

## ALL DAY BREAKFAST

- AVO TOAST** \$12  
Sourdough toast, avocado, cherry tomatoes, tofu feta, seed mix, balsamic + lemon.
- BREAKFAST WRAP** \$14  
Mushrooms, spinach, hashbrown, vegan bacon, mayo + relish in a wholemeal wrap
- BLAT** \$14  
Vegan bacon, lettuce, avo, tomato, mayo + relish on brioche bun
- TOAST** \$8  
Two slices with strawberry chia jam, peanut butter or vegemite  
*Gluten Free + \$2*

## SMOOTHIE BOWLS

- PICK ME UP BOWL** CN GF \$12  
Acai blended with strawberries + bananas, topped with granola, strawberries, banana + flaked coconut
- PEANUT BUTTER BOWL** CN GF \$14  
Acai blended with strawberries + bananas, topped with flaked coconut, granola, cacao nibs, banana, strawberries + peanut butter
- TROPICAL BOWL** CN GF \$14  
Acai blended with strawberries + bananas, topped with flaked coconut, granola, banana, strawberries, coconut yogurt + passionfruit
- BOWL WITH THE LOT** CN GF \$16  
Acai blended with strawberries + bananas, topped with flaked coconut, granola, banana, strawberries, choc goji berries, choc sauce + peanut butter
- EXTRAS \$2**  
Cacao nibs                      Chocolate sauce  
Peanut butter                    Strawberry chia jam  
Coconut yoghurt                Chocolate goji berries  
Almond butter                    Brownie chunks

## NOURISHING FOODS

- From 10am*
- BURRITO BOWL** CN GF \$18  
Rice, burrito bean mix, avo, tomato, cucumber, nacho cashew cheese sauce, coconut yoghurt, corn chips + coriander
- STICKY TOFU BOWL** CN GF \$18  
Rice, sticky tofu, marinated broccoli, spinach, carrots, edamame, zesty coconut sauce, crispy shallots + mint
- CHICKPEA CURRY BOWL** CN GF \$18  
Rice, peanut butter chickpea curry, spinach, carrot, red cabbage, zesty coconut sauce, crispy shallots + coriander
- LOADED GREEN SALAD** CN GF \$14  
Spinach, marinated broccoli, edamame, avo, zesty coconut sauce, crispy shallots, pickled ginger, sesame seeds + mint
- FALAFEL WRAP** \$14  
Falafel, spinach, quinoa tabbouleh, hummus + aioli in a wholemeal wrap
- CHICKLESS WRAP** CN \$14  
Chickless schnitzel, avo, spinach, garlic aioli + smokey chipotle aioli
- BURGER WRAP** CN \$14  
Housemade patty, vegan cheese, tomato, spinach, vegan bacon, sauce + dill pickles
- PUMPKIN TOASTIE** \$14  
Roast pumpkin, spinach, mozzarella + pesto on sourdough
- MUSHROOM TOASTIE** \$14  
Mushroom, thyme, mozzarella, garlic aioli + spinach on sourdough
- NO BEEF WITH ME BURGER** CN \$16  
Housemade patty, vegan cheese, tomato, lettuce, vegan bacon, sauce + dill pickles
- CHICKLESS BURGER** CN \$16  
Schnitzel, vegan bacon, lettuce, avo, coleslaw, smokey chipotle aioli, mayo, brioche bun

## SUPERFOOD SMOOTHIES

- GREEN GOODNESS** GF \$12  
Spinach, kale, chia seeds, mango, coconut water, passionfruit + flax
- THE NUTTER** CN \$12  
Banana, peanut butter, dates, cacao powder, chia seeds + oat milk
- SUPER BERRY** GF \$12  
Banana, mixed berries, coconut milk, dates + chia seeds
- PIÑA COLADA** GF \$12  
Pineapple, banana, coconut yoghurt, coconut milk + dates
- MINT CHOC** CN \$12  
Banana, almond butter, spinach, spirulina, oat milk, peppermint oil, maple + cacao
- KICK STARTER** CN \$12  
Espresso, banana, dates, oat milk + peanut butter
- POWER UP** CN \$12  
Banana, oats protein powder, strawberries, oat milk + almond butter
- STAYCATION** GF \$12  
Mango, banana pineapple, coconut milk + dragonfruit
- EXTRAS \$2**  
Peanut butter                      Protein Powder  
Spirulina                              Coffee  
Matcha                                Maca Powder  
Chia Seeds

Plant Based

CN: Contains Nuts, GF: Gluten Free

ALLERGENS: Many of our dishes contain nuts, gluten and soy. Please speak with staff for any allergen information. This is a shared kitchen and all food may contain traces of nuts, gluten and soy.

## HOT DRINKS

- Latte, Flat White, Cappucino \$4.5  
Large +\$0.5  
Ice Latte, Chai, Chocolate \$5  
Espresso \$5  
Double Espresso \$3.5  
Short Black \$4  
Long Black \$3.5  
Hot Chocolate \$4  
Chai Latte \$5  
Turmeric Latte \$5  
Babycino \$2  
Tea by Love Tea \$4  
English Breakfast  
Earl Grey  
Green  
Peppermint  
Lemongrass + ginger  
Regular, Oat, Almond, Soy or Macadamia milk

## KIDS MENU

- KIDS AVO** \$8  
Avo + cherry tomatoes on one slice of sourdough
- KIDS ACAI BOWL** CN GF \$10  
Acai, banana and strawberry blend topped with granola, bananas, strawberries + coconut flakes.
- KIDS TOASTIE** \$8  
Tomato + mozzarella on sourdough
- BANANARAMA SMOOTHIE** CN \$8  
Banana, peanut butter, dates + oat milk
- BERRY GOOD SMOOTHIE** GF \$8  
Banana, mixed berries, dates + coconut milk