



ALL DAY MENU

Organic white or multigrain sourdough with condiments & butter	8
+ Gluten free precinct / fruit toast	1
Free range eggs, poached, scrambled or fried	13
Holy crumpets, butter & honey	8.5
New York bagel, pastrami, sauerkraut, Swiss cheese & mustard	15
Acai bowl, banana, house granola, fruit & coconut	17
Chilli scrambled eggs, shallots, parmesan, coriander, whipped feta on sourdough	22
+ bacon	6
Superfood salad: kale, quinoa, corn, tomatoes, black beans, avocado, carrot hummus & almonds	20
+ poached egg	3
+ salmon	6

EXTRAS

Chilli oil / house jam	2.5
Grilled halloumi / whipped feta / avo / bacon /roast tomato / mushrooms	5.5

Please see the cabinet for sweets | 15% surcharge on public holidays | 10% surcharge on Sundays

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	0.8
Strong	0.5

ICED

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

TEA- LARSEN & THOMSON 4.5

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

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	

COLD DRNKS

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

