



OUR OWN GRANOLA 16.90

Fresh seasonal fruit & yogurt served with your choice of milk

ACAI BOWL 17.90

Topped with Granola or Paleo Crunch (GF), Coconut & seasonal fruit. Extra Paleo or Granola \$1.50 Peanut Butter \$1.50

TOAST PLATE 7.50

White, seeded sourdough or Fruit Toast (charcoal GF or seeded GF \$1.50 extra) Served with butter & one choice of, peanut butter, strawberry jam or honey
OR ADD FROM EXTRAS...

WINTER PORRIDGE 16.90

Cinnamon spiced pear, oats, flaxseed, sunflower seeds, pepitas, toasted almonds, maple syrup, soaked in almond milk topped with rhubarb coulis.

PAISLEY PANCAKES 21.90

Buttermilk pancakes, banana, strawberries, blueberries, whipped cinnamon mascarpone drizzled with organic maple syrup.

OR

Biscoff pancakes, sliced banana, almond honeycomb crumble, Whipped mascarpone drizzled with Biscoff sauce

BACON & EGG ROLL 10.90

Potato Bun, tomato relish or sauce of your choice.

SAUSAGE & EGG MUFFIN 14.90

Free range sausage patty, fried egg, double cheese, grilled onions, house made chipotle, jalapenos on english muffin

TRADIE ROLL 15.90

Double Egg, Double Bacon, Melted Provolone Cheese, Hash Brown, Aioli, Smokey Tomato Relish

AVO PESTO SMASH 18.90

Sourdough with Avocado, Goats fetta, basil pesto, topped with roasted seeds.

Add 2 free range eggs (\$7.00)

FIELD MUSHROOM OMELETTE 19.90

Field Mushrooms, Fetta, Pesto, Walnut, Baby Side Salad, House Made Dukkha

BREAKFAST BOWL 23.90

Poached Egg, smashed avocado, sauteed mushrooms, roasted pumpkin, quinoa salad, spinach, roasted cherry tomato, house made tahini
VEGAN OPTION- Falafel instead of egg

CORN AND ZUCHINNI FRITTERS 17.90

House Made Corn & Zucchini Fritters, with Dill Tzatziki, mix leaf, Avocado, Chili Jam, and Dukkha
Add Poached Egg (\$3.50)

PAISLEY PLATE 25.90

2 poached eggs, an avocado cup filled with spicy kimchi, hummus, house made Mexican beans sprinkled with feta & coriander with a side of sourdough.

GREEN GODDESS BOWL 22.90

Broccolini, sauteed kale, toasted almonds, quinoa, avocado, poached egg, green pea hummus, hazelnut dukkha, green goddess dressing
VEGAN OPTION- Falafel instead of egg

CHILLI FUNGHI 19.90

Scrambled Eggs, mushrooms, fetta, chili oil with sourdough toast

BIG BREKKY 23.90

Eggs your way, bacon, mushrooms, hash brown
roasted tomato with sourdough toast

THE JAZZLE 16.90

The world's best toastie, 2 cheese's, Mexican chicken, caramelised onion, baby spinach, chili mayo.
Vegetarian- add mushrooms & pesto.
Available in GF or charcoal - extra \$1.50

FRESH START 19.90

Tasmanian Salmon Gravlax, boiled egg, smash avocado, sliced Roma tomatoes, goats cheese, seeded sourdough

THE CLUB 19.90

White slice bread, shaved turkey, avocado, lettuce, tomato, bacon, cranberry sauce, mayo with fries

CHEESEBURGER 19.90

Ground Sirloin Patty, American cheese, grilled onions, crispy lettuce, tomato, beetroot, pickles with fries

CHICKEN BURGER 19.90

Grilled chicken breast, Pineapple, slaw mix, chipotle mayo with fries

VEGE BURGER 19.90

Lentil Patty, Crispy lettuce, tomato, cucumber, Spanish onion, beetroot Relish, hommus with fries

CHILLI CHICKEN FRIED RICE 19.90

Basmati rice, chicken breast, chili, mixed steamed vegetables, topped with a fried egg

WELLNESS BOWL 27.90

Panfried Barramundi fillet, basmati rice,
Picked beetroot, pickled ginger, edamame, avocado, cashew butter, cucumber, mixed lettuce, carrot beetroot slaw

