

MENU

5.30am - 1pm

Oat Cups 8.00

vegan, locally made. see cabinet for flavours.

Bacon & Egg roll 14.00

w tomato relish & mayo. Add rocket

BLAT Bagel 16.00

Bacon, Rocket, Avo and cheese.

Gruffin GF 8.00

savoury vege muffin. eggs, zucchini, carrot, sweet pot, quiona, cheese, sumac, organic flour. GF

Drinks.

Clean green smoothie 12.00

Berry glow smoothie 12.00

Protein power smoothie 12.00

Choc Banana protein smoothie 12.00

Chicken pesto toastie 12.00

pesto, chicken, aioli, avo & cheese

Ham & Cheese toastie 10.00

ham, cheese & relish

Veggie toastie 10.00

pumpkin, pesto, rocket, capsicum, cheese

Pies & Sausage rolls 6.50

assorted locally made pies and sausage rolls. see pie warmer for daily offering.

vegemite & cheese croissant 6.00

baked daily

banana bread GF 5.50

gluten free. toasted with butter

Fruit toast 5.00

pixel bakehouse, 2 slices toasted with butter

fresh baked pastries and treats

see cabinet for daily offering

Coffee

Cold brew

Tea

Cold Pressed Juices

coconut water

Sodas