

## BREAKFAST

'TIL 2PM DAILY

### GRANOLA BOWL \$12

Vanilla maple granola served with coconut yoghurt, seasonal fruit and maple syrup GFO/VG

### RAISIN TOAST \$5

Two slices served with butter

### SOURDOUGH TOAST \$6

Two slices with your choice of:

-jam  
-vegemite  
-peanut butter  
-honey  
GFO/DFO

### SMASHED AVO \$14

Seasoned avocado on your choice of bread, topped with Danish feta, cherry tomatoes, dukkha, rocket and a wedge of lemon | GFO/DFO

### EGGS YOUR WAY \$12

Poached, fried or scrambled eggs served on your choice of bread, topped with dukkha, rocket, cherry tomatoes and shallots  
GFO/DFO

### BREKKY TOASTIE \$10

Two eggs (fried or scrambled), a rasher of bacon, baby spinach and cheese on turkish or a milk bun with your choice of sauce | GFO/DFO

### PANCAKE STACK \$16

Housemade pancakes topped with seasonal fruit, maple syrup and vanilla ice-cream GFO/DFO  
Make them protein pancakes! (+\$2).

### EGGS BENNY \$19

Two rashers of bacon, two poached eggs and baby spinach on your choice of bread, served with hollandaise and shallots | GFO  
Swap to ham, haloumi or garlic mushrooms!

### OMELETTES \$17

- Ham, mushrooms, baby spinach and parmesan | GFO
- Mushrooms, sundried tomato, baby spinach and feta | VGO/GFO

Served on your choice of bread

### VEGGIE BIG BREKKY \$22

Eggs your way on your choice of bread, garlic mushrooms, wilted baby spinach, grilled tomato, haloumi and sliced avocado, topped with dukkha and shallots | GFO

Add bacon(+\$4).

### ACAI BOWL \$14

Amazonia acai blended with banana, mixed berries and coconut water, topped with seasonal fruit, granola and desiccated coconut | GF/VG

### TOASTED TURKISHES\*

HOUSE TURKISH \$14  
Chicken, bacon, avocado, baby spinach, cheese and aioli GFO

PERI PERI \$12  
Chicken, parmesan, baby spinach, sundried tomato and peri peri mayo | GFO

VEGGIE DELIGHT \$12  
Haloumi, baby spinach, rocket, sundried tomato, avocado, and pesto mayo | GFO/VGO

OR CREATE YOUR OWN!

\*all can be made on your choice of bread

### BREAD OPTIONS

SOURDOUGH (WHITE OR RYE)  
TURKISH  
WHITE/WHOLEMEAL  
GLUTEN FREE (+\$2)  
MILK BUN

### ADD ONS

EGGS (2).....\$3  
SCRAMBLED EGGS.....\$4  
BACON (1 RASHER).....\$4  
HAM.....\$4  
GARLIC MUSHROOMS.....\$5  
HALOUMI (3 SLICES).....\$5  
HOLLANDAISE.....\$2  
PARMESAN BUCKET.....\$2

.....  
WE ALSO HAVE A SELECTION OF SWEET  
AND SAVOURY ITEMS IN OUR CABINET,  
OR ASK US ABOUT TODAY'S LUNCH  
SPECIALS

.....  
GF/GFO - gluten free/gluten free option  
DF/DFO - dairy free/dairy free option  
VG/VGO - vegan/vegan option

cappuccino  
flat white  
latte  
long black  
hot chocolate  
white hot chocolate  
chai latte  
matcha latte  
turmeric latte

mocha  
white chocolate mocha  
dirty chai

short macchiato  
long macchiato  
single ristretto/espresso  
double ristretto/espresso  
piccolo  
affogato (sgl/dbl)

**TEAS**  
english breakfast  
earl grey  
green  
chamomile  
lemongrass and ginger

Ask us about our specialty teas

**EXTRAS**  
vanilla/caramel/hazelnut syrup  
soy/almond/oat/coconut milk  
lactose free  
extra shot  
decaf



4.5/5.5/6.5

5/6/7

4.5  
5  
3  
3.5  
3.8  
4/5

iced latte  
iced long black  
iced chai  
iced chocolate  
iced matcha

iced coffee  
iced mocha  
iced white choc  
iced dirty chai

made on ice, add ice-cream (+\$1) or cream (50c)

**MILKSHAKES**  
vanilla, chocolate, caramel, strawberry, lime,  
coffee, mocha  
make it a thickshake! (+\$1.5).

**JUICES**  
  
**VITALITY**  
kale, ginger, apple, pineapple  
  
**GINGER NINJA**  
orange, pineapple, carrot, ginger  
  
**DETOX**  
beetroot, apple, celery, carrot

**SUNRISE**  
watermelon, orange, pineapple, lemon

OR CREATE YOUR OWN!

**SMOOTHIES** 6/9/10

**BANANA BLEND**  
banana, cacao, coconut yoghurt, dates,  
cinnamon, peanut butter, almond milk

**BERRY BLISS**  
mixed berries, almond butter, cinnamon, honey,  
almond milk

**FOREST GREEN**  
spinach, avocado, kiwi, banana, passionfruit,  
almond milk

**QUENCH COLADA**  
pineapple, mango, coconut yoghurt, ginger,  
honey, coconut milk

**BANANA BABY**  
banana, honey and cinnamon on the milk of your  
choice

PROTEIN SHAKES ALSO AVAILABLE



\*15% surcharge applies on public holidays