

ALL DAY MENU.

BREAKFAST.

SUPERFOOD BOWL

Housemade Granola, goji berries, banana, seasonal berries, chia seeds, kiwi fruit, almond milk. – 17 (df, v, gf*)

EGGS HOW YOU LIKE

Two free ranges eggs – poached, scrambled or fried in coconut oil on quinoa sourdough with beetroot labneh. – 9 (gf*, nf)

SUPER GREENS BREKKIE BOWL

Kale, snowpeas, asparagus, avocado, hummus, dukka, free, toasted almonds, range poached egg. – 18 (gf, df, v*)

MUSHROOM SLIDERS

Spinach & smoked salmon, avocado & almond feta, tomato & bacon. – 16 (gf, df*, v*)

SMASHED AVO WITH POMEGRANATE & FETA

Avocado, lime, himalayan sea salt, feta, pomegranate, cherry tomato, beetroot labneh, quinoa sourdough. – 19 (gf*, nf)

GRILLED CORN

Corn on the cob, bacon, red kale, dukka, almond feta, relish, pumpkin seeds. – 18 (gf)

CHILLI SCRAMBLE

Fresh spinach, scrambled egg, fresh chilli, spring onion, chilli oil, quinoa sourdough. – 19 (gf*, nf)

GARDEN OF EDEN

Coconut yoghurt, bircher muesli, blueberries, strawberries, goji berries, cacao nibs, coconut chips, banana, chia seeds. – 19 (v)

PALEO BREAKFAST

Fresh spinach, smoked salmon, mushrooms, tomato, avocado, scrambled eggs, beetroot labneh. – 19 (gf, df*, nf)

BUCKWHEAT PANCAKES

Seasonal fresh berries, banana, kiwi fruit, chia seeds, toasted almonds, coconut ice cream. – 19 (gf, df, v)



LUNCH.

POKE BOWL - SALMON/ TOFU/ TERRIYAKI CHICKEN

Seaweed, pickled ginger, avocado, cucumber, edamame, nori, shallots, served on brown rice with soy mirin dressing. – 19 (gf, df, v*, nf)

MEXI BOWL

Lean beef mince, "taco" sauce, organic quinoa, fresh spinach, natural yoghurt, sumac. – 19 (gf, nf)

CREAMY ALMOND FETA TOMATO PASTA

Almond, cashews, capsicum, mushroom, cherry tomato, silverbeet. – 18 (v, df)

ZUCCHINI WITH HOUSEMADE PESTO PASTA

Cherry tomatoes, red onion, broccoli, rocket, avocado, corn, watercress. – 18 (v, df)

SWEET POTATO, CHICKPEA & SPINACH STUFFED MUSHROOMS

Red onion, sweet potato, turmeric, cumin, spinach, chickpeas, parsley, lean beef mince. – 18 (gf, df, nf)

SOFT CHICKEN TACO TRIO

Housemade slaw, grilled chicken, avocado, tomato, coriander, sriracha yoghurt, lime. – 17 (nf)

VEGETABLE MISO BROTH

Fresh seasonal vegetables, tofu, nori, miso. – 14 (gf, nf, df, v)

TAMARI STIR FRY – CHICKEN OR TOFU & VEGETABLE

Ginger, garlic, tamari, chicken, seasonal vegetables, jasmine brown rice. – 17 (gf, df, nf, v*)

gf gluten free | **gf*** gluten free option available

df dairy free | **df*** dairy free option available

v vegan | **v*** vegan option available

nf nut free

Please advise wait staff of any dietary requirements.

Kitchen closes 2pm

DRINKS.

FRESHLY SQUEEZED JUICE COMBINATIONS.

DETOX GREENS

Celery, spinach, apple, lime, kale, cucumber. - 7

HYDRATE & REFRESH

Coconut water, watermelon, cucumber, mint. - 7

IMMUNE BOOSTER

Carrot, orange, ginger, turmeric. - 7

DIGESTIVE GREENS

Cucumber, spinach, parsley, lime, mint. - 7

ANTIOXIDANT HIT

Pomegranate, coconut water, maca powder. - 7

CREATE YOUR OWN

Pineapple, watermelon, apple, orange, ginger, celery, spinach, kale, lemon, cucumber, kale.

SUPERFOOD SMOOTHIES.

ORIGINAL SUPERFOOD

Almond milk, mixed berries, chia seeds, banana, coconut chips, goji berries. - 9

PEANUT BUTTER CACAO

Almond milk, natural peanut butter, raw cacao powder, banana, himalayan sea salt. - 9

MINTY GREEN GOODNESS

Coconut water, mint, banana, lime, spinach. - 9

ORIGINAL GREEN

Almond milk, dates, kale, apple, banana, spinach. - 9

BREKKIE ON THE GO

Almond milk, wholegrain oats, banana, cinnamon, chia seeds. - 9

Boosters.

Raw greens powder. - 1
Raw immune booster. - 1
Raw protein powder. - 1
Organic chia seeds. - 1
Raw organic turmeric powder. - 1
Raw organic maca powder. - 1
Shot of speciality coffee. - 0.5

SPECIALTY COFFEE By Seven Seeds.

White. - S 3.8, L 4.3

Black. - 3.8, L 4.3

Almond, coconut, lactose free by MilkLab. - 0.5
Soy by Bonsoy. - 0.5
Extra shot. - no charge
Decaf. - 0.5

Golden latte by *Golden Grind*, choice of almond, coconut, bonsoy or normal milk. - 5

Matcha latte by *Matcha Maiden*, choice of almond, coconut, bonsoy or normal milk. -5

Chai by *Calmer Sutra*, choice of almond, coconut, bonsoy or normal milk. - 5

Raw hot chocolate by *Nib + Noble*, choice of almond, coconut, bonsoy or normal milk - S 5, L 5.5

Hot chocolate by *Vittoria*. - S 4, L 4.5

Mocha. - S 4.30, L 4.8

Iced long black. - S 4, L 4.5

Iced latte. - S 4.3, L 4.8

Iced coffee. - S 5.5, L 6

ORGANIC SPECIALTY TEAS by Sensory Lab.

Lemongrass ginger

Peppermint

English breakfast

Green

Chamomile

Earl Grey

OTHER COLD DRINKS

Kombucha by *Remedy*, choice of original, apple crisp, ginger lemon or cherry plum. - 5

Cold pressed pomegranate juice. - 7

Organic elixirs by *Strange Love*, blood orange & chilli. - 5

Coconut water. - 5

Sparkling water. - 4

Bottled pure still water. - 2.6