

# Eggs

## FREE RANGE EGGS & TOAST

CHOOSE BETWEEN SOURDOUGH, SOY & LINSEED OR CHIA BREAD

(EXTRA \$1 FOR GLUTEN FREE CHIA BREAD)

ONE EGG	\$7.9
TWO EGG	\$10.9

## Extras

Smoked Salmon **\$5.5** / Spanish chorizo **\$4.5** / Marinated Avocado **\$4.5** / Crispy Grass Fed Bacon **\$3.5** / Haloumi **\$3.5** / Mushrooms **\$3.5** / Spinach **\$3.5** / Extra Eggs **\$2.5** Each

## THE BYRON BAY HIPPIE BREAKFAST \$13.9

Served with two poached eggs on a gluten free chia toast with a kale & quinoa salad, peas, baby spinach, a drizzle of olive oil & a sprinkle of organic Matcha powder

## THE EUROPEAN BREAKFAST \$15.9

Served with two poached eggs on a sourdough toast with Spanish chorizo, grilled haloumi strips, tomato salsa, rocket & drizzled with olive oil & balsamic vinegar reduction

# Bread & Toast

(EXTRA \$1 FOR GLUTEN FREE BREAD OR WRAP)

## MARINATED AVOCADO \$9.9

Soft marinated avocado with fresh lemon, pepper & sea salt on your choice of sourdough, soy & linseed or chia toast

## BACON & EGG ROLL \$11.9

With crispy grass fed bacon, tomato relish, aioli & 1 free range egg on a wholemeal damper bun

## BREAKFAST BURGER \$14.9

With crispy grass fed bacon, baby spinach, marinated avocado, halloumi & 1 free range egg on a wholemeal damper bun

# Breakfast Bowls

## BROWN RICE PORRIDGE \$10.9

Brown rice brought to a boil and served with coconut milk, fresh figs, crushed almonds, cinnamon & organic honey

## BIRCHER \$12.9

Soaked in organic apple juice overnight & served with coconut yogurt, blueberries & strawberries

## PALEO GRANOLA \$14.9

With toasted nuts, seeds, coconut flakes & topped with coconut yogurt, blueberries, strawberries & a side of almond milk

# Smoothie Bowls

## ACAI BOWL \$12.9

With Amazonia Acai, frozen banana, almond milk, goji berries, cacao nibs, white chia seeds, coconut flakes & paleo granola

## MANGO & PASSIONFRUIT BOWL \$12.9

With mango, passion fruit, frozen banana, almond milk & topped with goji berries, cacao nibs, white chia seeds, coconut flakes & paleo granola

# 7.2 Protein Smoothie Bowls

## 7.2 CHUNKY MONKEY BOWL \$14.9

With 7.2 organic vanilla protein, frozen banana, organic chocolate, half an avocado, almond milk & topped with cacao Paleo granola, black chia seeds, cacao nibs, flaxseed & coconut flakes

## 7.2 HULK BREKKIE BOWL \$14.9

With 7.2 organic vanilla protein, 7.2 greens, half an avocado, almond milk & topped with walnuts, fresh blueberries, cacao nibs, white chia seeds, organic honey and cinnamon

# Salads

## MOROCCAN QUINOA & RUMP STEAK \$13.9

Made with black quinoa, crisp vegetables, chickpeas, raisins, pine nuts, grilled rump steak & fresh herbs in a Israeli dressing

## KALE & QUINOA WITH GRILLED CHICKEN \$15.9

Grilled chicken breast marinated with mustard, sea salt, pepper & served on a bed of kale & quinoa salad, fresh vegetables and tahini dressing

# Burgers & Gluten Free Wraps

## VEGGIE (\$1 EXTRA FOR GLUTEN FREE WRAP) \$10.9

Made with a chickpea & red lentil patty, grilled eggplant, grilled halloumi, aioli & tomato relish

## BEEF (\$1 EXTRA FOR GLUTEN FREE WRAP) \$11.9

With iceberg lettuce, tomato relish, pickles & smoky cheddar cheese

## CHICKEN (\$1 EXTRA FOR GLUTEN FREE WRAP) \$12.9

With crispy grass fed bacon iceberg lettuce, mayo & smoky cheddar cheese

# Snacks

## GRILLED HALLOUMI STRIPS \$7.9

Served with hummus & a lemon wedge

## SWEET POTATO FRIES WITH AIOLI \$7.9

Oven baked sweet potato fries served with home made aioli

## VEGETARIAN NACHOS \$9.9

Served with gluten free tortilla chips, red kidney beans, avocado, tomato relish, sour cream, olive oil, coriander & melted cheddar cheese

