



AVOCADO TOAST SM 12 | LRG 17

(GF0 - Holy Bread: + 3)

Smashed avocado w. mint & lemon on organic multigrain sourdough topped with crumbled Meredith goat cheese, holy seeds & alfalfa sprouts

FREE RANGE EGGS YOUR WAY

On organic multigrain sourdough toast

Poached or fried 11

Scrambled 13

EGG & BACON ROLL 14

(GF0 - Roll: + 3)

Fried egg, bacon, housemade tomato relish & roquette on an organic panini bun

BREAKFAST BURRITO 17

Scrambled egg with fresh spinach, mushrooms, cheddar cheese and housemade tomato relish in a toasted tortilla wrap w. corn chips, fresh cherry tomato & coriander salsa

FOLDED GREEN OMELETTE 20

(GF0 - Holy Bread: + 3)

Infused w. kale & spinach, sliced avocado, cherry tomatoes, cashew pesto, lemon dressed roquette, Meredith goat cheese and alfalfa - organic multigrain toast

ASIAN CHICKEN BURGER 18

(GF0 - Roll: + 3)

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

TRUFFLED MUSHROOM TOASTIE 16

(VG, GF0)

(GF0 - Roll: + 3)

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

TARRAGON CHICKEN PIDE 17

(GF0 - Roll: + 3)

Tarragon chicken mayo, Meredith goat cheese, avocado, roquette, beetroot relish & baby spinach

ADD ONS | OPTIONS

Chilli Flakes | Butter | Sriracha

Olive Oil | Salt Flakes

GF Organic Roll | | GF House Holy Bread

Poached Egg 3

VG: Avo | Cashew Pesto | Soy Tempeh

Turmeric & Chilli Roasted Cauli | Grilled Tomato

Roasted Herb Mushrooms | Bacon |

Roast Zaatar Sweet Potato | Meredith Goat Cheese

Poached Chicken | Miso Cured Salmon

BOWLS 25

MOROCCAN LAMB (GF)

(VGO - Tempeh)

Ras el Hanout braised lamb shoulder w. lemon dressed quinoa tabouli, cucumber ribbons, roasted cumin & maple carrots, beetroot hommus, pomegranate molasses, mint labne, toasted pistachios and chickpeas

MEXICAN (VG | GF)

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

MISO CURED SALMON BENTO

(VGO - Tempeh / Dressing)

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

ABUNDANCE (VG)

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

KETO (GF)

Poached egg, shredded chicken, bacon, Meredith goat cheese, avocado, baby spinach, roquette, cherry tomatoes, capsicum, cucumber sticks, carrot spirals, fresh blueberries, cashew pesto, pomegranate, almond butter & a side dressing of lemon/flaxseed & keto seeds

PLEASE ASK ABOUT OUR WEEKLY SPECIALS AND TAKEAWAY OPTIONS



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

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

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

* Keto seeds - toasted almonds, pepitas, chia & flaxseeds

