

COFFEE

Flat White, Cappuccino, Latte, Piccolo, Macchiato, Hot Chocolate	\$3.8
Light roast black coffee Ristretto, Espresso, Long Black	\$4
Decaf, Soy, Extra shot, Mocha, Almond Milk	+ 70c
Chai Latte brewed with sticky loose leaf chai	\$4.5
Filter Coffee of the Week	\$7
Iced Coffee, Iced Mocha & Iced Chocolate	\$6
Iced Latte, Iced Long Black	\$4
Affogato	\$5
Cold Drip Coffee	\$4.5
Babycino	\$2

TEA

English Breakfast, Supreme Earl Grey, Peppermint, Malabar Chai, Lemongrass & Ginger, Spring Green, Honeydew Green	\$3.5
Specialty Tea (see menu board)	\$4.5

All black coffee is made using a single origin that changes fortnightly.
Please specify "house blend" if you want the regular blend.

PLEASE ORDER AND PAY AT THE FRONT COUNTER.

SMOOTHIES

(vegan protein powder (VG, DF) +\$3)

MEAN GREEN	\$12
baby spinach, avocado, lime, kiwi, coconut yoghurt & apple juice	
COCOBERRY	\$10
banana, raw cacao, chia seeds, shredded coconut, raspberry, coconut milk & rice milk	
NUT GUILTY	\$10
peanut butter, banana, tahini, rice malt syrup, rice milk & cinnamon topped with Hippy Lane rawnola	
BERRY SERIOUS	\$10
mixed berries, banana, chia seeds, coconut water & rice milk	
MILKSHAKES	\$6.5
chocolate, banana, vanilla or caramel	
All smoothies and milkshakes come in one size only. We can split into 2 glasses.	
Sparkling mineral water (500ml carafe)	\$5
Drinks from fridge	\$4
Bottle water	\$3.5



HTOR&BACK

FOOD | BEVERAGE | BANTER

OPENING TIMES

COFFEE 6AM-3.30PM DAILY

KITCHEN MON - FRI 7AM-3PM

SAT & SUN 7.30AM-3PM



#b&f #gabrielcoffee #backnforthcc #itsmyritual

BREAKFAST 7am - 11.30am

Rye sourdough or seeded sourdough	\$4.5
Seeded Loaf (GF, DF, RSF)	\$6
choice of vegemite, peanut butter, Nutella or seasonal jam	+\$1.5 ea
Sides; smoked ocean trout, avocado, lamb Merguez sausage, bacon pesto, hummus, soft boiled egg, very nice tomato	\$4 ea \$2 ea
Coconut Quinoa Bircher and Chia pudding with passionfruit blueberries and toasted coconut (DF, RSF, GF, V)	\$16
Buckwheat pancake with fresh banana, peanut butter ice cream and activated pecans (DF, GF, RSF)	\$17
Fruit toast bruschetta with figs, strawberries, ricotta and chai honey syrup	\$16
Deconstructed Acai bowl with Hippie Lane RAWnola and fresh fruit (DF, RSF, GF, V)	\$17
House smoked ocean trout salad, avocado, fennel, radish, fresh herbs, seeds, capers and a soft boiled egg (DF, RSF, GF)	\$18
Green Bowl - kale, avocado, broccoli, asparagus, salsa verde, soft boiled egg and quinoa (DF, RSF, GF)	\$18
Life Changing Seeded Loaf with avocado, tomato, Meredith goats cheese and balsamic (RSF, GF)	\$18
Lamb Merguez sausage, soft boiled egg with roasted peppers, hummus on rye sourdough	\$17
Roast Sweet Potato Hash, crispy kale, broccoli, Meredith goat's cheese, pesto and soft boiled egg	\$18
Bacon & Egg Roll - Two eggs, crispy bacon, jack cheese & BBQ sauce (Pimp that with a potato hash!)	\$12 +\$2

LUNCH 12pm - 3pm

15hr braised lamb shoulder with puy lentils, roast carrots, shaved zucchini, mint yoghurt and almonds	\$20
Poached organic chicken on green papaya asian salad with nam jin dressing and toasted peanuts	\$18
Roast maple pumpkin wedge with tahini, goat's cheese, leaves, herbs and dukkah (RSF, GF)	\$16
Zucchini noodles with pesto, avocado, seeds, chilli, broccoli and quinoa (RSF, GF) add poached chicken add soft boiled egg	\$16 +\$4 +\$2
Super salad of raw beets, carrot, fennel, broccoli, radish, sprouts and seeds (DF, RSF, GF, V)	\$16
Green bowl of kale, avocado, broccoli, asparagus, salsa verde, soft boiled egg and quinoa (DF, RSF, GF)	\$18
Nourish Bowl with cured ocean trout, brown rice, edamame, miso eggplant, seaweed, avocado, sesame, soft boiled egg and kim chi (DF, RSF, GF)	\$20
Big Jack - 2 Beef Patties, special sauce, American mustard, ketchup, lettuce, cheese, pickles and onions on a soft bun. Burger patties cooked medium	\$16
Chicken Burger with fried chicken, spicy slaw, and Back & Forth mayo	\$14
Sweet potato veggie burger, avocado, hummus, raw beetroot, crispy kale and pickles (DF, RSF)	\$14
Sweet potato fries with old bay salt with hummus	\$10 +\$2

KIDS 12pm - 3pm

Mini Jack (cheese burger) with sweet potato fries	\$12
Chicken burger, lettuce and mayo with sweet potato fries	\$12
Ham and cheese toasted sourdough triangles	\$8
Acai cup with banana and coco pops	\$10

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