

**BACON & EGG ROLL** \$8.50 served with tomato relish or sauce of your choice. We love to add cheese, avo or both! Yummo!

### BREAKI BOWL \$15.90

Quinoa, avocado, poached eggs, sweet potato, tomato, fetta, kimchi, topped with our Paisley seed mix and olive oil. Mr P always adds bacon!

### AVO PESTO SMASH \$15.50

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

### PAISLEY PLATE \$16.90

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 \$15.90

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

**HOUSEMADE GRANOLA** \$12.00 Served with milk of choice, fresh seasonal fruit and yogurt.

**HAND MADE CRUMPET** \$10.50 topped with housemade nut butter and our housemade blueberry jam and ricotta.

**SOURDOUGH TOAST** \$5.50 White, Seeded or Fruit (Gluten free toast \$1.00 extra) Served with butter & your choice of vege, peanut butter, strawberry jam, honey, or add the extra's.

### BURGERS

**GRASS FED BEEF BURGER** \$10.50 Beef patty, cheese, lettuce, tomato, cucumber, spanish onion, pickle, BBQ sauce and mayo.

CHILLI CHICKEN BURGER \$10.50 Chicken breast, lettuce, tomato, cucumber, spanish onion, mayo & Paisley chilli sauce.

**PULLED PORK BURGER** \$12.50 Free range pork shoulder slowly cooked, with house slaw, smokey mayo and apple crisps.

**VEGE BURGER** \$10.50 Lentil patty, lettuce, tomato, spanish onion, cucumber, sprouts, beetroot relish, house made hommus.

### SALADS

### MEXICAN CHICKEN SALAD \$16.50

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 \$16.50

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 \$16.50

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.

## **EXTRA'S**

EAINAS	
Hommus	\$2.50
Fetta	\$3.00
Tomato	\$2.50
Cheese	\$2.50
Avocado	\$3.50
Bacon	\$3.00
Eggs (each)	\$2.20
Mushrooms	\$3.50
Haloumi	\$3.00
House Beans	\$3.50
Beetroot Relish	\$2.00
Kim Chi	\$2.50
Chicken	\$4.50
Lentil patty	\$4.50
	A Charles of the State

## ALL DAY MENU KITCHEN CLOSES AT 2PM



## BOWLS

ACAI BOWL \$14.00 Topped with granola, or paleo crunch (GF), coconut and seasonal fruit. Extra granola or paleo crunch \$1.00

**GREEN BOWL** \$14.00 Coconut flesh, mango, raw green powder, honey, granola or paleo crunch (GF), coconut and seasonal fruit. Extra granola or paleo crunch \$1.00

## SMOOTHIES \$9.00

All our smoothies with our inhouse made Almond Mylk - pesticide free of course! DF = Dairy Free GF = Gluten Free

**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

**DEJA BLUE** e3live (blue spirulina) pear, passionfruit, coconut milk & honey (GF DF)

**PURPLE HAZE** Strawberries, blueberries, raspberries, banana, honey & oats (DF)

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

### CHOCOLATE GROOVE Cocoa, banana, protein powder and dates (vegan option available)

JUICES \$7.50 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

ANTI-INFLAMMATORY SHOT \$4.50 Turmeric, ginger and lemon

	and the state of the state			
HOT STUFF	6oz	8oz	12oz	
Esp/Pic/Macc	\$3.00	N 1		
Flat/Cap/Latte	\$3.00	\$3.50	\$4.50	
Long Black/iced	\$3.00	\$3.50	\$4.00	
Mocha	\$3.50	\$4.00	\$5.00	
Hot Chocc	\$3.50	\$4.00	\$4.50	
Tumeric Latte	\$4.00	\$4.50	\$5.00	
Beetroot Latte	a Part Sol	\$4.50	\$5.00	
Chai Latte/Iced	Sector 1	\$4.50	\$5.00	
Iced Coffee/Choc		the state	\$6.00	
	14 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -		ACTIVAL SAME	

## EXTRA'S \$0.50

Soy Almond Coconut Vanilla Syrups Extra Shots Marshmallows

# MILKSHAKES

\$5.50 KIDS \$3.50 Cookies N Cream Chocolate Caramel Vanilla Strawberry Lime

# **TEA'S BY "T BAR"**

Single pot 4.00 English Breakfast Earl Grey Chamomile Peppermint Ginger Lemongrass Green