



ALL DAY MENU

Organic white or multigrain sourdough with condiments & butter	8
+ Gluten free precinct or fruit toast	1
Free range eggs, poached, scrambled or fried	13
Holy crumpets, butter & honey	8.5
Açai bowl, house made granola, strawberries, banana & coconut	18
Oat bircher, pineapple, strawberry, coconut & macadamia nuts	18
Avocado bruschetta, whipped feta, cherry tomatoes on multigrain sourdough	22
+ poached egg	3
Chilli scrambled eggs, shallots, parmesan, coriander, whipped feta on sourdough	22
+ bacon	6

EXTRAS

Chilli oil / house jam	2.5
Grilled halloumi / whipped feta / avo / bacon / grilled chicken	5.5

TOASTIES

Meatball sub w American cheese & dill pickles	15
Grilled chicken, bacon, lettuce, tomato, mayo	
Halloumi, pickled onion, spinach, tomato, romesco, salsa verde	

COFFEE - INDUSTRY BEANS

White	4.5
Black (served on single origin)	4.5
Filter	5.5
Mocha	4.5
Hot Choc	4.5
Chai latte (powder)	4.5
Monk's chai tea	6.0
Iced Monk's chai tea	6.0
Turmeric latte	4.5
Alternative milk	0.8
Strong	0.5

ICED

Coffee / Latte	5.5
Filter	5.5
Chocolate	5.5
Kids choc milk	3.5

COLD DRNKS

Remedy Kombucha	5
<u>Nectar Cold Pressed Juices</u>	7
The Big O: sun ripened oranges	
Tropicool: pineapple,apple, orange, lemon & mint	
Sparkling water	4.5

SMOOTHIES

12

Tropical

Mango, pineapple, passionfruit,
turmeric & coconut water

Green

Banana, mango, spinach, organic super
greens powder & coconut water

Espresso

Banana, double spro, dates, coyo,
maple syrup, cinnamon & oat milk
+ plant protein powder

1

MEDICINAL MUSHROOM TONICS

Mushrooms by Superfeast

Tremella Chocolate

6

Tremella, organic cacao, cinnamon,
choice of milk

Tumeric Reishi

6

Reishi, organic turmeric, cinnamon,
honey/maple, choice of milk

Lions Mane Chai

8

Lions mane, spiced Monk's chai,
choice of milk

TEA- LARSEN & THOMSON

4.5

Good Morning / Early Grey / Yunnan
Green / Lemongrass & Ginger/
Peppermint