



V - Vegetarian **VG** - Vegan **GF** - Gluten Free **DF** - Dairy Free **O** - Option Available
Please notify staff of any allergies or dietary requirements when ordering
10% surcharge applies on weekends and 15% on public holidays

ALL DAY MEALS

Housemade Sourdough ^{V, VG, GFO+\$1, DF} 9.00

• Plain • Mix Grain • Fig & Raisin +\$1
W. Butter and Peanut Butter or Honey or
Housemade Jam

Granola Bowl ^{V, VG, GF, DF} 22.00

Yoghurt, Housemade Granola, Loaded w. Seasonal
Fruits, Poached Pear

Vegan Buckwheat Waffle ^{V, VG, GF, DF} 22.00

Housemade Waffle, Date Sauce, Ice Cream,
Crumble, Seasonal Fruits

Green Eggs w. Beans ^{V, VGO, GFO+\$1, DFO} 20.00

Scrambled Mix Herb Eggs, Smokey Beans
w. Sourdough
• Smokey Chorizo +\$3
VGO - Seasoned Scramble Mix Tofu
w. Smokey Beans, Sourdough

Breakfast Burger ^{VO, VGO, GFO+\$1, DFO} 23.00

Smoked Bacon, Fried Eggs, Grilled Halloumi,
Avocado, Mixed Leaf Lettuce, Sliced Cheese,
Beetroot Relish, Housemade Tomato Relish
VGO - Mixed Leaf Lettuce, Beetroot Relish,
Avocado, Housemade Aioli, Seasoned Sliced Tofu,
Sliced Tomato

Avo w. ^{V, VGO, GFO+\$1, DFO} 22.00

Tomato or Mushroom
Warmed Tomatoes or Garlic Thyme Mushroom,
Zucchini Ribbons, Danish Feta, Sliced Avocado, Dukkah
on Sourdough Toast
• Poached Egg +\$3
VGO - Seasoned Scrambled Tofu

Spiced Oat Porridge ^{V, VG, DF} 21.00

Serve w. Poached Pear, Fresh Strawberry,
Seed Nut Mix

Burrito Bowl ^{VO, VGO, GF, DF} 25.00

Grilled Chicken, Smokey Beans, Hummus,
Spinach, Brown Rice, Salsa, Taco Pickle,
Avocado, Lemon Wedge

VGO - Smokey Beans, Mushroom, Cauliflower,
Hummus, Spinach, Brown Rice, Salsa, Taco
Pickle, Avocado, Lemon Wedge

French Toast ^{V, GFO+\$1, DFO} 22.00

Brioche, Caramelized Banana, Mixed Berries,
Fresh Strawberry, Berry Jelly, Maple Syrup,
Icing Sugar, Mascarpone w. Ice Cream

Eggs Benedict ^{VO, VGO, GFO+\$1, DFO} 23.00

Sourdough, Poached Eggs, Hollandaise,
Sliced Avocado, Spinach

• Bacon • Mushroom • Pulled Lamb
• Leg Ham • Smoked Salmon

VGO - Seasoned Scrambled Tofu, Pumpkin,
Mushroom, Tahini, Sliced Avocado

Chili Prawn Croissant 24.00

Scramble Eggs Cooked in Chili Garlic
w. Prawn & Croissant, topped w. Parsley, Lemon
Wedge

Mighty Breakfast ^{VO, VGO, GFO+\$1, DFO} 35.00

Sourdough, Smoked Bacon, Free Range Eggs,
Halloumi, Hash Brown, Wilted Greens, Avocado,
Garlic Thyme Mushroom, Warmed Tomato

Risotto ^{VO, VGO, GF, DFO} 22.00

• Spicy Prawn • Chili Chicken Mushroom
• Pumpkin & Pea

Grilled Lime Fish ^{GF, DF} 26.00

Garden Salad, Hummus, Broccolini,
Potato Wedges, Lemon Wedge
• Barramundi

SPECIAL ^{MUST TRY}

Karaage Bowl ^{GF, DF} 25.00

Japanese Fried Chicken, Brown Rice, Pickled
Ginger, Kewpie Mayo, Japanese Chili Powder
Ponzu, Mixed Salad, Nori

Cauliflower Steak ^{VG, GF, DF} 25.00

Caramelised Tahini, Pomegranate Molasses
Dressing, Mix Nuts, Mixed Herb,
Grapes

Let's Taco ^{VO, DF} 24.00

Roti Taco, Grilled Chicken, Carrot, Cabbage,
Dukkah, Chipotle Aioli, Mixed Leaf, Pomegranate