MEXICAN CHICKEN SALAD 25.90

Served on a bed of fresh salad, rice, beetroot, coriander & carrot mix, avocado, salsa, sour cream & jalapenos topped with tamari roasted seeds

CAESER SALAD 24.90

Crispy baby cos lettuce, grilled chicken breast, crispy bacon, boiled egg, shaved parmesan, toasted Turkish croutons with our caesar dressing

BOWL OF FRIES 9.00

Sea salt and a side of tomato sauce

~EXTRAS~ THIS IS A SIDE ONLY

Hommus	3.50
Fetta	3.50
Tomato	3.50
Cheese	3.50
Eggs each	3.50
Hash Brown	4.00
Avocado	5.00
Picked beetroot	4.00
Bacon	5.00
Mushrooms	4.50
Haloumi	4.50
House Beans	5.00
Chicken	6.50
Salmon	7.00
Beef Patty	7.00



~SMOOTHIES~

All our smoothies are made with our inhouse made **ALMOND MYLK** (pesticide free)
DF = Dairy Free GF = Gluten Free V = Vegan

\$10.90

COFFEE HIT

Banana, shot of coffee, chia seeds, Ice & honey (DF GF)

GREEN GYPSY

Banana, kale, cucumber, cinnamon & green powder (DF GF V)

MANGO MANTRA

Banana, mango, passionfruit & natural yogurt (GF)

DEJA BLUE

e3live (blue spirulina) pear, passionfruit, coconut milk & honey (DF GF V)

PURPLE HAZE

Strawberries, blueberries, raspberries, banana, honey & oats (DF)

STRAWBERRY FIELDS

Strawberries, banana, honey & chia seeds (DF GF)

CHOCOLATE GROOVE

Cacao, banana, pea protein powder & dates (DF GF V)

MORNING BOOST

Banana, oats, dates, cinnamon & honey (DF)

RECOVERY

Banana, peanut butter, protein powder, cacao, collagen, honey OAT MILK (DF)

~MILKSHAKES~

WITH ICE CREAM

Chocolate, Caramel, Vanilla, Strawberry, Lime

Large \$6.00
Kids \$4.50

Extra scoop ice cream \$1.00

~JUICES~

All juices served on ice

\$9.90

SPICY KISS

Carrot, apple, turmeric & ginger

BOOGIE BEATS

Beetroot, carrot, apple & lemon

FEELING SWEET

Orange, watermelon & apple

FUTURE GREENY

Cucumber, celery, apple, lemon & ginger

SUPER IMMUNE

Celery, Turmeric, Ginger, Apple, Orange, Lemon

~TEAS~

T TOTALER PREMIUM AUSTRALIAN LOOSE LEAF TEA

\$6.00

ENGLISH BREAKFAST

Orthodox EBT

FRENCH EARL GREY

China Black, Hibiscus, Roses, Blue Corn, Marigold, Bergamot

ORGANIC ROSY MINT

Peppermint, Rose Petals

ORGANIC UNWIND

Lemongrass, Passionflower, Peppermint, Lavender, Lemon Myrtle

AUSTRALIAN GREEN SENCHA

Green Grassy & Smooth

ORGANIC LEMON & GINGER

Lemongrass, Lemon Myrtle, Ginger

~STICKY CHAI by PRANA~

Organic Sticky Chai, Spices, Pure Honey Brewed with Soy Milk or your choice of milk

\$6.50

~TONICS~

ANTI INFLAMMATORY SHOT

Turmeric, ginger, lemon with cayenne pepper

\$6.00

ANTI INFLAMMATORY LONG SHOT

Turmeric, ginger, lemon with cayenne pepper served over hot water

\$6.00

~FIRST LOVE~

Esp/Pic/Macc	4.00	
Flat/Cap/Latte/Long Black	4.50	5.50
Mocha	5.00	5.80
Hot choc	4.50	5.50
Chai Latte/Powder	5.00	5.50
Batch Brew	5.00	6.00
Turmeric Latte	5.50	6.00
Matcha Late	5.50	6.00
<i>Fine organic tea, honey & your choice of milk</i>		
Iced Long Black		5.50
Iced Latte		5.50
Iced Turmeric or Matcha		6.50
Iced Coffee/choc with ice cream		6.50
Cold Brew		5.50
MILKS- almond, oat, soy, coconut	1.00	
Extra Shot		.50

~Credit cards incur a 1.1% fee~
~Public Holidays incur 10% surcharge~

