



ALL DAY MENU

Organic white or multigrain sourdough
with house jam & butter or nuttelex 7
+ Gluten free precinct / fruit toast 1

Organic acai bowl, house granola, fruit
& coconut 17.5

House toasted granola, poached pear,
seasonal fruits & yoghurt (vgo,gfo) 17.5
+ coconut yoghurt 2

Buckwheat pancakes, maple, berry
compote & ice cream (vg,gf) 18
+ bacon 5.5

Smashed avo, carrot hummus, house
made cashew feta on multigrain
sourdough (vg,gfo) 18.5
+ poached egg 2.5

Tofu scramble, shallots, house made
cashew feta, chilli oil, coriander on
sourdough (vg, gfo) 18

Chilli scrambled eggs, shallots,
parmesan, coriander, whipped feta
on sourdough (v,gfo) 20
+ bacon 5.5

Superfood salad: kale, quinoa, corn,
tomatoes, black beans, avocado, carrot
hummus & almonds (vg,gf) 18
+ poached egg 2.5
+ salmon 5.5

Miso mushroom burger, pesto,
avo, red onion, house pickles,
sweet potato fries (vg) 21

Beef burger: Black Angus beef patty,
cheese, tomato, cos lettuce, ketchup,
American mustard, house pickles &
sweet potato fries 21
+ bacon 5.5

Free range eggs poached, scrambled,
tofu scrambled or fried on toast 12

EXTRAS

Bowl of sweet potato fries 12

Chilli oil / house jam 1.5

Extra egg 2.5

Grilled halloumi / Meredith goats
cheese/ house cashew feta / wilted
spinach / house baked beans 4.5

Bacon / mushrooms / avocado / cold
smoked Atlantic salmon 5.5

KIDS

Eggs and bacon 7.5

Buckwheat pancake and fruit 7.5

v= vegetarian vg= vegan gf= gluten free

COFFEE - INDUSTRY BEANS

White	4.5
Black (served on single origin)	4.5
Filter	4.5
Mocha	4.5
Hot Choc	4.5
Chai latte (powder)	4.5
Monk's chai tea	6.0
Iced Monk's chai tes	6.0
Turmeric latte	4.5
Alternative milk	0.7
House made almond milk	1
Strong	0.5

ICED

Coffee	5.5
Filter	5.5
Latte	4.5
Chocolate	5.5
Kids choc milk	3.5

MEDICINAL MUSHROOM TONICS 6

Mushrooms by Superfeast

Tremella Chocolate

Tremella, organic cacao, cinnamon, choice of milk

Tumeric Reishi

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

Lions Mane Chai

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

COLD DRINKS

Remedy Kombucha - Ginger & Lemon	5
<u>Nectar Cold Pressed Juices</u>	7
The Big O: sun ripened oranges	
Tropicool: pineapple,apple, orange, lemon & mint	
Kids juice	4.5
Sparkling water	3

TEA- LARSEN & THOMSON 4.5

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

ALCOHOL

<u>Minimum Wines</u>	
Sangiovese/Syrah	10/35
Chardonnay	10/35
Rosé	10/35

Hop Nation

Organic Lager	10
The Heart - Pale Ale	10



Location code 5G3 S6F

Please see the cabinet for sweets
15% surcharge on public holidays