

BREAKFAST

7AM- 12PM

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| DUKKAH SCRAMBLED EGGS | \$23 |
| Fluffy scrambled eggs topped with goats cheese, dukkah and honey drizzle on sourdough (V) | |
| SMASHED AVOCADO (ALL DAY) | \$21 |
| roast tomato, spanish onion, low fat ricotta, balsamic reduction & basil oil on toasted sourdough (v) add: poached eggs \$5.5 • bacon \$6 | |
| BACON & EGG ROLL (ALL DAY) | \$17 |
| homemade relish & aioli, on a wholemeal damper roll add: melted provolone cheese \$2 avocado \$2.5 Hash brown \$3 | |
| VEGETARIAN ROLL | \$18 |
| sweet potato rosti, avocado, spinach, mushroom, fried egg & relish on a wholemeal damper roll (v) | |
| PROTEIN STACK | \$28 |
| Grilled steak, poached eggs, bacon, salad toss, seeds avocado served with a sweet pot rosti and aioli (gf) | |
| MAGIC MUSHIES | \$23 |
| Marinated portobello mushrooms, herbs, kale, poached egg, walnuts served on toasted soy linseed bread & whipped stracciatella cheese (v) add bacon \$6 • smoked salmon \$6 | |
| GREEN GOODNESS BOWL | \$23 |
| kale, quinoa, avocado, grilled halloumi, hard boiled eggs, toasted seeds + side of beetroot hummus (gf/v) add bacon \$6 • smoked salmon \$6 | |
| EGGS BENEDICT | \$26 |
| Poached eggs, hollandaise, avocado, side salad toss, served on sourdough with a choice of Smoked Salmon or Bacon | |

SMOOTHIE BOWLS

ALL DAY \$20

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| ORIGINAL ACAI BOWL |
| organic acai, topped with house made granola, strawberries, banana, coconut flakes |
| PB ACAI BOWL |
| organic acai, topped with house made granola, cacao nibs, peanut butter, banana |
| ACAI BOWL TROPICANA |
| organic acai topped with house made granola, kiwi, strawberries, blueberries, passionfruit, coconut flakes |
| Our granola contains almond nut only Gf granola available |

BUILD YOUR BREKKIE • \$15.50

Kids portions available upon request
7AM-12PM

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|--------------------------|-----------------------------|------------------|
| STEP 1 | | |
| Sourdough | Soy linseed | GF toast (\$1.5) |
| STEP 2 | | |
| Scrambled | Poached | Fried Eggs |
| ADD - ONS : | | |
| - Bacon: \$6 | - Spinach: \$4 | |
| - Haloumi: \$6 | - Avocado: \$5 | |
| - Beef Sausage: \$4.5 | - Roast tomato: \$4.5 | |
| - Kale: \$4 | - Sweet potato rosti: \$4.5 | |
| - Sautéed mushrooms: \$5 | - Smoked salmon: \$6 | |
| - Feta \$5 | -Hash brown (ea) \$3 | |

PANCAKES

7AM-12PM

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|------------------|--|
| RICOTTA PANCAKES | seasonal berries, whipped mascarpone & maple syrup \$ 21 Add bacon \$6 |
| KIDS PANCAKES | two ricotta pancakes w/Nutella & strawberries OR banana & maple syrup \$15 |

LIGHT MEALS

ALL DAY

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|--|-------|
| FRUIT & NUT BREAD | \$16 |
| low fat ricotta, honey, walnuts & a sprinkle of cinnamon | |
| YOGHURT BOWL | \$11 |
| side granola & honey add: seasonal fruit \$8 | |
| FRITTATA | \$19 |
| pumpkin, semi dried tomato, feta & basil with a side of mix salad (gf) | |
| TOASTED HAM & CHEESE CROISSANT | \$9.5 |
| TOAST | \$8.5 |
| sourdough or soy linseed - choices of vegemite, jam, peanut butter, nutella (gf: \$1.5) | |

ASK FOR OUR DAILY SELECTION OF WRAPS

LUNCH

11AM-3PM

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|---|------|
| GRILLED CHICKEN BURGER BOWL | \$24 |
| grilled chicken, avocado, slaw, melted provolone cheese, mix salad with mustard vinaigrette & side of chilli mayo & sweet pot wedges (gf) | |
| BUDDHA BOWL | \$24 |
| chickpeas coated in chilli & turmeric, avocado, quinoa, mix leaf salad, capsicum (gf/vg) add grilled free-range chicken \$7 • steak \$8 • grilled Atlantic salmon \$11 | |
| SUPERFOOD SALAD | \$20 |
| broccoli, pepitas, cherry tomatoes, sweet potato, mix leaf, kale, capsicum, crushed almonds topped with a herb dressing (gf/vg) add grilled free-range chicken \$7 • steak \$8 • grilled Atlantic salmon \$11 | |
| BEEF BURGER BOWL | \$24 |
| beef pattie, crispy bacon, melted provolone cheese, gherkins, mix salad with mustard vinaigrette, aioli mustard sauce & sweet pot wedges | |
| LENTIL & VEGE BURGER BOWL (gf • v) | \$24 |
| lentil & vege pattie with avocado, haloumi, tzatziki, beetroot hummus, mix salad with mustard vinaigrette & sweet pot wedges | |
| LAMB SALAD | \$28 |
| Grilled marinated Lamb drizzled with chimichurri , side roast cauliflower salad w rocket, pomegranate, walnuts , lemon & olive oil dressing, side of hummus. | |
| FALAFEL BOWL (vg) | \$24 |
| pickled cabbage, house made green tahini dressing, heirloom tomato, cucumber & tabouli salad & pita | |
| GRILLED SALMON BOWL | \$29 |
| grilled salmon with a salad of mixed leaf, beetroot & feta, pickled cabbage, tzatziki, sweet potato wedges (gf) | |
| FISH & CHIPS | \$24 |
| beer battered flat head with fries, side salad & homemade aioli sauce. | |

