

BREAKFAST

TOAST (V)	5
Butter. Preserves. White. Wholegrain. Rustic fruit loaf. Croissant	
EGGS ON TOAST (V)	9.2
Poached. Fried. Scrambled	
SMASHED AVOCADO (V)	12.2
Feta. Pepitas. Chives. Toast	
EGGS & HOLLANDAISE (V)	11.8
Poached eggs. Dill. Chives. Ciabatta	
with Bacon. Ham. Spinach. or Mushrooms	15.8
with Smoked salmon	16
VEGAN BREAKFAST (VE)	12.5
Field mushroom. Tomato. Avocado. Kale. Salsa verde. Toast	

BOWLS

GREEN (GF)(V)	13.3
Broccoli. Avocado. Kale Chips. Spinach. Quinoa. Salsa verde. Soft egg	
BURRITO	13
Brown rice. Chicken. Avocado. Corn salsa. Sour Cream. Tortilla	
NOURISH (VE)	11.5
House made falafel. Hommus. Tahini. Cabbage. Cucumber. Radish	
ACAI (VE)	10
Acai. Mixed berries. Almond milk. Agave. Granola. Banana. Chia	

EXTRAS

Hollandaise	2	Avocado. Smoked salmon.	
Spinach. Tomato. Mushrooms.		House made falafel	4.8
Cheese. Hash brown	3.2	Switch to gluten free bread	
Egg. Chorizo. Bacon			2
	3.7		

BURGERS

CHEESEBURGER	10.5
Beef. Cheese. Lettuce. Tomato. Pickles. Ketchup. Mustard	
CHICKEN	11
Chicken. Cheese. Iceberg. Mayonnaise. Grilled or Fried	
FALAFEL (V)	10
House made falafel. Caramelised onion. Tzaziki. Lettuce	
MUSHROOM (V)	12
Grilled field mushroom. Brie. Kale. Caramelised onion. Balsamic. Pesto	

BIG (ISH)

GYROS	12
Chicken. Salad. Chips. Tzatziki. Pita	
FRIED SQUID	14
Chips. Mayonnaise. Salsa Verde. Parsley	
HSP	11
Chicken. Chips. Cheese. Ketchup. BBQ. Garlic Sauce. Sriracha	
CHIPS (V) With ketchup or Mayonnaise	5
Add Gravy	1

EXTRAS

Side of chips. Salad	3.8	Switch to gluten free bread	2
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DRINKS

Water	3.0 / 4.2	Lemon Lime & Bitters	4.2
Sparkling Water	3.8	Ginger Beer	4.2
Coconut Water	4.5	Powerade	4.6
Coke. Coke Zero	4.3		

HOT

SEASONAL HOUSE BLEND

Espresso. Long Black. Short Macchiato	3.5
Cappuccino. Flat White. Latte. Hot Chocolate. Hot White Chocolate. Chai Latte. Matcha Latte. Turmeric Latte. Turmeric Chai	3.9
Long Macchiato. Mocha. Affogato	4.4

TAKEAWAY

S **3.2** | R **3.7** | L **4.3** | XL **4.9**

OPTIONS

Soy Milk. Lactose Free Milk. Almond Milk. Coconut Milk. Extra Shot	0.6
Flavours	1

ORGANIC TEAS

English Breakfast. Earl Grey. Green. Masala Chai. Chamomile. Peppermint. Lemongrass & Ginger. French Vanilla	3.7
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COLD

ICED

S **4.5** | R **5.5**

Iced Latte. Iced Chocolate. Iced White Chocolate. Iced Mocha. Iced Matcha. Iced Chai	
Soy Milk. Lactose Free Milk. Almond Milk. Coconut Milk. Extra Shot	0.6

ORGANIC ICED TEA

S **4.5** | R **5.5**

English Breakfast. Earl Grey. Green. Masala Chai. Chamomile. Peppermint. Lemongrass & Ginger. French Vanilla	
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COLD BREW

S **4.5** | R **5.5**

Straight up, over ice or with sparkling water

MILKSHAKES

S **4.5** | R **5.5**

Chocolate. Caramel. Strawberry. Banana. Vanilla. Coffee. Snickers	
Add extra ice cream	1

KOMBUCHA

S **5.2** | R **6.7**

FRAPPES

S **5** | R **6**

Coffee. Chocolate. Mocha. White Chocolate

FRESH JUICES

ROOT (VE)(GF) Apple. Carrot. Celery. Beetroot. Lemon. Ginger	S 5 R 7.3
FRUIT (VE)(GF) Orange. Watermelon. Apple. Mint	S 5 R 7.3
GREEN (VE)(GF) Cucumber. Celery. Apple. Parsley. Lime. Mint. Ginger	S 5 R 7.3
MELON (VE)(GF) Rockmelon. Mango. Mint. Watermelon	S 5 R 7.3
APPLE (VE)(GF)	S 5 R 7.3
ORANGE	S 5 R 7.3

OR CREATE YOUR OWN DELICIOUS COMBINATION

SMOOTHIES

KIWI (VE)(GF) Kale. Avocado. Kiwi fruit. Apple. Spirulina	S 6 R 8
BERRY (V)(GF) Blueberries. Raspberries. LSA. Banana. Honey. Yoghurt	S 6 R 8
PEANUT BUTTER CUP (V)(GF) Banana. Muesli. Peanut butter. Yoghurt. Chocolate	S 6 R 8
MANGO (V)(GF) Mango. Honey. Yoghurt	S 6 R 8
ACAI (VE)(GF) Acai. Mixed berries. Almond milk. Agave	S 6 R 8
ACAI BOWL (VE)(GF) Acai. Mixed berries. Almond milk. Agave. Granola. Banana. Chia	10

MADE WITH YOUR CHOICE OF MILK