

BREAKFAST & LUNCH (7AM - 3PM)

Please order and pay at the counter

Sourdough/GF/Fig & Raisin with spreads

jam/natural almond butter/vegemite/fresh peanut butter/local honey 7

Housemade Granola (df/gf/v/rsf)

seasonal fruits + coconut yoghurt 11

Smoothie Bowl (df/gf/v/rsf)

daily flavour + housemade granola + coconut yoghurt + seasonal fruit 13

Waffles (df/v/rsf)

seasonal fruit + house made coconut ice cream + berry compote + sweet pistachio crumb 17

OI' Benjamin (df/gf on request)

toasted sourdough + two poached eggs + wilted baby spinach + healthy house made hollandaise

+ choose - bacon/smoked salmon/mushrooms 17

+ avocado 3

Smashing Avo' (df/gf/v on request)

sourdough + avocado + goats fetta + lemon + seeds + greens 15

+ poached egg 3

Eggs on Toast (gf on request)

two poached eggs + sourdough 11

+ bacon/smoked salmon/mushrooms 4

+ wilted baby spinach/tomato/avocado 3

Trusty Toastie (gf on request)

sourdough + leg ham + truss tomato + cheese 9

Vegan Toastie (v/df/gf on request)

sourdough + seasonal vegetables + greens 11

+ cheese 1

COLD DRINKS

Smoothies (df/gf/v/rsf) 8
+ protein powder (v/df) 2

Banana – banana/almond milk/honey/almonds/ice

Coconut Fruit – mixed berries/mint/banana/coconut water/ice

Green Smoothie – maca/mango/banana/coconut water/ice

Juices 7

Red – watermelon/lime/mint

Orange – carrot/apple/ginger

Green – spinach/apple/cucumber/lemon/ginger

Shakes

mini/regular 4/5

+ thickshake 1

chocolate/strawberry/caramel/vanilla

Iced Tea by Teacraft

alternates weekly 7

HOT DRINKS

House coffee by Locale 3.9/4.9

bonsoy/lactose free/almond/extra shot 0.5

Single Origin Guest Roasters - alternates weekly

black coffee/espresso over ice 4

Turmeric Latte

recommended with bonsoy 4.5/5.5

Pot of Tea by Chamellia

Black english breakfast/earl grey/french breakfast 4

Tisane peppermint/lemongrass/liquorice/rooibos 4

Green gunpowder 5

v- vegan / gf - gluten free
df - dairy free / rsf - refined sugar free

10% surcharge Sundays + Public Holidays