



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

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

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

Opening Hours:
Monday - Saturday
8am - 3pm
Sunday + Public Holidays
8.30am - 3pm

Public Holidays
15% surcharge

AVOCADO TOAST * Poached egg

ONE TOAST \$12 | TWO TOAST \$17

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

ORGANIC OAT PORRIDGE (VGO) \$17

Rhubarb compote, pure maple syrup, holy pecan crumble & cinnamon coconut labne

FREE RANGE EGGS YOUR WAY

On organic multigrain sourdough toast

Poached or fried \$11

Scrambled \$13

BREAKFAST BURRITO \$17 * Bacon

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

GREENER PASTURES OMELETTE \$20

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

TURKISH EGGS (GFO) \$22

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

CHIPOTLE EGGS (GFO) \$20

Chipotle scrambled eggs, avocado, fresh tomato and coriander salsa on organic multigrain toast

MEXICAN BOWL (VG | GF) \$22

House made spicy bean mix, guacamole, charred corn fresh tomato salsa, brown rice, organic corn chips & cashew chipotle sour cream

MISO CURED SALMON BENTO BOWL \$25

Miso cured salmon, asian slaw, avocado, brown rice, nori chips, edamame, pickled ginger, toasted sesame seeds, kewpie mayonaise, chilli soy dipping sauce and coriander

SUPERFOOD BOWL (GF|V|VGO) \$23

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

KETO BOWL (GF) \$23

Shredded poached chicken, baby spinach, fresh avocado, goat's cheese, cherry tomatoes, poached egg, cashew pesto, pickled cucumber, pomegranate and toasted almonds

ABUNDANCE BOWL (VG) \$23

Za'atar roasted sweet potato, roasted turmeric & chilli cauliflower, soy tempeh, pumpkin hummus, beetroot & ginger sauerkraut, wilted kale, sliced avocado, alfalfa, holy seeds & fresh spinach

VEGAN PUMPKIN CURRY \$25

Mild coconut spiced pumpkin, lentil & cashew curry w. brown rice, mint raita, housemade roti & crushed salted cashews

ASIAN CHICKEN BURGER (GFO | VGO) \$20

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

*** ADD ONS | OPTIONS**

Chilli flakes

GF: Organic Roll or House Roti \$2.50 House Holy Bread | Poached egg \$3

Goat's cheese | Avocado | Cashew pesto | Turmeric & chilli roasted cauliflower \$4

Bacon | Poached chicken | Miso cured salmon | Soy tempeh | Baked field mushrooms | Roast sweet potato \$5



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TOASTIES

EGG & BACON ROLL (GFO) \$14

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

TUNA TOASTED BAGEL (GFO) \$15

Tuna, corn, mayo, tomato, tasty cheese and baby spinach on a lightly toasted organic sesame bagel

TRUFFLED MUSHROOM TOASTIE (VG, GFO) \$16

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

TARRAGON CHICKEN PIDE (GFO) \$17

Tarragon chicken mayo, goat's cheese, avocado, rocket, beetroot relish & baby spinach

TEMPEH REUBAN SANDWICH (VG, GFO) \$17

Soy tempeh, beetroot sauerkraut, russian dressing, vegan cheese, pickled cucumbers on toasted organic multigrain

ACAI BOWLS (VG | GF) \$17

PEANUT BUTTER

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

FULLY LOADED

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

MANGO BOWL

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

CHOC BOWL

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

SMOOTHIES

SML \$10 | LRG \$13

HOLY GREENS - DETOX

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

MANGO BLISS - ANTI INFLAMMATORY

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

GO GREEN

Banana, mango, kale, spinach leaves & coconut water

PROTEIN POWER

Banana, cinnamon, toasted 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

PEANUT POWER

House peanut butter, banana, protein powder, house crunch, almond milk

BLUE BALANCE

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

KIDS BANANA SMOOTHIE \$9.50

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

COLD PRESSED JUICES \$9.50

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