



Opening Hours:
Tuesday - Sunday
8am - 2.30pm
Public Holidays
Closed

ALL DAY BREAKFAST

AVOCADO TOAST ONE \$10 | TWO \$17

Smashed avocado w. mint & lemon on organic multigrain sourdough topped with crumbled Meredith's goats cheese & alfalfa sprouts

* Vegan option: smoked almond curd instead of goats cheese

FREE RANGE EGGS YOUR WAY

On organic multigrain sourdough toast

Poached or fried \$11

Scrambled \$13

ORGANIC OAT PORRIDGE \$17

Cinnamon & rice malt syrup, your choice of milk & topped with fresh strawberries, banana, choc nibs & toasted coconut

BREAKFAST BURRITO \$17

Scrambled egg with fresh sauteed spinach and mushrooms, goat's cheese and organic bbq sauce in a tortilla wrap, lightly toasted with a side of corn chips and salsa

GREENER PASTURES OMELETTE \$20

Infused w. roquette, kale & baby spinach, topped w. Meredith's goats cheese, cashew pesto, fresh asparagus & chilli - organic multigrain toast

TURKISH EGGS \$20

Toasted turkish bread, fried sriracha eggs, roasted turmeric cauliflower, pumpkin hummus, charred cherry tomatoes, lemon drizzle, dukkah, fresh chilli and chopped coriander

ADD - ONS

Homemade gluten free Holy Bread \$2
(as substitution)

Poached egg | House made relish \$3

Goat's cheese | Spinach | Avocado | \$4
Cashew pesto | Smoked almond curd

Bacon | Shredded chicken | Soy tempeh \$5
Oven baked mushrooms | Roast sweet potato

ALL DAY LUNCH

ASIAN CHICKEN BURGER (GFO | VGO) \$19

Free range Asian infused chicken patty, avocado, mango citrus labne, vietnamese mint & coriander slaw on an organic panini bun

* Vegan option: substitute soy tempeh for chicken

MEXICAN BOWL (VG | GF) \$20

House made spicy bean mix, guacamole, brown rice and organic corn chips, topped with house made coriander cashew cream

SUPERFOOD BOWL (GF|V|VGO) \$21

Steamed broccoli, kale and quinoa, mixed with fresh baby spinach, asparagus and avocado, topped with a poached egg, Holy seeds, alfalfa and superfood dressing

* Vegan option: tempeh instead of egg + \$2

KETO BOWL (GF) \$21

Shredded chicken, baby spinach, fresh avocado, goat's cheese, poached egg, cashew pesto and crushed almonds

ABUNDANCE BOWL (VG) \$23

Rosemary roasted sweet potato, roasted turmeric cauliflower, soy tempeh, pumpkin hummus, beetroot & ginger sauerkraut, crispy kale, sliced avocado, alfalfa, Holy seeds & fresh spinach

VEGAN PUMPKIN CURRY (VG | GF) \$24

Mild coconut spiced pumpkin curry w. brown rice, mint, coriander & fresh chilli raita, turmeric infused roti & crushed salted cashews

*** Please inform staff of any allergies or food intolerances when ordering**

*** All items may contain traces of gluten, dairy & nuts**

*** Holy seeds are our home blend of toasted pepitas, sunflower seeds & puffed quinoa**

*** Meredith Goat's cheese is infused with garlic**



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TOASTIES

EGG & BACON ROLL \$14

Fried egg and bacon with organic bbq sauce and rocket on an organic panini bun

* GF bun option + \$1.50

* Vegetarian option: tempeh instead of bacon

* Vegan option: tempeh instead of egg & bacon

ORGANIC SESAME BAGELS \$14

Poached chicken, tarragon mayo, house made beetroot relish & roquette

Tuna, mayo, tomato, tasty cheese and alfalfa sprouts

VEGAN TRUFFLED MUSHROOM TOASTIE \$16

Organic Multigrain sourdough, toasted with fresh avocado, oven baked field mushrooms, truffle oil, cashew pesto, vegan cheese & fresh spinach

ORGANIC CHICKEN TURKISH \$17

Organic turkish bread, toasted with poached chicken, goat's cheese, tasty cheese, pesto, rocket and avocado * Contains nuts

ACAI BOWLS GF | VG \$17

PEANUT BUTTER

Organic acai blended with banana, blueberries and coconut water topped with house crunch, cacao nibs, coconut yoghurt, strawberries and our house made peanut butter

FULLY LOADED

Organic acai blended with banana, blueberries and coconut water topped with house crunch, chia, cacao nibs, coconut, strawberries, banana and passionfruit

MANGO BLISS

Mango smoothie base topped with coconut, chia, house crunch, strawberries & passionfruit

CHOC BOWL

Choc smoothie base topped with cacao nibs coconut, chia, banana, raw choc sauce & house peanut butter

SMOOTHIES

SML \$10 | LRG \$13

DETOX - HOLY GREENS

Spinach, kale, banana, lemon, cucumber, ginger, coconut water

ANTI - INFLAMMATORY - MANGO BLISS

Mango, coconut, passionfruit, coconut yogurt, tumeric, chia, coconut milk

GO GREEN

Banana, mango, kale, spinach leaves & coconut water

PROTEIN POWER

Banana, cinammon, coconut, coffee beans, vegan rice protein, almond milk and your choice of honey or maple

CHOC ENERGY

Banana, cacao powder, cacao nibs, coconut yoghurt, almond milk and your choice of honey or maple

BLUE BALANCE

Banana, blueberries, coconut yogurt, shredded coconut, chia seeds & coconut milk

KIDS BANANA SMOOTHIE \$8

Banana, vegan coconut icecream, honey, cinnamon & your choice of milk

COLD PRESSED JUICES \$9

WATERMELON & PEAR

Watermelon, pear, apple, lime & rhubarb

KALE JUICE

Kale, spinach, lemon, cucumber

TONIC JUICE

Orange, lemon, carrot, ginger, tumeric

BEETROOT JUICE

Beetroot, apple, cucumber, ginger & lime