LEGEND

Vegan

- or vegan option

Gluten Free - or Gluten free option

Fructose Free

Vegetarian

Nut Free

COFFEE + CHAI

Regular.												\$3.80
Large												\$4.80

Black by - Axil White by - Demeter Soy by - Bonsoy Almond Milk by - Inside Out

Ask about our Prepaid Coffee Card

Soy/ Rice Milk + .50c & Almond Milk + \$1

DRINKS

• Phoenix	\$4.00
-Cola, Ginger Beer, Lemonade, Lemor	n Lime
Bitters and Sparkling Orange.	
• Snowy Mountain Water	. \$3.20
• Perrier Sparkling Water	\$3.80
• King Coconut Water	. \$3.80

Coconut Water by - Nudie Yoghurt by - Demeter Coconut Yoghurt by - Farmer Jo Protein and other powders by - Raw

JUICES

Sea	Breeze	.\$8.95
▲ F	Pineapple, Watermelon, Strawbe	rry,
	Lemon, Coconut Water and Ice.	

Summer Vitality.....\$7.50 Apple, Celery, $_{\rm Spinach}^{\it o}$, Mint, Lemon and Coconut Water.

Acai.....\$8.50 Apple, Watermelon, Banana and Acai

Strength Immunity.....\$6.90

Beetroot, Celery, Carrot, Lemon and Ginger

Instant Energy......\$8.95

Strawberry, Watermelon, Lemon and Chia Seeds.

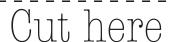
SMOOTHIES

Gr	ueen smoothie	\$9.95
	Kale, Avocado, Mango, Boko	hoy and
•	Coconut Water.	

Your choice.....\$6.90 Banana/ Mango/ Mixed Berry with Yoghurt and Honey Vegan Option with Coconut Yoghurt & Agave.....\$8.90

EXTRAS

Acai	\$3.00
Coconut Water	.\$1.00
Chia Seeds	\$1.00
Vegan Protein Powder	\$2.00
Tumeric Powder	50c
Pre Probiotic	\$3.00



BREAKFAST, all day.

Savoury

Avo & poached eggs. \$15.95

Poached eggs, avocado, rocket,
semi-sundried tomato served on
sourdough toast.

A unique combination of tofu with mushroom, capsicum, onion, spinach served with a melody of roasted sweet potato and avocado toast.

Scrambled/poached eggs......\$14.50
 Your choice of eggs served on a bed of fresh rocket, accompanied with grilled tomato, pan tossed mushroom and sourdough bread.

Chef special tossed fried quinoa....\$17.95

A creative mix of quinoa, mushroom, onion, spinach, pan toasted black beans, fried eggs, served with avocado, grilled cherry tomato and lemon dressing

Sweet

HP buckwheat muesli.....\$12.95

Home blended Organic oats with buckwheat granola, toasted with maple syrup, mixed with dried fruit & nut. Served with fresh fruit, yoghurt, Bio-dynamic milk & honey.



Toast

Fruit toast......\$6.75

Toasted sourdough fruit bread served with

butter.

Toasted sourdough bread served with butter & home made preserve.

Gluten free bread available + \$2.00

Extras

Mushroom\$3.50
Maple Syrup\$4.00
Extra Egg
Sliced avocado\$3.00
Coconut Yoghurt\$3.00
Grilled tomato\$2.50
Baked beans\$2.50
Homemade Preserve\$1.50
Extra slice of bread \$1.00
Extra butter

Sourdough Bread by - Irrewarra Bakery in Irrewarra Gluten Free bread by - GF Precinct in Melbourne Free range eggs by - Casaccio in Werribee

LUNCH, 10- close.

Ready made options available in the front display.

Lasagne.....\$16.00

Layers of zucchini, onion, carrot, celery, pumpkin, red capsicum, mushroom, bocconcini, parmesan and napoli sauce, garlic, basil, oregano, sage and olive oil. Served with green salad.

Tofu Burger.....\$15.00

A healthy combination of brown rice, scrambled tofu and rice crumbs mixed with roasted beetroot, walnut, onion, garlic, sesame oil, olive oil, miso and tamari.

Topped with fresh babaganoush and served with a combination of salad.

Rice Balls.....\$15.00

A nutritious combination of brown rice, corn, carrot, zucchini, coriander, seaweed, tamari, olive oil, sesame seeds, rice crumbs and a side of satay sauce. Served with a combination of salad.

Lentil Shepherds Pie. \$14.50

A delicious mixture of Lentils, soft tofu, carrots, pumpkin, celery, cumin, coriander, turmeric, soy milk and olive oil topped with sweet potato. Served with green salad.

Frittata.....\$14.50

Free range eggs, pumpkin, eggplant, capsicum, zucchini, sultanas, semi-dried tomato, parmesan, black olives and spinach combined and baked perfectly for a beautiful delicate texture. Served with a combination of salad.



KIDS, Ages up to 14 only.
Scrambled eggs on toast......\$6.50
Two eggs scrambled on top of sourdough toast.

Fruit Kebab......\$4.95

Two skewers of seasonal fresh fruit with HP homemade marshmallows.

Toasted sourdough and cheese sandwich.

Fruit Toast Soldiers.....\$3.50

Fruit toast cut into soldiers, served with butter and home made preserve.

Freshly squeezed Organic oranges.

Babychino.....\$1.50

An Espresso Cup of hot milk.

Check our specials board for more options!

CUPCAKES I CAKES Carrot & Walnut Cake.....\$5.50 🖒 Chocolate Cupcake......\$3.90 Cheesecake.....\$6.50 葊 Mixed Berry Cupcake....\$3.90 🔷 Chocolate Cake...........\$6.50 1 MORE 🖊 Lemon, Poppy Seed Cake....\$4.90 🛹 Tiramisu......\$6.95 🍦 Banana Bread......\$4.40 Chocolate Brownie......\$4.90 BLISSBALLS 🐴 Vanilla Blissball......\$3.70 Choc Chip Cookie.........\$3.20 Carob Blissball......\$3.70



Selection of Raw Cakes Available! See our front display.



