available
Children's portions available
Vegan & dietary preferences available on request

V Vegetarian GF Gluten Free P Paleo

breakfast ALL DAY

TOAST WITH A CHOICE OF SPREADS

- Cottage white, cottage rye, cottage wholemeal 5.50
- Raisin, cinnamon, soy linseed sourdough, schiacciatta 5.50
- Gluten free – white, 3 seeds & fruit toast 6.00

BANANA BREAD TOASTED WITH BUTTER 7.00

AVO ON SOY LIN SOURDOUGH 13.50

With sliced tomato, house made labneh & balsamic

ACAI BOWL 15.00

Antioxidant packed bowl of goodness topped with fresh fruit, granola & coconut

BACON & EGG ROLL 9.50

Fried egg, bacon with bbq sauce on a brioche roll

EGGS ON TOAST V 9.50

Fried, poached or scrambled on your choice of toast

Sides

- Mushroom, baby spinach, roasted tomato, relish 4.00 ea
- Bacon, sausage, hash brown, ½ Avocado, smoked salmon 4.00 ea

RAWNOLA BOWL V GF P 15.00

Chia pudding topped with coconut yoghurt, fresh fruit & our signature 'rawnola'

RICOTTA PANCAKES 16.00

Served with fresh berries, canadian maple & crushed macadamia nuts

Add bacon 3.00

BREKKY WRAP (OR BURGER ON BRIOCHE) 12.00

Fried egg, bacon, baby spinach, avocado & tomato

PROTEIN POWER BREAKY GF P 17.00

Poached eggs, bacon, grilled chicken & half an avocado

HEARTY CHARLIE (BIG BREKKY) 18.00

2 Fried eggs, bacon, sausage, roasted tomato, mushrooms, baby spinach on two slices of toast

VEGETARIAN (BIG BREKKY) V 18.00

Poached eggs, ½ avocado, spinach, mushrooms, tomato & halloumi served on a soy & linseed sourdough

BREAKFAST BRUSCHETTA V 16.00

Served on soy linseed sourdough, topped with poached eggs

Add bacon 3.00

SMOKED SALMON STACK GF P 16.00

Smoked salmon on rocket & avocado with a sweet potato rosti

Add a poached egg 3.00

EGGS BENEDICT Your choice of ham, bacon or salmon 17.00

Poached eggs on english muffin with hollandaise sauce

favourites

BOWL OF FRIES with aioli & sea salt 6.00

BOWL OF SWEET POTATO WEDGES with sweet chilli & sour cream 8.00

RISOTTO V GF 16.00

Baby spinach, mushroom, asparagus, sweet potato & parmesan

Add grilled chicken 3.00

PRAWN CUTLETS (5) 16.00

Served with fries & a side salad

FISH, CHIPS AND SALAD 16.00

Beer battered flathead fillets with fries & a side salad

salads

NOURISH BOWL V GF P 16.00

Black rice, avocado, beetroot, sweet potato, greens, assorted nuts & seeds with a boiled egg

Add grilled chicken 3.00

WARM CHICKEN SALAD GF P 16.00

Grilled chicken breast, baby spinach, sweet potato, cherry tomatoes & green beans with a balsamic dressing

CAESAR SALAD 15.00

Cos lettuce, parmesan, bacon, crispy croutons tossed in a caesar dressing & topped with a poached egg

Add grilled chicken 3.00

PORK BELLY SALAD 16.00

Stirfried pork belly with caramelised pineapple, cashews, cherry tomato, bean shoots & mixed herbs

LAMB SALAD 16.00

Slow roast lamb shoulder, baby beetroot, quinoa, labneh, apple rocket & candied walnuts

gourmet sandwiches/wraps ALL DAY

Choose your bread

- White, rye or wholemeal bread, 1.00
- Schiacciatta (a turkish like bread) & wraps extra 2.00
- Gluten free bread extra 2.00

Chicken Caesar 10.50

Bacon, cos lettuce, parmesan & chicken with a caesar dressing

Turkey Club 10.50

Bacon, tomato, lettuce, cranberry & mayo

Smoked Salmon 10.50

Creamed cheese, cucumber, spanish onion, capers, smoked salmon & cos

Chicken Schnitzel 10.50

Lightly fried, served with cos lettuce & mayonnaise

Or Make Your Own

burgers ON A BRIOCHE ROLL

VEGO BURGER V 14.00

With avocado, salad, herbed mayo & tomato relish

CHICKEN CAESAR BURGER 14.00

With cos lettuce, bacon & parmesan

CHICKEN SCHNITZEL BURGER 14.00

With cos, sweet chilli & sour cream

GOURMET BURGER 16.00

Grilled premium beef patty, bacon, caramelised onion, tasty cheese, tomato & cos with smokey bbq sauce

STEAK SANDWICH 16.00

Sirloin, lettuce, tomato, beetroot, caramelised onion & tomato relish

Add fries 3.00

Add sweet potato wedges 4.00

Extensive Range of Cakes,
Slices & Organic Treats
from the Cabinet



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speciality coffee

BLACK OR WHITE choose your style	3.80
COLD BREW brewed on premise	3.80
FILTERED BATCH BREW single origin	3.80
MOCHA	4.80
HOT CHOCOLATE	4.80
CHAI LATTE	4.80
TURMERIC GOLDEN LATTE	4.80
BABY CHINO	2.50
Extras	
Mug	1.00
Extra shot	0.50
Decaf	0.50
Soy / Almond / Coconut	0.50
Flavour	0.60
Coconut Water	1.00

tea TRADITIONAL / HERBAL

CUP OF TEA	4.00
English Breakfast, Earl Grey, China Jasmine, Lemon Grass Ginger, Peppermint, Chamomile, Malabar Chai, Tumeric	

fresh juices

BREKKY JUICE	8.00
Orange, apple, carrot, celery & ginger	
DETOX JUICE	8.00
Apple, carrot, beetroot, ginger & lemon	
IMMUNITY JUICE	8.00
Watermelon, pineapple & orange	
GREEN MACHINE	8.00
Apple, celery, cucumber, kale, ginger & lemon	
OR MAKE YOUR OWN	
Orange, apple, carrot, celery, watermelon, pineapple, ginger, kale, beetroot, lemon	
BOTTLED 300ML	4.00
Apple or Orange	

iced drinks

ICE COFFEE	8.00
ICE CHOCOLATE	8.00
ICE MOCHA	8.00

smoothies

TRADITIONAL	8.00
Banana Strawberry	
Mango Mixed berries	
GO GREEN	8.00
Kale, coconut water, pineapple, lime, mint	
HEALTH/PROTEIN (ORGANIC RAW VEGAN PROTEIN)	10.00
Banana Blueberry coconut water	
Coffee Cocoa banana almond milk	
Acai banana mixed berries coconut water	
Turmeric mango banana coconut milk	
Fresh Fruit Frappe ice bended fruit salad	

milkshakes

CHOCOLATE, BANANA, STRAWBERRY, LIME	7.00
VANILLA, CARAMEL	7.00
MARS BAR	7.00
Chocolate, malt & caramel	
COFFEE, MOCHA	7.00
Extras	
Almond, soy, ice cream	1.00

soft drinks

KOMBUCHA (see counter for flavours)	5.00
COKE, COKE ZERO, DIET COKE, LEMONADE	4.00
LEMON LIME & BITTERS, GINGER BEER	4.00
LEMON OR PEACH ICE TEA	4.00
COCONUT WATER	4.50
SPIDER	6.00

mineral water

STILL	2.50
SPARKLING	4.00
SPARKLING 750ML	7.50