\$24



в	REAKFA	ST ALL DAY		LUNCH (FROM 12PM)
TOAST		AVOCADO SMASH ON MULTIGRAIN	\$18.5	CRISPY FRIED SALT & PEPPER CALAMARI
SOURDOUGH OR MULTI-GRAIN	\$9	W/ BEETROOT HUMMUS, DUKKAH		W/ GREEN SALAD, GARLIC AIOLI &
CHIA BUCKWHEAT (GF)	+\$2	SPRINKLE & MICRO HERBS (V)		SPRINKLED CRISPY SHALLOTS
GLUTEN-FREE FRUIT (GF)	\$11	+ EGG	\$21.5	
W/ BUTTER AND YOUR CHOICE OF	•	+ CURED SALMON	\$24.5	SOUTHERN FRIED CHICKEN BURGER W/
- PEANUT BUTTER				BACON, TOMATO, LETTUCE, CHEESE,
- HOUSEMADE SEASONAL JAM		YOU CHOOSE EGGS BENEDICT SERVED		SRIRACHA MAYO & FRIES (GFO)
- VEGEMITE		ON SOURDOUGH W/ POACHED EGGS,		
- HONEY		SPINACH, SILV'S SPECIAL YUZU		SLOW COOKED LAMB SHOULDER, W/
(V)		HOLLANDAISE SAUCE &;		ROASTED SEASONAL VEGETABLES,
EGGS YOUR WAY		+ FETA HERB MUSHROOMS (V)	\$24.5	LEBNEH, BEETROOT HUMMUS &
EGGS ON TOAST	\$12.5	+ BACON	\$25	DUKKAH <b>(GFO)</b>
TWO EGGS (POACHED, SCRAMBLED,		+ CURED SALMON	\$27	
FRIED) <b>(V, GFO)</b>				NOURISH BOWL W/ FALAFELS,
+ CHIA BUCKWHEAT GLUTEN-FREE BREAD	\$14.5	BRIOCHE FRENCH TOAST PRALINE	\$22.5	GRILLED HONEY HALLOUMI,
		W/ CARAMELISED BANANA,		AVOCADO, CARROT RIBBONS
SIDES		WALNUT MASCARPONE & SPRINKLE		BEETROOT HUMMUS, CRISPY GREENS
EGG	\$3.5	BERRY POWDER (V)		& QUINOA <b>(V, VGO, GF)</b>
YUZU HOLLANDAISE	\$3	+ MAPLE BACON	\$28.5	+ POACHED EGG
ZESTY CHILLI BUTTER	\$3			+ BACON
BEETROOT HUMMUS	\$3.5	GARDEN OMELETTE W/ CRUNCHY	\$21.5	+ CHICKEN
AVOCADO	\$4.5	ASPARAGUS, CHERRY TOMATO, FETA		+ CURED SALMON
ROAST TOMATOES	\$4.5	SAUTEED MUSHROOM, CRUMBLED		
	\$4.5	& DUKKAH <b>(V, GF)</b> + SOURDOUGH TOAST	ćаа г	KIDC
HASH BROWN	\$4.5		\$23.5	
	\$5 ¢C	+ BACON	\$28.5	POACHED EGG ON A PIECE OF TOAST W/
FETA HERB SAUTEED MUSHROOMS BACON	\$6 \$5.5	CHILLI SCRAMBLED ON SOURDOUGH	\$22.5	BACON OR AVOCADO
CHORIZO	\$5.5 \$6	W/ZESTY CHILLI BUTTER, WHIPPED	\$22.5	FRENCH TOAST W/ MAPLE SYRUP, ICE
GRILLED CHICKEN	\$0 \$7	FETTA & MICRO HERBS (V)		CREAM & SPRINKLE of BERRY POWDER
CURED SALMON	\$7.5	*OPTIONAL SPRINKLED CHORIZO		CREAM & STRINKLE OF BERRIT FOWBER
FRIES	\$7.5 \$7	+ FETA HERB MUSHROOMS	\$27	CHICKEN TENDERS W/ FRIES
	Ŷ'		<i>4</i> 21	
COFFEE / HOT / COLD		SMOOTHIES		COLD PRESSED JUICE
ESPRESSO	\$4.5	CHOLESTEROL THINNER	\$13	PURE ORANGE JUICE
INDUSTRY BEANS REGULAR	\$4.7	SPINACH, GREEN APPLE, CUCUMBER,		
INDUSTRY BEANS LARGE	\$5.5	LEMON, MINT, SPIRULINA		KALE, CELERY, APPLE, LEMON & GINGER
	\$6 \$6	& COCONUT WATER HELPS LOWER YOUR CHOLESTEROL LEVELS		WATERMELON, APPLE & MINT
COLD BREW MATCHA LATTE	\$6 \$6.5	DIGESTION CORRECTION	\$13	CARROT, ORANGE, PINEAPPLE & GINGER BEETROOT, CARROT, ORANGE & APPLE
GOLDEN LATTE	\$6.5 \$6.5	MANGO, PINEAPPLE, BANANA,	\$T2	DELTROOT, CARROT, ORANGE & APPLE
HOT CHOCOLATE	\$6.5 \$6	FRESH GINGER, CINNAMON, TURMERIC,		BOTTLED
ICED CHOCOLATE	\$6	FLAXSEED & COCONUT MILK		FAMOUS SODA CO. SPARKLING DRINKS;
ICED COFFEE	\$6 \$6	IMPROVES DIGESTION WITH ANTI-INFLAMMATORY		PINK LEMONADE, GINGER BEER,
BABYCCINO	\$0 \$2	METABOLISM BLASTER	\$13	BLOOD ORANGE OR PASSIONFRUIT
EVEDAC	¥2		Ŷ10	

