

Ipswich

winter menu



ORGANIC SOURDOUGH \$6.50

Toasted organic sourdough with your choice of everymite, seasonal Jam, peanut butter or local honey. Please specify if you would prefer butter or Nuttelex

***Make mine gluten free! \$2.50**

Add nitrate-free bacon \$5.50

Add half avocado \$5.00

ORGANIC EGGS \$14.95

Scrambled - Fried - Poached

Served on local organic sourdough with house tomato relish

Please specify if you would prefer butter or Nuttelex

***Make mine gluten free! \$2.50**

Add nitrate-free bacon \$5.50

Add half avocado \$5.00

Scrambled egg \$2 extra

SHROOMS ON TOAST \$18.50

Sourdough toast with mushroom and almond duxelle, truffle infused kale and sauteed mushrooms

Please specify if you would prefer butter or Nuttelex

***Make mine gluten free! \$2.50**

Add nitrate-free bacon \$5.50

Add poached eggs (2) \$5.00

SUPERSEED MO AVO \$18.50

Avocado with YAY! vegan feta, beetroot hummus & toasted superseeds on local organic sourdough

***Make mine gluten free! \$2.50**

Add nitrate-free bacon \$5.50

Add poached eggs (2) \$5.00

ORGANIC EGGS BENNY \$19.50

Organic poached eggs on local organic sourdough, with wilted spinach, Hollandaise sauce & choice of either ham, bacon, smoked salmon. or sliced avocado

***Make mine gluten free! \$2.50**

CLASSIC CHEESEBURGER \$19.50

Beef patty, cheddar, dill pickles, sweet onion pickle, lettuce and house made burger sauce.

Add nitrate-free bacon \$5.50

Substitute gluten free bun \$2.50

SHAKSHUKA EGGS \$20.50

2 organic eggs baked in tomato chickpea tagine, topped with YAY! vegan feta, dukkah, served with gluten free flatbread

SIDES

Vegan Yay feta \$4

Organic egg your way \$3

Nitrate-free bacon \$5.5

Half avocado \$5

Sourdough toast \$3

SUB Gluten free toast \$2.5

Gluten free toast side \$4

Grilled tomato \$4

Smoked salmon \$6.50

Mushrooms \$5

Tomato relish/ Aioli/ Vegan Aioli/ Hollandaise \$1.50

Organic Coffee

IS THE ONLY WAY



ESPRESSO \$4.00
PICCOLO

CAPPUCCINO - FLAT WHITE \$5.00 SML
LONG BLACK - LATTE - MOCHA \$5.50 MED
DANDY LATTE - CHAI LATTE \$6.50 LRG

BULLETPROOF
Hot espresso coffee blended
w/ organic butter and MCT oil \$6.00 SML
\$7.00 MED

OVER ICE
LONG BLACK \$5.00
LATTE - MOCHA \$5.50
CHOC - CHAI - MATCHA \$6.00



SUPERFOOD LATTES
NUTRA ORGANICS **LUNAR LATTE** \$6.00 SML
NUTRA ORGANICS **VELVET LATTE** \$6.50 MED
TOTALLY RAWesome **GOLDEN LATTE** \$7.00 LRG
MATCHA LATTE



POT OF TEA
ENGLISH BREAKFAST - GREEN \$5.00
EARL GREY - PEPPERMINT POT
CHAI - CHAMOMILE


EXTRAS
OATLY - BONSOY - ALMOND
COCONUT - MACADAMIA \$0.80
DECAF - EXTRA SHOT

SYRUPS \$0.80
HONEY - MAPLE - CARAMEL - VANILLA -
HAZELNUT



SMOOTHIES ARE LIFE



CELLULAR GREEN   \$11.00
Avocado, kale, spinach, mint,
lemon, banana & coconut water


PROTEIN BREW   \$11.00
Banana, espresso, cinnamon,
salted caramel protein &
almond milk

CHOC PROTEIN   \$11.00
Cacao, cacao nibs, chocolate
protein, dates, banana &
almond milk

ACAI SMOOTHIE   \$11.00
Acai energy, mixed berries,
banana, hemp seeds & coconut
water

BERRY PROBIOTIC   \$11.00
Banana, coconut yoghurt, chia
seeds, mixed berries, maple
syrup, slippery elm & coconut
water

DATE ALMOND   \$11.00
Banana, medjool dates,
almonds, vanilla protein,
cinnamon & almond milk

ACAI BOWL  \$15.50
Energy Acai, banana, berries,
mango & coconut water
topped with seasonal fruit
and granola



*Only organic
dairy used here!*