

FOOD MENU

SMASHED AVO - \$15.90 GFO

ON SOURDOUGH WITH MARINATED FETTA, DUKKAH & LIME

ADD PULLED PORK OR SMOKED SALMON + \$4.00
AVAILABLE ON GLUTEN FREE BREAD + \$2.00

SWEET POTATO SMASHED AVO - \$17.90 GF VEGAN

SWEET POTATO SLICES, SMASHED AVO, HOUSE-MADE ALMOND 'FETA', TOMATO RELISH, RADISH, SPINACH & ROASTED TRUSS TOMATOES

ADD PULLED PORK OR SMOKED SALMON + \$4.00

BLUEBERRY & WHITE CHOC WAFFLES - \$15.90

TWO TOASTED VANILLA WAFFLES, FRESH BLUEBERRIES, BLUEBERRY COULIS, WHITE CHOCOLATE BITS & VANILLA ICE CREAM

PULLED PORK NACHOS - \$17.90

HOUSE-MADE PULLED PORK, MELTED CHEESE, NACHO SALSA, FRESH AVOCADO, SOUR CREAM & LIME

MUSHROOM TOAST - \$17.90 GF VEGAN P

MEDLEY OF MARINATED MUSHROOMS ON A SLICE OF SWEET POTATO W/ HOMOUS, RADISH, FRIED SHALLOTS, SEEDS, SPINACH & GREEN MICROS

ADD PULLED PORK OR SMOKED SALMON + \$4.00

HEALTHY SPLIT - \$15.90 GF VEGAN

SPLIT BANANA W/ COCONUT YOGHURT, HOUSEMADE GLUTEN FREE GRANOLA, FRESH SEASONAL BERRIES, GOJI BERRIES & MICROS

ADD PEANUT BUTTER + \$2

BREAKY BURGER - \$12.90

TOASTED BUN WITH DOUBLE BACON, EGG OMELETTE, DOUBLE SWISS CHEESE, CARAMELISED ONIONS, KEWPIE MAYO & BBQ SAUCE

ROAST CHICKEN TURKISH - \$12.90

HOUSE ROASTED CHICKEN, FRESH AVOCADO, SWISS CHEESE & CHIPOTLE MAYO

MINI WAFFLES - \$9.90

ONE VANILLA WAFFLE TOASTED AND CUT INTO SMALL PIECES WITH NUTELLA & FRESH BANANA

AÇAÍ FLOW - \$15.90 GF VEGAN

PURE AÇAÍ SOFT SERVE, GLUTEN FREE VEGAN HOUSEMADE GRANOLA TOPPED WITH FRESH SEASONAL FRUITS

ADD PEANUT BUTTER + \$2

GREEN SMOOTHIE BOWL - \$16.90 GF VEGAN

SPINACH, MANGO, BANANA, GINER & PASSIONFRUIT SMOOTHIE BOWL WITH GLUTEN FREE VEGAN HOUSEMADE GRANOLA TOPPED WITH FRESH SEASONAL FRUITS

ADD PEANUT BUTTER + \$2

GF - GLUTEN FREE • GFO - GLUTEN FREE OPTION • V - VEGAN • P - PALED

SMALL EATS

RAISIN TOAST - \$6.90

2 SLICES THICK RAISIN TOAST W/ BUTTER

HAND-MADE CRUMPETS - \$9.90

2 HAND-MADE CRUMPETS WITH YOUR CHOICE OF:
VEGEMITE & CHEESE OR
CINNAMON BUTTER

HAM & CHEESE CROISSANT - \$8.90

TOASTED WITH LEG HAM & TASTY CHEESE

PLEASE CHECK THE CABINET FOR AVAILABILITY

HOUSE-MADE BANANA BREAD - \$6.90

ONE SLICE OF TOASTED BANANA BREAD WITH BUTTER

PLEASE CHECK THE CABINET FOR AVAILABILITY

HAM & CHEESE TOASTIE - \$8.90

TOASTED SOURDOUGH WITH LEG HAM & TASTY CHEESE

PLEASE CHECK THE CABINET FOR AVAILABILITY

PLEASE SEE OUR CABINET FOR EXTRA BAKED GOODS & TREATS!

