

breakfast menu

for a good start to your morning, try our muesli - made in house **\$12.50**
topped with a selection of seasonal fruit, greek yogurt and choice of side milk

(#1) **granola** perfectly blended, triple baked to golden brown with a nutty flavour and huge crunch

(#2) **bircher** traditionally blended with a sweet fruity flavour is easy to digest

(#3) **superfood muesli** nut free, rich in vitamins & fibre complete with cacao nibs making a healthy vegan superfood blend (V) (Vegan optional)

(#4) **gluten free muesli** wholegrain dark roast gluten free muesli with toasted rice makes for a dark rich flavour, that's sure to brighten your day (GF) (V) (Vegan optional)

(#9) artisan apricot date loaf (two slices) \$7.50

(#10) freshly baked croissant or two slices of toast \$5.50
comes with your choice of preserve, vegemite or peanut butter

(#11) banana bread \$6.50
toasted and served with honey mascarpone

(#12) protein pancakes \$14.50
flourless low-fat, high protein 2 stack pancake filled with banana and mixed berry compote, topped with roasted almond flakes, yoghurt and honey (V)

(#13) three egg omelette \$14.50
three egg omelette filled with your choice of cheddar cheese; onion; mushrooms; tomato; ham - served with your choice of toast

(#14) a healthy start \$16.50

two poached eggs, sautéed spinach, field mushrooms, grilled tomato - served with your choice of toast (V)

(#15) breakfast burrito \$18.50

scrambled eggs, oven baked beans, crumbled bacon, grated cheese, avocado, tomato salsa, chilli and sour cream in a toasted burrito

(#16) eggs benedict \$18.50

two poached eggs, hollandaise, served with your choice of toast and option of: free-range smoked ham; sautéed spinach; bacon; smoked salmon

(#17) corn fritters \$18.50

two grilled fritters, poached egg, bacon, smashed avocado, and house-made spiced tomato salsa and sour cream side

(#18) smashed breakfast \$18.50

two poached eggs, bacon, smashed avocado, fetta - served with your choice of toast

(#19) the big breakfast \$22.50

two fried eggs, pork sausages, ranch bacon, grilled tomato, baked beans, mushroom and sautéed spinach - served with your choice of toast

(#20) free range eggs \$8.50

two free range eggs - served with your choice of toast

(#21) coconut black rice pudding \$14.50

warm coconut milk infused black rice, topped with seasonal fruit and shredded coconut (Vegan) (GF)

toast: light rye, sourdough, seeded (GF + \$1.00)

side orders - add to your breakfast order: each/per serve

- smoked salmon \$5.50
- pork sausage; bacon; mushrooms; two hash browns; smashed avocado; fetta; grilled tomato's; sautéed spinach \$4.50

please advise staff if you have any allergies or intolerances. we will endeavour to accommodate all requests however we cannot guarantee the food is allergen free



latte white hot chocolate
cappuccino dark hot chocolate
flat white long black
macchiato piccolo **\$4.00 cup / \$4.50 mug**

vanilla syrup decaf
hazelnut syrup bonsoy
caramel syrup almond milk
turkish delight syrup lactose free
+ \$0.50 + \$1.00

vanilla chai
matcha chai
cinnamon spice chai **\$4.00 cup / \$4.50 mug**

masala chai (loose leaf)
turmeric chai latte
dirty chai (mug only) **\$5.50**

english breakfast
earl grey
peppermint
green tea
sencha
chamomile

\$4.00 pot

helping humans beverages
squeezed oranges living lemon soda
gorgeous greens living peppermint cola
pressed apples living ginger beer **\$4.50**

freshly squeezed orange juice **\$7.00**

iced chocolate iced mocha
iced coffee frappes
lime spiders milkshakes **\$6.50**

thickshakes (nine flavours) **\$7.50**

tropical smoothie
(pineapple/banana/orange/berries/frozen yoghurt)

fjgian smoothie
(mango/orange/apple/honey/frozen yoghurt)

matahari smoothie
(mixed berries/apple/cranberry/frozen yoghurt)
\$8.50



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a week so we can customise any cake for you!*