

food.

MEGA loaded croissant (DF options)
bacon, halloumi, beetroot relish, baby spinach,
avocado and a free-range poached egg topped
with our delicious house hollandaise **26**

loaded croissant (DF options)
grilled halloumi, house beetroot relish, baby
spinach and a free-range poached egg topped
with our delicious hollandaise **22**

avo smash (veg, GF/DF options)
avocado smashed on ciabatta bread with feta,
cherry tomato, spanish onion & balsamic glaze **22**

moroccan sweet potato smash (veg)
maple- and moroccan-roasted sweet potato
spicy smash on ciabatta bread with parmesan,
seeds and beetroot sprinkle **24**

shanti mushies (veg, GF/DF options)
our famous mushrooms served with ciabatta
bread on a bed of rocket finished with truffle oil
and parmesan cheese **22**

undecided (veg, GF/DF options)
can't decide between an avo smash or shanti
mushies – why not have both? **25**

eggs benedict (GF/DF options)
two poached eggs on ciabatta with baby
spinach, topped with our delicious house
hollandaise. choice of:
grilled bacon **24**
ham off the bone **27**
our famous mushies
smoked salmon

brekkie burrito (GF/DF options)
folded eggs, tasty cheese, bacon, tomato,
spanish onion, baby spinach, avocado, and our
famous tomato relish **22**

the roll (DF options)
perfectly grilled double bacon, two fried eggs
and tasty cheese, plus our delicious tomato
relish on a sourdough roll **18**

sweet loaded spud (veg)
spiced roast sweet potato with creamy
mushroom and baby spinach, free-range
poached egg, seeds and greens **24**

eggs your way (GF/DF options)
we cook them just how you like them
don't forget to add some sides! choice of:
poached **15**
fried **16**
scrambled

granola bowl (veg, vegan option)
natural yoghurt, granola with nuts, seeds
locally grown banana, berries and local honey **18**

coco crunch (vegan)
organic coconut yoghurt on ciabatta bread,
served with local banana, berries and mixed
seeds, drizzled with maple syrup and granola
crumb **18**

toast (GF/DF options)
fruit toast or ciabatta with your choice of
strawberry jam, local honey, vegemite, peanut
butter, or orange marmalade **9**

loaded vegan toast (vegan)
classic hommus on ciabatta, topped with
spiced chickpeas and roast tomatoes **20**

toastie or croissant (GF/DF options)
your choice of:
ham off the bone with cheese and tomato; or
chicken, cheese, avocado and mayo **14**

15% public holiday surcharge may apply

Please note that not all ingredients are listed in the menu. If you have a FOOD ALLERGY or SPECIAL DIETARY REQUIREMENTS, please inform us BEFORE you order.
We kindly ask for no menu substitutions for personal preference, especially on weekends. Sides and additions are priced as sides to a main dish – ordering only sides will incur a \$4 plating fee. We offer gluten free options but we are not a gluten free kitchen. We hope you enjoy your experience with us and enjoy our piece of paradise as much as we do!

food.

beetroot & halloumi salad (vegan options)
mixed lettuce, cherry tomato, cucumber,
spanish onion, avocado, mixed seeds and our
special hummus dressing **25**

Wraps – made to order (DF options)
tasty cheese with seeds, served with tomato,
red onion, carrot, cucumber, mixed lettuce,
mayonnaise, and house made beetroot relish.
choice of:
salad
grilled chicken
ham off the bone **16**

blat (GF/DF options)
toasted ciabatta, bacon, lettuce, avocado
tomato with our delicious tomato relish **18**

nourish bowl (vegan)
falafel, hummus, avocado, microgreens and
plenty more **25**

something for the kiddies

egg and bacon
fried egg on toast with bacon and tomato
sauce **12**

pancake
with banana, maple syrup and vanilla ice
cream **12**

peanut butter and banana toastie
smooth peanut butter and locally-grown
bananas on toasted ciabatta bread **12**

banana split
locally-grown banana and vanilla ice cream
with chocolate sauce **12**

add some sides

haloumi 6 / smoked salmon 6
free range eggs 4 / scrambled egg 6
bacon 6 / sauteed mushrooms 5
smashed avo 5 / hash brown 4
gluten free bread 3

check out our drinks menu for:

coffees	boozy juices
smoothies	cocktails
milkshakes	beer and wine
housemade sodas	juices

(alcohol available after 10am)

wish you were here

great food, good vibes and even better coffee!
**Mission Beach
Queensland**

**don't forget to check
our specials board and
cabinet items for
some extra deliciousness**

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