

ORGANIC FRUIT TOAST \$6.50

Leavain Organic Middle Eastern Fruit Toast swerved with butter

*Make mine dairy free

Add Half Avocado \$5.00

SOUP OF THE DAY \$14.50

Fresh hot soup to warm you up from the inside! Served with Organic Sourdough

*Make mine gluten free! \$2.50

PALEO FRUIT TOAST \$6.50



SUPERSEED MO AVO \$18.50 @



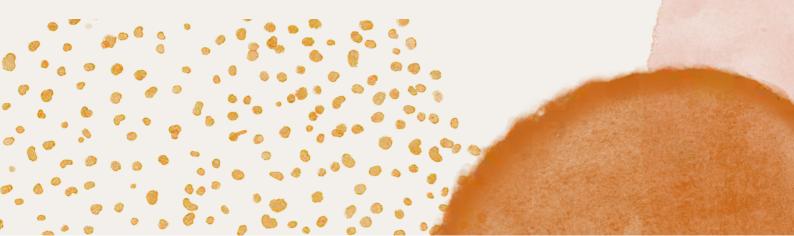
Avocado with YAY! vegan Feta, beetroot hummus & toasted superseeds on Local Organic Sourdough *Make mine gluten free! \$2.50

SIDES

Vegan Yay Feta \$4 Half Avocado \$5 Sourdough Toast \$3 SUB Gluten free toast \$2.5 Gluten free toast side \$4 Sauce Side/ Extra sauce \$1.50

HUMBLE HAM & CHEESE \$10.50

Nitrate-Free Ham and Cheese on toasted local organic sourdough.



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 **\$6.00** SML w/ organic butter and MCT oil **\$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 SMLNUTRA ORGANICS VELVET LATTE\$6.50 MEDTOTALLY RAWSOME GOLDEN LATTE\$7.00 LRGMATCHA LATTE

CUP OF TEA

ENGLISH BREAKFAST - GREEN \$4.00 MED EARL GREY - PEPPERMINT CHAI - CHAMOMILE

EXTRAS

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

SYRUPS

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

SMOOTHIES ARE LIFE

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

PROTEIN BREW () Shanana, espresso, cinnamon, salted caramel protein & almond milk \$11.00

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

BERRY PROBIOTIC (A)
Banana, coconut yoghurt, chia
seeds, mixed berries, maple
syrup, slippery elm & coconut
water

\$11.00

DATE ALMOND (S)

Banana, medjool dates,
almonds, vanilla protein,
cinnamon & almond milk

\$11.00

ACAI BOWL (2)
Energy Acai, banana, berries,
mango & coconut water \$15.50
topped with seasonal fruit
and granola

