

DRINKS

cruise espresso

BLACK / GUEST ROASTER	S: \$3.8 L: \$4.8
V60 POUROVER / AEROPRESS	\$6
COLD DRIP	\$5
SINGLE ORIGIN OF THE WEEK	\$.50
WHITE / MARVELL ST 'THUNDERBIRD'	S: \$3.8 L: \$4.8
MOCHA ICE MOCHA	S: \$4.8 L: \$5.8
BELGIUM HOT CHOCOLATE ICE BELGIUM CHOCOLATE	S: \$4 L: \$5
BABYCINO	\$1.5
EXTRA SHOT	\$.50
BONSOY	\$.50
COLD PRESSED ALMOND / COCONUT / CASHEW MILKS	\$1.00

TEAS

ALL CHAI : \$5

INDIAN CRUSHED SPICED CHAI LATTE

STICKY CHAI INFUSED BLACK TEA LEAVES

(Organic black tea infused with organic honey + spices)

CRUISES CLEANSING DANDY CHAI

(Dandelion + 9 organic pressed herbs = liver cleanser)

MATCHA LATTE (Finely ground green tea leaves 137 times more antioxidants than regular brewed green tea)

ENGLISH BREAKFAST | EARL GREY

PEPPERMINT, LIQUORICE + FENNEL

LEMONGRASS + GINGER

DIRTY CHAI WITH SHOT OF ESPRESSO \$6

ORGANIC COLD BREW ICE TEAS \$6

TURMERIC LATTE \$6

Anti-inflammatory + caffeine free.

Organic blend of turmeric, cinnamon, nutmeg, black pepper, coconut oil + a touch of agave, brewed with your choice of milk.

NECTAR COLD PRESSED JUICES \$7.8

ORANGE (carrot, apple, orange, pineapple, lemon + turmeric)

GREEN (apple, celery, spinach, kale, cucumber, lemon + parsley)

RED (watermelon, apple, cucumber, lime + raspberry)

OJ (only oranges)

WILD THING SMOOTHIES \$8.5

NUTS + CACAO (activated cashews, cacao, dates, chia seeds + vanilla beans)

SUPER GREENS (coconut water, pear, cucumber, avo, spinach, kale, celery, lemon/lime, spirulina, cinnamon)

FOOD

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VERY SEEDY SODA BREAD	\$13.9
(yeast free Irish bread jammed full with nutritious seeds)	
1 AVO LOVER avo, feta, olive oil + lemon	
2 SMELLY AVO LOVER garlic hummus, avo, rocket, olive oil + lemon	
3 BEETS organic beetroot hummus, avo + Himalayan pink salt	
BACON N EGG ROLL	\$8.5
smothered in Cruise's signature aioli + smokey BBQ sauce	
SCRAMBLED	\$11.9
2 free-range scrambled eggs with caramelised onion, served on a warm brioche bun	
G IS FOR GREEN	\$12.9
avo on a bed of basil pine nut butter topped w. coriander + olive oil, served on seeded sourdough	
ORGANIC PALEO FARMER'S GRANOLA (GF)	\$12.5
grain + gluten free mix of nutritious seeds + nuts dressed with greek yogurt, seasonal fresh fruit + your choice of milk	
BANANA PANCAKES (GF, DF, vegan) served Fri- Sun	\$14.9
refined sugar + flour free are our gorgeous buckwheat pancakes, dressed with seasonal fruit, crushed peanuts + organic maple	
TOAST	\$7.9
SOURDOUGH LUXE FRUIT TOAST	
with butter + berry jam	
MUFFINS	\$5.5
RICOTTA + BLUEBERRY RHUBARB + APPLE	
made with unbleached wholemeal flour + bran	
BANANA BREAD	\$6.5
RAW BARS	\$4.5
ELECTRIC BLANKET WRAPS	\$13.5
1 CHOOK pulled chicken w. aioli + sweet chilli, avo, baby rocket	
2 PESTO CHOOK pulled chicken, avo, tom, baby rocket + basil sauce	
3 LITTLE PIGGY ham off the bone w. cheese, lettuce, avo, cherry toms, drizzled w. apple mustard sauce	
4 SKINNY organic falafel, garlic hummus + greens	
RUNAWAY CHOOK	\$10
toasted farmers rustic roll w. roast chicken, avo, rocket + Cruise's secret sauce	
SALADS choose one	\$15.9
1 ORGANIC FALAFELS	
2 ROAST PULLED CHICKEN	
3 AUSTRALIAN MIDDLE CUT BACON	
choose one	
BEETROOT GARLIC DRESSING	
on a bed of mixed salad leaves w. avo drizzled with extra virgin olive oil, shredded carrot, cherry toms + toasted seeds	
EXTRAS	
GF BREAD	\$3
AVO, BACON, HAM, PULLED CHICKEN, 2x FREE RANGE EGGS	\$3.5

PLEASE ORDER + PAY AT THE COUNTER ☺