



MENU

ALL DAY BREAKFAST

CHIA BERRY PUDDING 12

TOPPED WITH YOGURT, GRANOLA AND SHAVED COCONUT

BIRCHER COCONUT MUSELI 13

PEPITAS, SULTANAS, APPLE AND ALMONDS
TOPPED WITH SHAVED COCONUT
YOGURT AND FRESH BERRIES

YOGHURT AND GRANOLA 9.50

FRUIT SALAD CUP 7.50

ACAI BOWL 18

BLENDED ACAI WITH BANANA AND COCONUT WATER, TOPPED WITH CRUNCHIE MAPLE GRANOLA, SLICED BANANA, FRESH BERRIES, SHAVED COCONUT AND CHIA SEEDS

SMASHED AVO 16

SERVED ON SOURDOUGH TOPPED WITH ROQUETTE, CREAMY FETA, CHERRY TOMATOS, ZATTAR AND A CARAMELISED BALSAMIC DRIZZLE

BACON AND EGG ROLL 13

CRISPY BACON, SOFT EGG, TASTY CHEESE ON A MILK BUN WITH CHOICE OF TOMATO OR BBQ SAUCE, AIOLIO, CHILLI OR A TOMATO RELISH

BREAKY WRAPS

SPANISH CHORIZO 16

CHORIZO, CREAMY SCRAMBLED EGG, ROASTED CAPSICUM, SPANISH ONION, SPINACH, FETA, RELISH AND ZAATAR

MEDITERRANEAN VEGE 16

MARINATED MUSHROOM, CREAMY SCRAMBLED EGG, ROASTED CAPSICUM, SPANISH ONION, SPINACH, FETA, RELISH AND ZAATAR

GOURMET CROSSAINTS

HAM AND CHEESE 15

SMOKED HAM, PROVOLONE AND TASTY CHEESE

OREGANO AND PROVOLONE BAKED CROSSAINT 15

STUFFED WITH FRESH TOMATO, HALOUMI AND ZAATAR

SOPPRESSA SALAMI 15

WITH SEMIDRIED TOMATO, PROVALONE AND TASTY CHEESE AND A PESTO DRIZZLE

TOAST

STAPLE BAKERY SOURDOUGH, TURKISH RAISIN OR GLUTEN FREE BREAD 8

TOPPED WITH

- TRIPLE BERRY JAM
- STRWBERRY JAM
- PEANUT BUTTER
- VEGEMITE
- GOLDEN SYRUP
- HONEY
- CINNAMON
- NUTELLA + \$1
- BISCOFF + \$1



MENU

LUNCH

MEXICAN TACO WRAP	17
MEXICAN BEEF, SOUR CREAM, CHEESE, CHIPOTLE MAYO AND SPINACH	
TUNA SALAD	17
TUNA, SPANISH ONION, SWEET CHILLI SAUCE, MAYO, TASTY CHEESE, SLAW, CUCUMBER AND ROQUETTE	
PESTO CHICKEN	17
CAPSICUM, SEMI DRIED TOMATO, CHEESE AND SPINACH	
VEGE DELIGHT	17
EGGPLANT, CAPSICUM, ZUCCHINI, SWEET POTATO, PUMPKIN, HALOUMI, SPINACH AND HERB MAYO	
SLOW COOKED PORK & SLAW	17
SMOKEY BBQ PULLED PORK, RAINBOW SLAW, TASTY CHEESE AND SMOKEY BBQ AIOLI	
CHICKEN BLAT	18
HOME MADE PARMESAN AND HERB SCHNITZEL WITH SPINACH, TASTY CHEESE, TOMATO, AVACADO, ONION, BACON AND HERB MAYO	
TANDOORI CHICKEN WRAP	17
MEATBALL & 3 CHEESE SUB	18

TOASTIES

TRADITIONAL WHITE BREAD WITH BUTTER, SALT AND PEPPER TOASTED

HAM CHEESE & TOMATO	7
CHEESE AND TOMATO	9
HAM & CHEESE	9
CHEESE	7

SWEETS & SNACKS

BANNANA BREAD	6
COOKIES	4.50
<ul style="list-style-type: none">• CHOCOLATE CHIP• WHITE CHOC & MACADAMIA• SALTED CARAMEL• GLUTEN FREE DAIRY FREE VEGAN +\$1	
HOMEMADE AMARETTI	4.50
FLORENTINE	6
MELTING MOMENTS	4.50
<ul style="list-style-type: none">• VANILLA• PASSIONFRUIT	
MACAROON	4.50
<ul style="list-style-type: none">• BISCOFF• COOKIES & CREAM• STRAWBERRY YOGHURT (GF)• PISTACIO (GF)	
SLICES	7
<ul style="list-style-type: none">• CARAMEL• ROCKY ROAD• PEPPERMINT• RASBERRY• PASSIONFRUIT (GF)• FIG N NUT (GF)• SNICKERS (GF)• COCONUT (GF)• NUTELLA BROWNIE (GF, DAIRY FREE VEGAN)	