Pasta of the day ^{VO} 24.00

*Please check with our friendly staff

BURGERS

Serves with House Baked Potato Wedges

Beef ^{GFO+\$1, DFO} 23.00

Housemade Brisket Patty, Beetroot Relish, Tomato,
Cheese, Mixed Leaf Lettuce, Housemade
Tomato Relish
• Double meat +\$6

Chicken ^{GFO+\$1, DFO} 23.00

Moroccan Spiced Chicken, Mixed Leaf Lettuce
Tomato, Avocado, Sliced Cheese, Housemade Aioli
• Double meat +\$6

Vegan ^{V, VG, GFO+\$1, DF} 23.00

Oven Baked Vegan Pattie, Pickles, Mixed Leaf
Lettuce, Tomato, Avocado, Housemade Tahini

Halloumi ^{V, GFO+\$1} 23.00

Grilled Halloumi, Spiced Mushroom, Avocado,
Sliced Tomato, Mixed Leaf Lettuce, Beetroot Relish,
Housemade Aioli

BITE SIZE MEALS

Avocado Twist ^{VO, VGO, GFO+\$1, DFO} 17.00

Sourdough, Bacon, Chili, Avocado, Medley Tomato,
Parsley, Danish Feta, Balsamic Glaze, Spanish Onion

• Poached Egg +\$3

VGO - Seasoned Scramble Tofu

Nachos ^{V, VGO, GF, DFO} 18.00

Avocado, Salsa + Smokey Beans, Jalapenos,
Sour Cream, Mexican Cheese w. Housemade Sauce

• Pulled Beef +\$5 • Grilled Chicken +\$5

Brekky Roll ^{GFO+\$1} 16.00

Double Bacon, Double Egg, Cheese, Housemade
Tomato Relish

• Hash Brown +\$3

Sliced Seasoned Potato ^{V, VG, GF, DF} 11.00

Crispy Potato Wedge w. Herbs & Spices
w. Housemade Aioli

Smashed Avo & Feta ^{VO, VGO, GFO+\$1, DFO} 15.00

Avocado, Danish Feta, Poached Egg & Lemon Wedge
on Sourdough

• Hash Brown +\$3

ADD ONS

• Wilted Greens
• Avocado +\$5
• Scrambled Tofu

• Smoked Bacon
• Garlic Thyme Mushroom
• Grilled Halloumi +\$6
• Seasoned Warmed Tomatoes
• Grilled Chorizo

• Hash Brown +\$3 • Grilled Chicken +\$9
• Danish Feta • Smoked Salmon

Free Range Eggs
• Scramble +\$6
• Fried +\$5
• Poached +\$5

We only use free-range chicken and 700g free range eggs

Our core belief is that **food is fuel**, and we focus on **clean, natural**, and **unprocessed** ingredients. We offer a balanced mix of smoothies, raw desserts, and great coffee bring you the best of both worlds - **nutritional, enjoyable**

Life's about **Eighty %** mindfulness + **Twenty %** indulgence. We're **100%** behind you



SALADS

Japanese Salad ^{V, VG, GF, DF}

22.00

Miso Coated Eggplant + Sweet Potato, Spinach, Brown Rice, Red Cabbage, Grilled Broccolini, Miso - Tahini, Pickled Ginger, Nori

Super Salad ^{V, VG, GF, DF}

22.00

Brown Rice, Avocado, Wilted Greens, Beetroot, Apple, Cauliflower, Carrot, Goji Berries, Seed Nut Mix

Green Nourish Bowl ^{V, VGO, GF, DF}

22.00

Grilled Zucchini, Cauliflower, Kale, Asparagus, Semi Dried + Capsicum Pesto, Pepitas, Poached Egg

VGO - Seasoned Scrambled Tofu

Chermoula Lamb ^{GF, DF}

28.00

Pulled Lamb in Chermoula Spices, Hummus, Pumpkin, Cherry Tomato, Brown Rice, Pickles, Pine Nuts, Parsley, Currants

• Grilled Chicken (200g) +\$8 • Smoked Salmon (100g) +\$8

ACAI BOWL

The Original 'O' Acai ^{V, VG, GF, DF}

22.00

Organic Acai, Banana & Apple Juice
Topped w. Fresh Strawberry, Banana, Granola & Coconut Flakes

Crunch Acai ^{V, VGO, GF, DF}

22.00

Organic Acai, Banana, Cacao, Peanut Butter, Almond Milk
Topped w. Banana, Housemade Granola, Honey Drizzle, Cacao Nibs

Summer Acai ^{V, VG, GF, DF}

22.00

Organic Acai, Banana, Mango, Coconut Water
Topped w. Mango, Fresh Strawberry, Passionfruit, Macadamia Crumble

Snicker Acai ^{V, VG, GF, DF}

24.00

Organic Acai, Banana, Peanut Butter, Cacao, Almond Milk
Topped w. Snicker Bar, Cacao Nibs, Housemade Granola, Caramel Drizzle

