



BODY AND MIND CAFE

MENU

KITCHEN CLOSES 2.30PM DAILY

BREAKFAST

GRANOLA BOWL - FRESH FRUIT, GRANOLA, TOASTED COCONUT, CHIA SEEDS
-YOUR CHOICE OF ACAI OR PROTEIN YOGHURT (VO) 18

EGGS ON TOAST - EGGS YOUR WAY ON TWO SLICES OF SOURDOUGH (GFO) 14
-ADD BACON - \$5

AVO ON RYE - AVO, FETA, DUKKAH, LEMON (GFO/VO) 18

VEGGIE FRITTATA - SWEET POTATO, CORN AND FETA WITH RELISH AND TOAST (GFO) 19

POKÉ BOWL - SPINACH, BROWN RICE, SMOKED SALMON, PICKLED GINGER, EDAMAME, RED CABBAGE, NORI, SESAME CRUSTED TOFU (GFO/VO) 21

BAKED BEANS & EGGS - HOUSEMADE BAKED BEANS, TWO FRIED EGGS, SAUSAGE, CRUMPET (GFO/VO) 23

EGGS BENEDICT - ENGLISH MUFFIN, SPINACH, HOLLANDAISE SAUCE (GFO/VO)
-CHOICE OF SALMON OR BACON OR MUSHROOMS 24

CHICKEN WAFFLES - WAFFLE, FRIED CHICKEN, SLAW, FRIED EGG, SRIRACHA MAPLE KEWPIE 24

BIG BREAKFAST - BACON, EGGS, TOMATO, MUSHROOM, BEANS, CHIPOLATA SAUSAGE, HASHBROWN, TOAST (GFO/VO) 26

SIDES

EGGS - ONE YOUR WAY 2.5

WILTED SPINACH - GRILLED TOMATO - BAKED BEANS - HASH BROWN 3.5

AVOCADO - CHIPOLATA SAUSAGE - MUSHROOM 4

BACON - GRILLED CHICKEN 5

SMOKED SALMON 6

GRILLED SALMON 8

LUNCH

TACOS - GRILLED SALMON, HEIRLOOM TOMATO, HERBS, MANGO, AVOCADO, LIME JUICE 27

GRILLED SALMON - PINEAPPLE AND CUCUMBER SALAD WITH LEMON LIME DRESSING (GFO) 27

PESTO CRUSTED CHICKEN BREAST - GREEN BEANS, SUN-DRIED TOMATO, SPINACH, FETA, PINE NUTS, QUINOA 27

FISH & CHIPS - MIXED SLAW, TARTARE, LEMON WITH CHIPS 22

VEGAN BURGER - CHICKPEA & QUINOA PATTY, BEETROOT HOMOUS, TOMATO, AVOCADO, LETTUCE WITH CHIPS (VO) 20

STEAK SANDWICH - LETTUCE, TOMATO, GRILLED ONIONS, BBQ SAUCE WITH CHIPS (GFO) 22

CHICKEN PENNE - GRILLED CHICKEN, SUN-DRIED TOMATO, SPINACH, MUSHROOM, POMODORO CREAM SAUCE 26

GODDESS SALAD - SPINACH, QUINOA, ALMOND, DRIED CRANBERRY, FETA, OLIVES, RED ONION, HUMMUS (GFO/VO) 21

THAI PRAWN SALAD - GRILLED PRAWNS, ASIAN SALAD, THAI PEANUT DRESSING (GFO/VO) 25

HOT CHIPS
SMALL - \$5
LARGE - \$8
EXTRA SAUCE - \$0.5

GF - GLUTEN FREE
V - VEGAN
O - OPTION AVAILABLE