FRESH SALADS

PUMPKIN & SWEET POTATO - \$9.90 GF V

ROASTED PUMPKIN, ROASTED SWEET POTATO, ROASTED ALMONDS, CHICKPEAS, WILD RICE, SPINACH, MINT & PARSLEY

RAW BEET SALAD - \$9.90 GF V

SHREDDED BEETROOT, SHREDDED RED CABBAGE, GREEN APPLE, SPANISH ONION, CELERY, CORN, SHALLOTS, BEAN SHOOTS, PARSLEY & MINT

PLEASE SEE STAFF FOR DAILY AVAILABILITY

SMOOTHIES

GREEN MACHINE SMOOTHIE - \$10.00

SPINACH, COCONUT WATER, MANGO, BANANA, GINGER & PASSIONFRUIT

HONEY NUT SMOOTHIE - \$10.00

CACAO, PEANUT BUTTER, OATS, HONEY, ALMOND MYLK, BANANA

FRUIT CUP SMOOTHIE - \$10.00

STRAWBERRY, MANGO, ORANGE, APPLE JUICE & PASSION FRUIT

BANANA BERRY SMOOTHIE - \$10.00

BANANA, BLUEBERRIES, RASPBERRIES & ALMOND MYLK

ADD SCOOP RAW PROTEIN + \$1

ICED DRINKS

ICED TEA - \$6.00

LEMON, RASPBERRY OR PEACH W/ SPARKLING WATER & FRESH FRUIT

ICED DRINKS - \$6.00

ICED LATTE, ICED MOCHA, ICED CHOCOLATE, ICED CHAI
OR ICED LONG BLACK

CRUSHES - \$6.00

PASSIONFRUIT ICE CRUSH, RASPBERRY / LEMON / PEACH ICED TEA CRUSH

HOT DRINKS

COFFEE

REGULAR 6OZ - \$4.00 | LARGE 10OZ - \$4.70 | ESPRESSO - \$3.00

'BRING YOUR OWN CUP' - \$3.00+

SYRUPS & MILKLAB SOY, ALMOND, LACTOSE FREE,
MACADAMIA, OAT & COCONUT +\$0.70

LOOSE LEAF TEA

2 CUP POT - \$5.00 ENGLISH BREAKFAST, EARL GREY, PEPPERMINT & CHAI

MILKSHAKES

MILO MALT SHAKE - \$8.00

MILO, ICECREAM, CRUSHED MALTESERS & MILK TOPPED WITH MALTESERS & MILO

SALTED CARAMEL SHAKE - \$8.00

SALTED CARAMEL FUDGE, ICECREAM & MILK TOPPED WITH CARAMEL FUDGE
& POPCORN

STRAWBERRY SHAKE - \$8.00

STRAWBERRY, ICECREAM & MILK TOPPED WITH SPRINKLES

FRESH JUICE

TROPICAL FRESH JUICE - \$8.00

WATERMELON, PINEAPPLE, ORANGE & LEMON

GREENIE FRESH JUICE - \$8.00

SPINACH, LEMON, GINGER, GREEN APPLE & CELERY

CREATE YOUR OWN - \$8.00

MUST CHOSE A **MINIMUM OF TWO** FRUITS:

PINEAPPLE, ORANGE, WATERMELON, LEMON, CELERY, SPINACH, GREEN APPLE & GINGER

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YOU MAY HAVE NOTICED THAT ON PUBLIC HOLIDAYS WE ADD A
15% SURCHARGE TO YOUR BILL. WE PASS THIS ON TO OUR
STAFF WHO ARE ON FULL PENALTY RATES, AS WE ADHERE TO
ALL AWARD PROTOCOLS.
WE VALUE OUR STAFF AS WE DO OUR CUSTOMERS.