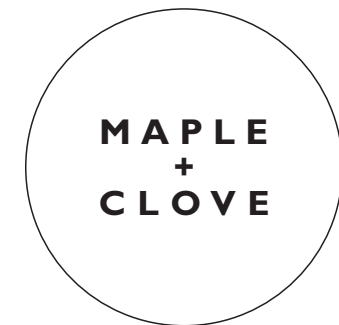


SERVED ALL DAY

<p>MAPLE PORRIDGE Almond milk soaked oats, spices, banana, soaked blueberries, seed mix, dried cranberries + maple syrup DF</p>	<p>18.9</p>	<p>SAVOURY SPELT WAFFLE Wholemeal spelt, zucchini + sweet corn waffles served with smoked salmon, smashed avocado + poached eggs</p>	<p>26</p>	<p>BANANA BREAD Toasted with butter + sweet ricotta</p>	<p>9.5</p>
<p>APPLE + COCONUT GRANOLA Maple baked oats, toasted coconut, nuts, seeds, fresh apple, served with speculaas yoghurt + milk</p>	<p>18.9</p>	<p>FULL BREAKFAST Poached eggs, free range bacon, baby spinach, roasted tomato, seasonal mushrooms + sourdough</p>	<p>28.9</p>	<p>TWO SLICES OF TOAST With butter and preserves Available in white sourdough, seeded rye, fruit or gluten free</p>	<p>9.5</p>
<p>BREAKFAST BRUSCHETTA Cherry tomatoes, smashed avocado, salsa verde, radish, sweet potato crisps, chive ricotta + poached eggs on seeded rye toast. GF - DF options available</p>	<p>26</p>	<p>PESTO EGGS AND GOATS CHEESE Poached eggs with cashew pesto, broccolini, roasted pepitas + goats cheese on seeded rye</p>	<p>26</p>	<p>EGGS ON TOAST Free range eggs poached, scrambled or fried</p>	<p>16.9</p>
<p>BLUE SWIMMER CRAB OMELETTE Coconut ginger rice, miso sauce, shallots + crunchy puffed wild rice</p>	<p>28</p>	<p>BUTTER MILK WAFFLE Served with honey baked pear, vanilla gelato, caramel popcorn + maple syrup</p>	<p>25</p>	<p>SIDES + Free range bacon + Tasmanian smoked king salmon + Seasonal mushrooms with fresh herbs + Smashed avocado + lime + Roasted organic tomatoes + Wilted spinach + Lemon + chive ricotta + Sweet potato + almond hash brown</p>	<p>6</p>
<p>SWEET POTATO HASH BROWN Served with smoked ham, scrambled eggs, dukkah, toasted almonds + rocket. DF - GF</p>	<p>26</p>	<p>GOOD LIFE BOWL Kale, spinach, broccolini, minted peas, quinoa, corn, avocado, halloumi, toasted nuts and seeds, turmeric vinaigrette + poached eggs</p>	<p>26</p>		

11.30am +

<p>BEEF BURGER Lean beef, swiss cheese, bacon, tomato, mustard aioli + beetroot relish on a milk bun served with sweet potato chips</p>	<p>24.9</p>	<p>STEAK SANDWICH Grilled fillet steak, onion jam, swiss cheese, aioli, chimichurri sauce, tomato + rocket, served with sweet potato chips</p>	<p>26.9</p>
<p>HARISSA SPICED CHICKEN TACOS Avocado, corn salsa, yoghurt, puffed wild rice, coriander + corn chips and bean dip</p>	<p>24.9</p>	<p>GRILLED BARRAMUNDI With a coconut curry sauce. Served with baby bokchoy + garlic rice and mango salsa. DF - GF</p>	<p>28.5</p>
<p>RAW GREEN SALAD Baby kale, quinoa, avocado, baby spinach, broccoli, asparagus, maple soy almonds, crisp apple + lemon tahini dressing. DF - GF + poached eggs + poached chicken breast</p>	<p>22 6 6</p>	<p>VEGAN MUSHROOM TACOS Shitake and king brown + quinoa, turmeric and lime. served with coconut and corn salsa.</p>	<p>25.9</p>
		<p>CRISPY SOFTSHELL CRAB Served with rocket, cucumber, fennel, cherry tomatoes, citrus, tarragon vinaigrette + chilli jam</p>	<p>26.9</p>



**COFFEE + BREAKFAST + LUNCH
OPEN 7 DAYS**

SMOOTHIES

10.9

CHOC ALMOND

Almond milk, dates, banana, coffee + raw cocoa

BANANA

Banana, milk, natural yoghurt + raw honey

SUPER NUT

Almond milk, dates, banana, activated almonds, walnuts, chia + flax seeds

GREEN SMOOTHIE

Green apple, kiwi fruit, banana, cucumber, celery, lime, spinach + ginger

BERRY SMOOTHIE

Coconut water, strawberries, cranberries, blueberries + banana

DETOX

Spinach, beetroot, celery, apple, orange + ginger

FRESHLY SQUEEZED JUICES

10.9

REHYDRATE

Watermelon, apple, coconut water + lime

SUPER C

Carrot, pineapple, orange, lime + ginger

ORANGE JUICE

Fresh navel oranges

COFFEE

COFFEE

Cup - 5.5
Mug - 6.5

MOCHA

5.5

CHAI LATTE

5

HOT CHOCOLATE

5

BATCH BREW

6

COLD BREW

6

ICED LATTE

6.5

espresso, ice, milk

ICED COFFEE

8.5

vanilla bean gelato, espresso, milk

Extra shot, bonsoy, almond milk, oat milk,
lactose free milk, honey

.7

TEA

LEAF TEA

5.5

english breakfast, earl grey, lemon & ginger, peppermint,
green, chamomile and black chai tea

INFUSED CHAI TEA

6.5

infused with soy milk and honey

COLD DRINKS

CHOCOLATE OR VANILLA SHAKE

8.5

vanilla bean gelato and milk

SOFTDRINKS

Lemonade

5.5

Ginger beer

5.5

Lemon lime + bitters

5.5

Cola

5.5

KOMBUCHA

Ginger + Lemon

6

Raspberry lemonade

6

SPARKLING WATER

500ml

6.9

1 litre

10.9

BEER + WINE

Glass/Bottle

SHIRAZ

14/55

PINOT NOIR

14/55

RIESLING

14/55

SAUVIGNON BLANC

14/55

PROSECCO (Bottle)

55

FOUR PINES KOLSCH

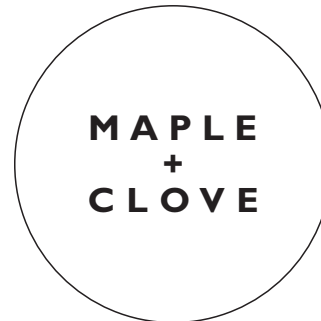
12

German style golden ale - Manly NSW

LITTLE CREATURES

12

Pale ale - Fremantle WA



COFFEE + BREAKFAST + LUNCH

OPEN 7 DAYS

We do not split bills, sorry for the inconvenience
10% surcharge applies on weekends and public holidays.