•Fruit •Pea Protein •Whey Protein •Peanut Butter •Nuttela ^{VG,GF} +\$3

SMOOTHIES

Break (the) Fast ^{V, VGO, GFO, DF}

10.90

Banana, Oats, Cinnamon, Honey, Coconut Yoghurt, Almonds, Oat Milk

Nutty Professor ^{V, VG, GF, DF}

10.90

Banana, Maca, Coconut Nectar, Cacao, Peanut Butter, Almond Milk

Golden ^{V, VGO, GF, DF}

10.90

Turmeric, Cinnamon, Ginger, Honey, Banana, Dates, Almond Milk

Coffee and Cacao ^{V, VG, GF, DF}

10.90

Double Espresso, Dates, Cacao, Banana, Chia Seeds, Coconut Nectar, Almond Milk

Popeye ^{V, VG, GF, DF}

10.90

Kale, Spinach, Spirulina, Kiwi, Coconut Water, Apple Juice

Glow Pro ^{V, VGO, GF, DF}

10.90

Organic Acai, Blueberry, Raspberry, Coconut Flesh, Honey, Coconut Water, Apple Juice

Berry (the) Fast ^{V, VGO, GFO, DF}

10.90

Raspberry, Blueberry, Coconut Yoghurt, Oats, Honey, Oat Milk

Matcha Immunity ^{V, VG, GF, DF}

10.90

Mango, Spinach, Mint Leaves, Pineapple, Matcha, Coconut Water

Mango Maniac ^{V, VG, GF, DF}

10.90

Mango, Passionfruit, Pineapple, Coconut Nectar, Coconut Water

•Organic Acai •Pea Protein •Whey Protein •Peanut Butter +\$3

HOT DRINKS

Milk Based Coffee ^{VGO}

5.00

Hot Chocolate ^{VGO, GF}

5.00

Long Black

5.00

Serves with Sparkling Water

Sticky Chai

6.00

Brewed on Bonsoy

Matcha Latte ^{VGO, GF}

6.00

Brewed on MilkLab Almond & Honey

Turmeric Latte ^{VGO, GF}

5.50

Brewed on Milk Lab Almond & Honey

Chamellia Organic Teapot

5.00

English breakfast, Chamomile, Lemongrass & Ginger, China Sencha (Green), Earl Grey, Masala Chai, Peppermint

BABYCHINO w. Marsh Mellow

2.50

PUPPICHINO w. Doggy Treat

3.50

Lactose Free

• Large Shot • Bonsoy • Decaf
• X Shot • Syrup • ADC oat +70c
• Milk Lab Alternative • Fresh Lactose Free

JUICES

Cold Pressed Juice

7.00

• Carrot+ • Green+

Fresh Juice

8.90

• Orange • Watermelon
• Orange Watermelon

COLD DRINKS

Milk Shake

7.00

• Coffee • Mixed Berries • Vanilla • Banana
• Mango • Strawberry • Caramel • Chocolate

Make it Thick Shake +1

Cold Brew/ Iced Long Black

5.50

Karma Cola (Organic)

5.50

• Cola • Ginger Beer • Lemonade • Cola Sugar Free

Coca Cola Range 330ml

5.00

Probiotic Kombucha (Remedy)

5.50

• Peach • Ginger Lemon • Lemon Lime Mint

Sparkling 250ml/750ml

5.00/10.00

Iced Latte

6.00

Iced Coffee/ Chocolate/ Mocha

8.00

Iced Soy Chai/ Almond Matcha

8.00

Iced Soy Strawberry Matcha

8.50

TAKEAWAY DEALS

Croissant

7.00

• Jam • Plain • Ham Cheese +\$2
• Cheese +\$1 • Ham Cheese Tomato +\$3

Nutty Strawberry ^{V, VGO, DFO}

12.00

Diced Fresh Strawberry topped w. Housemade Nutty Crumble and Caramel Drizzle

Jacked Up Banana Bread ^{V, VGO, DFO}

17.00

Banana Bread, Ice Cream, Crumble, Nutty Drizzle, Fresh Banana & Strawberry

Popcorn Chicken

14.00

Fried Chicken Bites w. Potato Wedges + Tomato Sauce

Hamburg Steak

16.00

Housemade Brisket Patty w. Potato Wedges or Steam Veg

Croissant

9.90

• Jam • Plain • Ham Cheese +\$2
• Cheese +\$1 • Ham Cheese Tomato +\$3

B&E Roll / Wrap

12.90

• Hash Brown +\$3

Sandwich

13.90

• Chicken +\$1 • Vegetarian • Ham Cheese Tomato

with 8oz COFFEE