

BACON & EGG ROLL \$8.90

Served with tomato relish or sauce of your choice
We love to add avo and cheese for the Deluxe B&E \$12.50

AVO PESTO SMASH \$16.50

Sourdough with avocado, fetta, basil pesto, topped with roasted seeds. Add 2 poached organic eggs \$4.40

PAISLEY PLATE \$18.90

2 poached eggs, an avocado cup filled with spicy kim chi, hommus, house made mexi beans sprinkled with fetta & coriander with a side of sourdough.

CORN ZUCCHINI FRITTERS \$16.90

Fritters served with avocado, coriander & minted tzatziki, chilli jam and salad. Add 2 poached organic eggs \$4.40

HAND MADE CRUMPET \$12.50

Topped with housemade nut butter and our housemade blueberry jam and ricotta.

ALL DAY MENU

\$2.50

\$3.00

\$2.00

\$2.00

\$3.50

\$3.50

\$2.20

\$4.00

\$3.00

\$4.50

\$2.00

\$2.50

\$4.50

\$4.50

EXTRA'S

Hommus

Fetta

Tomato

Cheese

Bacon

Avocado

Eggs (each)

Mushrooms

Beetroot Relish

Haloumi House Beans

Kim Chi Chicken

Lentil patty

KITCHEN CLOSES AT 2PM

SOURDOUGH TOAST \$6.00

White Sourdough, (Seeded Sourdough, Charcoal or GF Bread \$1.50 extra)

Served with butter & your choice of vege, peanut butter, strawberry jam, honey, or add the extra's.

BURGERS

GRASS FED BEEF BURGER \$12.90

Beef patty, cheese, lettuce, tomato, cucumber, spanish onion, pickle, BBQ sauce and mayo.

PORTUGUESE CHICKEN BURGER \$12.90

Portuguese chicken with cheese, grilled onion, grilled pineapple, coleslaw, Kim chi and chilli mayo.

PULLED PORK BURGER \$12.90

Free range pork shoulder slowly cooked, with house slaw, smokey mayo and apple crisps.

VEGE BURGER \$12.90

Lentil patty, lettuce, tomato, spanish onion, cucumber, sprouts, beetroot relish, house made hommus.

SALADS

MEXICAN CHICKEN SALAD \$18.90

Mexi chicken on a bed of fresh greens & brown rice then topped with our fresh beetroot coriander and carrot salad along with jalapeno's, sour cream, salsa and chargrilled capsicum & avo.

LENTIL SALAD \$18.90

Lentil patty, on a bed of fresh greens & brown rice then topped with our fresh beetroot coriander and carrot salad along with hommus, avo, beetroot relish, spicy kimchi, Paisley seeds.

DIGEST BOWL \$18.90

Avocado, kale, papaya, hummus, roasted maple walnut cauliflower, on a bed of quinoa and fresh greens, then topped with tamari seeds, sprouts and yummy miso dressing. Ask about adding some of our delicious protein options. - lentil patty, eggs, mexican chicken.

CHECK OUR BOARD FOR DRINK AND MEAL SPECIALS | CREDIT CARDS INCUR A 1.2% FEE



BOWLS

ACAI BOWL \$14.50

Topped with granola, or paleo crunch (GF), coconut and seasonal fruit. Extra granola or paleo crunch \$1.00

HOUSEMADE GRANOLA \$12.90

Served with milk of choice, fresh seasonal fruit and yogurt.

SMOOTHIES \$9.90

All our smoothies are made with our inhouse made Almond Mylk (pesticide free). DF = Dairy Free GF = Gluten Free V = Vegan

COFFEE HIT

Banana, shot of coffee, chia seeds, ice & honey (DF GF)

GREEN GYPSY

Banana, kale, cucumber, cinnamon & green powder (DF GF V)

MANGO MANTRA

Banana, mango, passionfruit & natural yogurt (GF)

DEJA BLUE

e3live (blue spirulina) pear, passionfruit, coconut milk & honey (GF DF V)

PURPLE HAZE

Strawberries, blueberries, raspberries, banana, honey & oats (DF)

STRAWBERRY FIELDS

Strawberries, banana, honey & chia seeds (DF GF)

CHOCOLATE GROOVE

Cacao, banana, pea protein powder and dates (DF GF V)

JUICES \$8.50

All juices served on Ice

SPICY KISS

Carrot, apple, turmeric and ginger

BOOGIE BEATS

Beetroot, carrot, apple and lemon

FEELING SWEET

Orange, watermelon and apple

FUTURE GREENY

Cucumber, celery, apple, lemon and ginger

HOT STUFF 6oz 8oz 12oz Esp/Pic/Macc \$3.30 \$3.30 \$4.00 \$4.50 Flat/Cap/Latte \$3.30 \$4.00 \$4.50 Long Black/Iced \$4.50 Mocha \$5.00 \$3.50 \$4.00 \$5.00 Hot Choc Tumeric Latte \$4.50 \$5.00 Chai Latte/Powder \$4.50 \$5.00 Sticky Chai - tea \$5.00 \$6.00 Iced Coffee/Choc \$4.50 Iced Latte \$5.00 Cold Brew

EXTRA'S \$0.50

Soy

Almond

Coconut

Syrups

Extra Shots

Marshmallows

TONICS

ANTI-INFLAMMATORY SHOT \$4.50

Turmeric, ginger, lemon w/-cayenne pepper

ANTI INFLAMMATORY LONG SHOT \$4.50

Turmeric, ginger, lemon w-cayenne pepper served over hot water

KOMBUCHA ON TAP \$5.90 per glass

\$12.00 per bottle

\$10.00 refill

\$5.50 KIDS \$4.00

MILKSHAKES

Cookies N Cream

Chocolate

Caramel

Vanilla

Strawberry

Lime

TEA'S BY "T BAR"

Single pot \$4.50

English Breakfast Sticky Chai \$5.00

Earl Grey

Peppermint Ginger Lemongrass

Green

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HONEST | HEALTHY | WHOLESOME | SUSTAINABLE | CAFE



BEVERAGES

BY THE BOTTLE \$35.90 Ascella Organic Vintage White

Ascella Organic Rosé Ascella Organic Vintage Red

BY THE GLASS \$8.95 Ascella Organic Chardonnay Ascella Organic Merlot Lobster Reef Sav Blanc

SPRITZ \$12.00

Aperol Spritz Acai Spritz

Henkell Sparkling

BEERS \$9.00

Hairy Man Pale Ale Hairy Man Pacific Lager Hairy Man Mid Strength Coopers Pale Ale

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