



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



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

DRINKS



- Phoenix. \$4.00
-Cola, Ginger Beer, Lemonade, Lemon 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
 Pineapple, Watermelon, Strawberry, Lemon, Coconut Water and Ice.
- Summer Vitality*. \$7.50
 Apple, Celery, Spinach, 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

- Green smoothie*. \$9.95
 Kale, Avocado, Mango, Bokchoy 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




Cut here


BREAKFAST, *all day.*

Savoury


Avo & poached eggs. \$15.95

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


HP energy bowl. \$14.95

 Savoury energy bowl is made with rolled oats and red lentil. Served with avocado, salsa, baba ganoush and pita bread. This dish is original, give it a go!


Sunrise scramble tofu. \$14.50

 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

Special omelette. \$13.95


 Free range eggs with tomato, cheese, mushroom, spinach and onion on sourdough bread.

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.


Fruit salad. \$9.50

 Bowl of fresh seasonal fruits. Add yoghurt and honey for \$2.00 Add Coconut Yoghurt for \$3.00



Toast


HP french toast. \$12.50

 Sourdough french toast served with organic maple syrup, Garnished with strawberry.


Toasted cheese & tomato. \$8.95

 Toasted sourdough bread served with grilled cheese and fresh juicy tomatoes.

Fruit toast. \$6.75

 Toasted sourdough fruit bread served with butter.

Toast. \$6.00

 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. \$3.50
- 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. 75c



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.


Mexican Savoury Corn Cake. \$16.00

 Polenta, red kidney beans, capsicum, sweet corn, rice crumbs, onion, coriander, cumin, garlic, sweet paprika, topped with fresh guacamole, sour cream and semi-sundried tomatoes. Served with a combination of 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.



Hot
Soup
\$8.95

All soups are served with sourdough bread.


Our soups change daily, ask our friendly staff what is available today!

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.


Cheese Melties. \$4.95

 Toasted sourdough and cheese sandwich.

Fruit Toast Soldiers. \$3.50

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

Small OJ. \$2.95

 Freshly squeezed Organic oranges.

Babychino. \$1.50

 An Espresso Cup of hot milk.

**Check our specials board
for more options!**

LUNCH

Cut here

CAKES

-  Carrot & Walnut Cake..... \$5.50
-  Cheesecake..... \$6.50
-  Chocolate Cake..... \$6.50
-  Lemon, Poppy Seed Cake... \$4.90
-  Tiramisu..... \$6.95

BLISSBALLS

-  Vanilla Blissball..... \$3.70
-  Carob Blissball..... \$3.70







Selection of Raw Cakes Available!
See our front display.



CUPCAKES

-  Chocolate Cupcake..... \$3.90
-  Mixed Berry Cupcake..... \$3.90

MORE

-  Banana Bread..... \$4.40
-  Chocolate Brownie..... \$4.90
-  Anzac Cookie..... \$3.20
-  Choc Chip Cookie..... \$3.20

