

# GLIDER

## COFFEE

Ristretto, Espresso, Macchiato, Latte, Flat White,  
Cappuccino, mocha, Hot choc, Chai latte  
S 3.5 L 4.5 (Add Soy/Shot 50c)

## SMOOTHIES

BLUEBERRY – Blueberries, bonsoy, organic  
flaxseed meal & blue gum honey  
BANANA – Organic Banana, Riverina milk, peanut butter,  
almonds & blue gum honey  
6.5  
( Add Whey protein – \$1 )

## TEAS

English Breakfast, Earl grey Chamomile, Genmai green,  
chai masala, Lemongrass  
4 – 5

## EATS

### MUESLI

Sonoma honey & spice muesli, Riverina milk  
Barambah Organic Yoghurt, sliced daily fruit  
With blue gum honey & cinnamon.  
12.5

### AVO

Organic avocado, smoky paprika, Tuscan salt & pepper  
with a wedge of lemon on your choice of toasted Sonoma  
Sourdough OR Soy & linseed  
9

### TOMATOES

Organic tomatoes, basil, Barambah feta W black truffle  
Oil on your choice of toasted  
Sonoma sourdough OR soy & linseed  
12.5

### BANANAS

Organic Banana, peanut butter & blue gum honey  
with Slivered almonds & cinnamon  
on your Choice of toasted Sonoma sourdough  
OR Soy & linseed  
10

### SPREADS

Vegemite/jam/peanut butter on your Choice  
Of Toasted Sonoma Sourdough OR Soy Linseed  
6.5

### SWEETS

A generous Selection Of **GLUTEN FREE** friands are  
Available from our counter top display  
3.5

Our coffee & Teas are courtesy of Single Origin  
Roasters.

Our baked goods are supplied by Sonoma

**Our ingredients are sourced Daily  
to ensure superior freshness & quality**