MENU

FREAK SHAKES

MINT MADNESS 15

LIME MILKSHAKE WITH CHOC DRIZZLE, ICE CREAM & CREAM, MINT LEAVES, AERO BAR, PEPPERMINT SLICE SQUARE & CHOC FLAKES

NUTTY NUTELLA 15

NUTELLA MILKSHAKE WITH NUTELLA DRIZZLE, CREAM, BUENO BAR, CRUSHED NUTELLA BROWNIE 7 CRUSHED NUTS

CARAMEL DELIGHT 15

CARAMEL MILKSHAKE WITH CARAMEL DRIZZLE, CARAMELLO KOALA, WAFER, PRETZELS & CARAMEL BALLS

STRAWBERRY SPRINKLE 15

STRAWBERRY MILKSHAKE WITH STRAWBERRY DRIZZLE, SPRINKLE CUPCAKE & COOKIE + FAIRY FLOSS

LOADED LOLLIES 15

VANILLA MILKSHAKE WITH VANILLA DRIZZLE, BANNANAS, SOUR STRAP & GUMMIE BEARS

BISCOFF 15

BISCOFF MILKSHAKE AND BISCOFF DRIZZLE, BISCOFF MACAROON, VANILLA STICK & LOTUS BISCUIT

COOKIES & CREAM 15

CHOCOLATE MILKSHAKE WITH CHOC DRIZZLE, COOKIES & CHOC STICK

DRINKS

ICED COFFEE 9

ICED CHOCOLATE 9

ICED MOCHA 9

BLENDED COFFEE FRAPPE 9

ICED LATTE 7

ICED CHAI LATTE 7

ICED MATCHA 7

ICED LONG BLACK 7

MILKSHAKES 9

- VANILLA
- CHOCOLATE
- CARAMEL
- STRAWBERRY
- LIME

SMOOTHIES

• GREEN WITH BANNANA, DATE, SPINACH, MINT, SUPER GREEN POWDER AND COCONUT WATER 15

• TROPICAL WITH BANNANA, MANGO, PASSIONFRUIT, MINT AND COCONUT WATER 15

• BREAKY WITH BANNANA, GRANOLA, HONEY, CINNAMON, YOGURT AND MILK 15

• ACAI 13

• MANGO

• BANNANA

• MIXED BERRY

FRESH JUICES 10

• TROPICAL WITH WATERMELON, ORANGE, PINEAPPLE AND PASSIONFRUIT

• GREEN WITH CUCUMBER, SPINACH, CELERY, APPLE, LEMON AND MINT

• DETOX WITH CARROT, APPLE CELERY, BEETROOT AND GINGER

• IMMUNE WITH ORANGE, CARROT, LEMON AND GINGER

• OR MAKE YOUR OWN



MENU

SANDWICHES

ALL SANDWICHES ARE AVILABLE ON
YOUR CHOICE OF TORTILLA WRAP,
WHITE SLICED OR GLUTEN FREE BREAD

EGG MAYO & LETTUCE 8

SALAD SANDWICH 11

LETTUCE, TOMATO, CUCUMBER, CARROT
ONION AND TASTY CHEESE WITH OR
WITHOUT MAYONAISE OR AOLI

CHICKEN & AVACADO 15

CHEESE AND LETTUCE WITH YOUR
CHOICE OF MAYO OR AOLI

CHICKEN AND COLESLAW 13

SALAMI 15

SPINACH, PROVOLONE, FRESH TOMATO
WITH PESTO AOLI

CHICKEN SCHNITZEL 15

LETTUCE TASTY CHEESE FRESH TOMATO
WITH MAYONAISE AND SWEET CHILLI

HAM CHEESE & TOMATO 13

WITH SEEDED MAYO

MAKE YOUR OWN 17.50

STEP ONE: CHOOSE A BASE

- WHITE ROLL
- SEEDED ROLL
- WRAP (WHITE,SPINACH,TOMATO)
- SLICED WHITE BREAD
- SLICED WHITE GLUTEN FREE
- PLAIN OR BLUEBERRY BAGEL

STEP 2: SELECT A PROTEIN

- HAM
- SALAMI
- CHICKEN
- PESTO CHICKEN
- CHICKEN SCHNITZEL
- TANDOORI CHICKEN
- PULLED PORK
- MUSHROOM
- TUNA

STEP 3: ADD FOUR INGREDIENTS

- LETTUCE
- SPINACH
- TOMATO
- CUCUMBER
- CARROT
- BEETROOT
- AVOCADO
- CHEESE (PROVOLONE,TASTY)

STEP 4: CHOOSE YOUR CONDAMENT

- AOLI
- PESTO AOLI
- MAYONAISE
- HERB MAYONAISE
- SEEDED MAYONAISE
- TOMATO RELISH
- CHILLI (SRIRACHA)
- SWEET CHILLI
- MUSTARD SAUCE
- ENGLISH,FRENCH,DIJON MUSTARD
- CREAM CHEESE
- SOUR CREAM

ADDITIONAL PROTEIN 2

ADDITIONAL INGREDIENT 1