## MINI PANCAKES \$9.9

A stack of three mini pancakes served with coconut vanilla ice cream & pure Canadian Maple syrup

# Pancakes *(gluten & dairy free)*

MADE WITH A RICE BASED FLOUR, FREE RANGE EGGS, COCONUT CREAM,  
ORGANIC COCONUT SUGAR & DRIZZLED IN PURE CANADIAN MAPLE SYRUP

## POPULAR PANCAKES *(Vegan option available)*

### PLAIN \$12.9

Served with coconut yogurt or vanilla coconut ice cream

### CRISPY BACON \$13.9

Served with grass fed crispy bacon

### BLUEBERRY & COCONUT \$14.9

Served with coconut yogurt & coconut flakes

### BANANA & WALNUT \$14.9

Served with coconut yogurt, banana & crushed walnuts

## SUPERFOOD PANCAKES

### ACAI PANCAKES \$16.9

Served with coconut yogurt, blueberries, goji berries, cacao nibs & chia seeds

### MATCHA GREEN TEA PANCAKES \$16.9

Served with vanilla coconut ice cream, fresh lychees, mixed nuts, seeds & dried fruit

## GOURMET PANCAKES

### POACHED APPLE CRUMBLE & CINNAMON \$17.9

With poached pink lady apple, cinnamon, paleo granola & mascarpone

### FRESH FIG & PISTACHIO \$17.9

With fresh fig, pistachios & mascarpone

## SAVOURY PANCAKES

### SWEET POTATO & PINE NUTS \$18.9

With creamy sweet potato, roasted pine nuts, baby spinach, goats cheese & a drizzle of pure Canadian maple syrup

### ZUCCHINI WITH AVOCADO & CRISPY BACON \$18.9

With zucchini, sliced avocado, crispy grass fed bacon, cherry tomatoes, spanish onion, baby spinach & a drizzle of pure Canadian maple syrup

## Extras

ADD ANY OF THE FOLLOWING INGREDIENTS TO YOUR PANCAKES AT AN ADDITIONAL COST

7.2 organic vegan protein **\$3** / Coconut yogurt **\$3** / Coconut vanilla ice cream **\$3** / Mascarpone **\$3** / Blueberries **\$3** / Strawberries **\$3** / Walnuts **\$3** / Crushed almonds **\$3** Peanut Butter **\$3** / Crispy bacon **\$3** / Paleo granola **\$3** / Cacao Paleo granola **\$3** / Coconut flakes **\$2** / Banana **\$2**

## Hot Drinks

COFFEE DINE IN (EXTRA \$1 FOR A MUG)

WHITE \$3.9

BLACK \$3.5

MOCHA \$4.5

CHAI LATTE \$4.9

DIRTY CHAI LATTE \$5.9

GREEN TEA MATCHA LATTE \$5.9

ORGANIC TEAS \$3.9

PURIFY

PEPPERMINT LEAF

SENCHA GREEN TEA

ORGANIC CHAI

CHAMOMILE

ENGLISH BREAKFAST

EARL GREY

## Iced Drinks

ICED LATTE \$4.9

served with 10ml of organic maple syrup

ORGANIC ICED CHOCOLATE \$4.9

served with 10ml of organic maple syrup

ORGANIC ICED MATCHA LATTE \$5.9

served with 10ml of organic maple syrup

# 7.2 Organic Smoothies

ALL OUR PROTEIN SMOOTHIES ARE MADE WITH FROZEN BANANA, 7.2 ORGANIC VEGAN PROTEIN & YOUR CHOICE OF ALMOND MILK, COCONUT MILK OR COCONUT WATER.

POPULAR SMOOTHIES \$8.9

BRAZILIAN

With Amazonia Acai

TROPICANA

With mango & passionfruit

BLUE LAGOON

With blueberries & shredded coconut

GREEN MACHINE

With organic 7.2 Greens

MONKEY WRENCH

With organic peanut butter & cacao

CLEANSING SMOOTHIES \$9.9

DETOX

With organic Matcha powder, white chia seeds & fresh mint

ANTI-INFLAMMATORY

With turmeric, orange, carrot & grated ginger

ENERGIZER

With organic maca, avocado, organic cacao & cacao nibs

SORE THROAT

With grated ginger, fresh lemon, chia seeds & organic honey

FLU SHOT

With pineapple, grated ginger, camu camu, spinach & white chia seeds



DON'T WORRY BE HEALTHY