

## **MENU**

## **LUNCH SANDOS BREAKFAST** CHICKEN WALDORF SANDO 14.5 Tiramisu overnight oats, marscapone, Nutella v 9 Chicken, baby cos, celery, walnuts, apple, dijon, mayonnaise Tropical granola & coyo coconut yoghurt bowl df/gf/ve 9 TUNA SUB Mango & coconut overnight oats df / ve 9 14.5 Toasted sourdough with assorted spreads 6/7.5 Tuna, baby cos, pickled onion, dill, mayonnaise Raisin toast 5.5/7.5 TRUFFLE PROSCUITTO FOCACCIA 14.5 Avocado toast, house dukkah, sourdough (add feta \$2) 8.5/14.5 Prosciutto, truffle mayonnaise, rocket, tomato, Grana Padano, olive focaccia Toasted everything bagel with cream cheese v Toasted banana bread with espresso butter 7 FRIED CHICKEN BURGER 16 Zucchini and aged cheddar frittata, hummus, seeds v/gf 7.5 Crispy fried chicken, Sriracha mayonnaise, slaw, baby cos, American cheese, dill pickle, brioche bun CHICKEN PESTO WRAP 14.5 ASSORTED DAILY PASTRIES Poached chicken breast, pesto, sundried tomato, avocado mayonnaise, baby cos,, mozzarella, spinach wrap Freshly house baked muffins 5.5 Almond croissant 8.5 ROASTED VEGETABLE FOCACCIA df/ve/v 14.5 Vegemite stick Roasted eggplant, roasted cherry tomato, spinach, vegan cheese, romesco Portuguese tarts 6 sauce, olive oil focaccia 7.5 Fruit Danish Seeded muesli slice ve 6 HOUSE FALAFEL WRAP v 14.5 Chocolate and walnut brownies gf 6.5 Turkish falafels, Moroccan spiced slaw, cucumber, tzatziki, sweet chilli, hummus, pickled onion, spinach wrap **TOASTIES & MORNING ROLLS** Double smoked ham, fried egg, swiss cheese, 10.8 **LUNCH BOWLS** bechamel, sourdough Braised leek, ricotta, pinenut, onion, pesto & Swiss on sourdough v 10.8 CHICKEN GYROS BOWL 16 House bacon and egg, American cheese, aioli, brioche roll 10.8 Lemon chicken, roasted peppers eggplant, feta, pinenuts, cous cous salad Ham & Swiss cheese croissant 9 VEGETABLE THAI GREEN CURRY ve / gf / df Breakfast wrap-bacon, egg, spinach, American cheese, aioli, 10.8 Potato, baby corn, zucchini, spinach, brown rice & coriander coconut chilli relish Sausage, fried egg, American cheese, hash brown, aioli, English muffin 10.8 CHICKEN CAESAR PENNE SALAD BOWL 16 Smoked salmon bagel, herbed cream cheese, 14 Poached chicken, bacon, caesar dressing, baby cos, parmesan, egg, penne pickled red onion, spinach Pork and fennel sausage roll, tomato relish 8.5 **NOURISH BOWLS** Braised miso rainbow chard, Japanese edamame, Mediteranean SOUP OF THE DAY 14 marinated beans, cherry tomato, green goddess dressing 16 Rotating selection of seasonal soup flavours- made fresh daily in our kitchen. Please see the board or ask our friendly staff for today's flavour. ADD YOUR CHOICE OF PROTEIN Option to add focaccia or sourdough 3/2 - Falafel ve / gf / df - Poached chicken breast gf/df ROTATING HOT BAKE 15 - Smoked salmon gf / df Rotating daily special made fresh daily in our kitchen. Please see the board or ask our friendly staff for today's menu.

18

Make it a lunch deal & add a water or softdrink



## MENU

COFFEES		<u>ORIGIN TEA</u>	5
BY BEAR BONES COFFEE ROASTERS		Handpicked Sri Lankan Tea / English Breakfast	
THE DROP BLEND		Earl Grey / Sticky Chai / Sencha Green	
T/A Coffee S / M / L	5/6/6.8	Peppermint / Lemongrass & ginger	
Dine in	5.5/6.5		
Extra shot	+0.8		
Alternative milks - Milk lab almond, ADC oat, Milk lab macadamia,		JUICE	6.5
Happy Happy Soy Boy & Milk lab coconut	+0.8	Noah's Juice 250ml	
Syrup - vanilla, caramel, hazelnut, butterscotch	+0.8		
BATCH BREW	5/6/6.8	SMOOTHIES	
Detetion single evision and beautiful		THE ESSENTIAL	10.5
Rotating single origin- see board for today's flavour		Banana, peanut butter, oat milk, honey	
today 3 havodi			
ICED LATTE/ BLACK	7	Upgrades:	
Double espresso poured over iced milk of choice / water		Add protein	3
ICED DIRTY BISCOFF_	7.6		
Espresso, Biscoff syrup	7.0	CAN DELLECTING WATER	
Espresso, biscon syrup		SAN PELLEGRINO WATER Sparkling / Still Water 250ml	
ICED MATCHA	7.6	Sparking / Still Water 250mi	
Organic Japanese Matcha		SPARKLING WATER BY ALMIGHTY	5.5
WHITE CHOCOLATE MATCHA	5.0/6.0/7.6	Blood Orange / Passionfruit / Yuzu / Pear	
WHITE CHOCOLATE MATCHA	5.8/6.8 /7.6	COMETUNIC MODE TRADITIONAL	_
Organic Japanese Matcha		SOMETHING MORE TRADITIONAL	5
STRAWBERRY MATCHA	7.6	Coke / Coke Zero / Sprite / Bunderberg Ginger Beer	
Organic Japanese Matcha			
COLD BREW	7.5		
Ground coffee brewed in cold water overnight			
COCONUT COLD BREW	7.5		
Ground coffee brewed served with cold coconut water s	erved over ice		
HOT WHITE CHOCOLATE MOCHA	5.8/6.8 /7.6		
ELIXIRS			
Tumeric Latte	5.5 / 6.5		
Dirty Biscoff Latte	5.5 / 6.5		
Matcha Latte	5.5 / 6.5		
Hot Choc ( Belgium milk chocolate)	5.5 / 6.5		
White Hot Chocolate (Belgium white chocolate)	5.5 /6.5		
Chai Latte	5.5/6.5		