LUNCH SIDES

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|--------------------------|-------|
| SWEET POT WEDGES & AIOLI | \$8 |
| FRIES & AIOLI | \$8 |
| HALOUMI | \$6 |
| GARDEN SALAD | \$13 |
| AVOCADO | \$5.5 |

BURGERS

Comes with choice of sweet potato wedges or fries

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|---|------|
| LENTIL & VEGE BURGER | \$25 |
| lentil & vege pattie with avocado, tzatziki, haloumi, salad (v) | |
| ITALIAN BEEF BURGER | \$25 |
| beef pattie, fresh tomato, caramelised onion, crispy bacon, lettuce, provolone cheese, tomato relish, side gherkin, mustard aioli | |
| STEAK SANDWICH | \$25 |
| steak, provolone cheese, caramelised onions, lettuce, tomato & aioli | |
| GRILLED CHICKEN BURGER | \$25 |
| avocado, slaw, provolone cheese, lettuce & chilli mayo | |

KIDS MENU

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|------------------------|------|
| CHEESEBURGER & CHIPS | \$16 |
| FISH & CHIPS | \$16 |
| CHICKEN BURGER & CHIPS | \$16 |



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Sunday & Public Holiday Surcharge applies
10%

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COLD PRESS JUICES

\$9.90

DETOX WITH GREENS

lime, ginger, kale, spinach, celery, cucumber, green apple

MOTHER EARTH

ginger, beetroot, carrot, celery, parsley

CITRUS

mint, lime, pineapple, passionfruit, orange

IMMUNE

beetroot, carrot, apple, spinach, lemon

HYDRATE

watermelon, rockmelon, apple, pineapple

FLU FIGHTER

orange, pineapple, ginger

TRADITIONAL SMOOTHIES

milk, yoghurt, honey & ice

\$9.5 • KIDS: \$8

STRAWBERRY

MANGO

BANANA

MIX BERRY

add: soy • almond • oat • coconut • protein:
\$1 extra

PROTEIN POWER SHAKES

\$11

SNICKERS

protein, chocolate, peanut butter, coconut milk, ice (gf)

BERRY NICE

Protein, coconut water, berries, banana, ice (gf)

GO GREEN

protein, spinach, orange juice, mango, ice

ACAI

acai, apple juice, banana, ice (gf • df)

PINK PANTHER

organic dragon-fruit, pineapple juice, banana, ice (gf • df)

TONIC

watermelon, strawberries, low fat yoghurt, honey, fibre, ice

CLEAN'N GREEN

spirulina, mint, pear, apple, orange (gf • df)

OMEGA

chia, avocado, coconut water, berries, honey, ice (gf • df)

MILKSHAKES

\$8.5 • KIDS \$6.5

STRAWBERRY

VANILLA

CHOCOLATE

CARAMEL

Proudly using our local protein supplier.
Vegan Protein also available

true

DRINKS

ORGANIC LEMONADE \$5

GINGER BEER \$5

SPARKLING WATER UNLIMITED \$4

KOMBUCHA \$7

COKE \$5

COKE NO SUGAR \$5

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COFFEE & TEA

COFFEE \$4.90 | \$5.5

add milk: almond \$1 • coconut \$1 • oat \$1 • soy
50c • lactose free 50c

LOOSE LEAF TEA \$5
peppermint, chamomile, green, earl grey, English
breakfast, lemongrass & ginger

PRANA CHAI \$6.5
sticky brewed chai topped with your choice of
milk

TURMERIC LATTE \$6.5

MATCHA GREEN TEA LATTE \$5 | \$5.5

MATCHA ICED LATTE \$6

ICE LATTE \$6
add ice cream + \$1.5

ICE MOCHA \$6

ICE CHOC with ice cream \$6.5

ICE LONG BLACK \$4..90 | \$5.5

COLD BREW CHAI \$6.5
sticky chai served with honey, ice, choice of
milk

SWEETS

OAT & DATE BAR \$5.5

GF CHOC BROWNIE \$6

CARROT & WALUT CAKE \$7

BANANA BREAD (NUT/DAIRY FREE) \$6

SMARTIE CHOC CHIP COOKIES \$5

MUFFINS OF THE DAY \$6.5
ask for daily flavours

ORANGE & ALMONG CAKE GF/DF \$6.5

LEMON & COCONUT BAR \$5.5

VEGAN: VG • VEGETARIAN: V • GLUTEN FREE: GF • DAIRY FREE: DF