

BREAKFAST

bread

Sourdough // \$8

Sourdough Fruit Loaf // \$8

Gluten Free // \$8

w/ your choice of house-made; jam, honey,
peanut butter

Banana Bread (v) // \$9.9

made with maple & spelt flour, served toasted w/
almond butter & fresh berries

Avocado on Sourdough (v) // \$16.5

hummus, sliced avo, fetta, pepitas, sunflower seeds,
preserved lemon, chilli flakes & wild rocket 16.5
Add; poached egg // \$3

Breakfast Beach Roll // \$15.9

crispy bacon, sliced tomato, avocado, halloumi,
tomato & chilli jam, rocket, in a sourdough bun
Add; fried egg // \$3

Mushroom Bruschetta // \$18.8

sautéed mixed mushrooms, poached egg,
streaky bacon, gruyere cheese, chive oil

Ham & Swiss Cheese Turkish Toastie // \$13.9

sliced tomato, basil,
balsamic onion ketchup, straw potato fries

eggs

Crispy Bacon and Eggs 'Your way' // \$16.9

on sourdough with potato rosti, spinach and button
mushrooms, ERC bbq sauce

3style Scrambled Eggs // \$18.5

la boqueria chorizo, smokey tomato, red onion &
avocado salsa, Persian fetta, warm flour tortilla

Eggs Benny // \$19.5

old school English muffin, spinach, smokey Currumbin
valley bacon, poached eggs, cider hollandaise, sumac and
fresh apple
Sub; with smoked salmon // \$2

bowl

'Not just a' Fruit Bowl (v) // \$16

seasonal fruit salad with coyo, mango mousse,
white 'chocolate' granola

Kickstart Bircher Museli // \$12.9

on soy milk with oats, chia & flaxseed,
toasted nuts & seeds, berry compote, maple syrup,
seasonal fruit

Brown Rice Super Bowl (v) // \$17

sautéed veggies, miso marinated tempeh, satay
sauce, carrot & sesame salad
Add; Chicken // \$6 | Beef // \$8 | Prawns // \$8

Sweetcorn, Kale & Zucchini Fritters (vga) // \$18

capsicum coulis, tahini yoghurt, smashed avo,
fresh herb salad

add

Jams | Spreads | Hollandaise // \$2

Toast (1) // \$2.5

Egg (1) // \$3

Baked Tomatoes w/ Rocket Pesto // \$3

Buttered Spinach | Fetta | Rosti | Avo // \$5

Sauteed Mushrooms | Halloumi // \$6

Bacon (2) | Chorizo | Smoked Salmon // \$6



BEVERAGES

coffee

Caffe Latte // \$4
Cappuccino // \$4
Flat White // \$4
Macchiato // \$4
Long Black // \$4
Espresso // \$4
~
Large // +\$1
Extra shot // +\$0.5

tea

Loose leaf in pot;
English breakfast // \$4.5
Lemongrass & Ginger // \$4.5
Earl Grey // \$4.5
Chamomile // \$4.5
Green | Peppermint // \$4.5
Chai Tea // +\$0.5

extra

Soy Milk // +0.5
Coco Milk // +0.5
Almond Milk // +0.5
Lactose Free // +0.5
Decaf Coffee // +0.5
Caramel // +0.5
Vanilla // +0.5
Hazelnut // +0.5

hot

Hot Chocolate // \$5
Moccha // \$5
Chai Latte // \$5
~
Large // +\$1

icy cold

Iced Latte // \$6
Iced Coffee // \$7
Iced Moccha // \$7
Affogato // \$6
Iced Tea (Peach &
Lemon // \$4.5

Milkshake // \$6
(Chocolate, Vanilla,
Strawberry, Caramel)

cold

San Pellegrino
500ml // \$6
1Lt // \$9

Soft-drink // \$4
Lemonade, Ginger Ale, Cola,
Raspberry, Diet-cola, Squash

Coconut Water // \$5.5
Bundaberg Ginger Beer // \$5.5
Lemon Lime Bitters // \$4.5

juice

Citrus // \$7
orange, carrot, lemon, ginger

The Green One // \$7
spinach, ginger, lemon, cucumber,
celery, pineapple

Refresh // \$7
watermelon, pineapple, mint

Tropical // \$7
orange, carrot, lemon, ginger

Make You Own *4 choice // \$7
Orange | Apple | Pineapple |
Lemon | Cucumber | Watermelon
| Carrot | Celery | Beetroot |
Spinach
Add; +0.5 per item

Noah's juice

Noah's Juice
Valencia Orange // \$5.5
Apple // \$5.5
Apple, Peach, Kiwi & Lime // \$5.5
Apple, Beetroot, Orange, Carrot, Ginger //
\$5.5

smoothies

Tropical Morning Booster // \$9
banana, papaya, pineapple, mango,
passionfruit pulp, maca, goji berries,
coconut oil, agave

Berry Burst // \$7.5
Queensland Mango // \$7.5
Banana Blender // \$7.5