## I (FROM 12PM)

.5	SPRINKLED CRISPY SHALLOTS	
.5	SOUTHERN FRIED CHICKEN BURGER W/ BACON, TOMATO, LETTUCE, CHEESE, SRIRACHA MAYO & FRIES <b>(GFO)</b>	\$25
.5	SLOW COOKED LAMB SHOULDER, W/ ROASTED SEASONAL VEGETABLES, LEBNEH, BEETROOT HUMMUS & DUKKAH <b>(GFO)</b>	\$29
.5	NOURISH BOWL W/ FALAFELS, GRILLED HONEY HALLOUMI, AVOCADO, CARROT RIBBONS BEETROOT HUMMUS, CRISPY GREENS & QUINOA <b>(V, VGO, GF)</b>	\$21
.5	+ POACHED EGG	\$24
	+ BACON	\$26
.5	+ CHICKEN + CURED SALMON	\$27 \$27
.5	KIDS	
.5	POACHED EGG ON A PIECE OF TOAST W/ BACON OR AVOCADO	\$12.5
	FRENCH TOAST W/ MAPLE SYRUP, ICE CREAM & SPRINKLE of BERRY POWDER	\$13.5
	CHICKEN TENDERS W/ FRIES	\$14.5

## SED JUICE

PURE ORANGE JUICE	\$7
PURE APPLE JUICE	\$7
KALE, CELERY, APPLE, LEMON & GINGER	\$8
WATERMELON, APPLE & MINT	\$8
CARROT, ORANGE, PINEAPPLE & GINGER	\$8
BEETROOT, CARROT, ORANGE & APPLE	\$8

## **LED**

FAMOUS SODA CO. SPARKLING DRINKS;	Ş6
PINK LEMONADE, GINGER BEER,	
BLOOD ORANGE OR PASSIONFRUIT	
TWO BOYS BREW KOMBUCHA	\$6

EXTRA SHOT OAT MILK, ALMOND MILK, DECAF SOY MILK

**EXTRAS** 

**TEA DROP LOOSE LEAF TEA** ENGLISH BREAKFAST, EARL GREY, SPRING GREENS, CHAMOMILE BLOSSOMS, PEPPERMINT OR LEMONGRASS & GINGER.

\$1.5	CINNAMON & ALMOND MILK	
\$1	+ COFFEE SHOT	+\$1
\$.5	FASTEN YOUR METABOLISM	
	UNDER PRESSURE	\$13
\$6	MIXED BERRY, GREEK YOGHURT, HONEY,	
	CHIA, GOJI, COCONUT MILK	
	STABILISING HIGH BLOOD PRESSURE	

DATES, BANANA, ALMONDS, OATS,

FRENCH KISS OR SILK ROAD

- ..5 \$6 COCA-COLA OR COKE ZERO WILD ORGANIC ICED TEA \$6 LEMON OR PEACH
  - BOTTOMLESS SPARKLING WATER BOTTLED WATER

\$6 p/p \$4.5

**SEE FRONT CABINET FOR FRESH DAILY SPECIALS GRAB & GO MEALS AVAILABLE** 

**WEEKEND SURCHARGE 10% PUBLIC HOLIDAY 15%** 



**V VEGETARIAN VG VEGAN / VGO OPTION GF GLUTEN FREE / GFO OPTION DF DAIRY FREE** 

