

BREAKFAST

SMOOTHIE BOWL 75

Choose any smoothie from our menu, served in a bowl with homemade granola and fresh fruit

HOMEMADE GRANOLA 65

served with Greek yoghurt, fresh fruit & berry coulis
+ honey 10

MUESLI BAKE *vegan and gluten free* 60

Baked nuts, seeds, mixed berries & banana
+ yogurt 10 + honey 10

FRENCH TOAST 50

with bacon and maple syrup

BACON TOP TOAST 70

scrambled or fried egg, crispy bacon and mushrooms

SALMON TOP TOAST 95

scrambled or fried egg, smoked salmon and tomatoes

STEAK TOP TOAST 110

Minute steak, cheddar cheese, crispy bacon & tomato relish with a fried egg, served on toast

WARM UP 70

Slow roasted bean & vegetable ragu, topped with cream cheese, a fried egg and guacamole served on a toasted tortilla wrap
+ fresh chillies 5 + crispy bacon 20

LUNCH

CRUSTLESS QUICHE OF THE DAY 50

served with chips or side salad

SALADS 80

Chicken Pesto, bacon, feta, tomatoes, greens

Chicken Avocado, sundried tomatoes, feta, greens

Quinoa, roasted butternut, sweet potato, broccoli sundried tomatoes, feta & toasted seeds

WRAPS served with chips or side salad 75

Breakfast - egg mayo, bacon, feta & spinach

BBQ Chicken - chicken, guacamole, mozzarella

Steak - beef strips, roasted veg, yogurt dressing

Chicken Pesto - chicken, bacon, pesto, & feta

Pulled Pork - pulled pork, coleslaw, raisins

Vegan - roasted vegetables, mushrooms & sundried tomato hummus

GOURMET OPEN SANDWICHES

served with chips or side salad

Chicken Breast Sandwich 85

with guacamole, bacon, mushrooms

Vegan Sandwich 70

vegan cheese, sundried tomato hummus, avocado pickled red onion, olives, gherkins, toasted seeds

CREAMY CHICKEN PASTA 100

Chicken, sundried tomatoes, fresh basil, parmesan & a creamy pesto sauce

PROTEIN BOWL 105

Grilled chicken breast, quinoa, guacamole roasted mixed vegetables, seeds

COFFEE

- Espresso Single 12
- Espresso Double 24
- Espresso Macchiato 26
- Americano 26
- Cappuccino 28
- Cafe Latte 28
- Flat White 30
- Mocha Latte 30
- Hazelnut or Caramel Latte 35
- Iced Coffee 35

ALTERNATIVE HOT DRINKS 35

- Red Cappuccino
- Chai Latte
- Matcha Latte
- Beetroot Lattee
- Turmeric Lattee

HOT CHOCOLATE 35

- Regular, Orange, Banana, Mint

TEA 25

- Fresh Mint Lemon & Ginger, Rooibos, Honeybush
- English Breakfast, Peppermint, Green, Chamomile
- Earl Grey, Strawberries & Cream, Vanilla

MILKSHAKES 40

- Vanilla, Chocolate, Strawberry, Caramel, Coffee

Please also see our selection of cool drinks

FRESH JUICE

FRESH JUICES 70

FRESH ORANGE Juice

IMMUNE BOOST - Orange, Carrot & Ginger

ANTIOXIDANT - Beetroot, Apple, Carrot & Ginger

CLEANSE JUICE - Apple, Mint, Pineapple & Lemon

CITRUS MINT - Orange, Mint & Lemon

GREEN JUICE - Kale, Apple, Mint & Pineapple

DETOX JUICE - Kale, Apple, Cucumber,
Lemon, Ginger & Mint

SMOOTHIES 70

BERRYLICIOUS

Mixed berries, Banana, Yoghurt

TROPICAL

Mango, Pineapple, Banana, Yoghurt

STRAWBERRY PEANUT BUTTER

Strawberries, Peanut butter, Banana, Yoghurt

CHOCOLATE PEANUT BUTTER

Chocolate, Peanut butter, Banana, Yoghurt

GREEN BOOST

Spinach, Apples, Banana

VEGAN BLUEBERRY SMOOTHIE

Blueberries, Banana, Almond Milk, Chia seeds

VEGAN TROPICAL SMOOTHIE

Mango, Strawberries, Banana, Apples juice, Mint

KICK THE CRAVINGS

Orange, Pineapple, & Banana