



ORGANIC SOURDOUGH \$6.50

Toasted Organic Sourdough with your choice of Everymite, Seasonal Jam, almond butter or local honey

*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 tomato relish
*Make mine gluten free! \$2.50
Add Nitrate-free bacon \$5.50
Add Half Avocado \$5.00

SHROOMS ON TOAST \$18.50 @

Mixed Mushrooms, greens, YAY! vegan Feta & house Dukkha on Local Organic Sourdough

*Make mine gluten free! \$2.50 Add nitrate-free Bacon \$5.50 Add Half Avocado \$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 mushrooms \$5.00

ORGANIC EGGS BENNY \$19.50

Organic poached eggs on Local Organic Sourdough, topped with hollandaise sauce and nitrate-free bacon

*Make mine gluten free! \$2.50 Add Sauteed Greens \$5 Add mushrooms \$5.00

CLASSIC CHEESEBURGER \$19.50

Beef patty, cheddar, dill pickles, diced onion, lettuce and house made burger sauce

Add nitrate-free Bacon \$5.50 Add mushrooms \$5.00

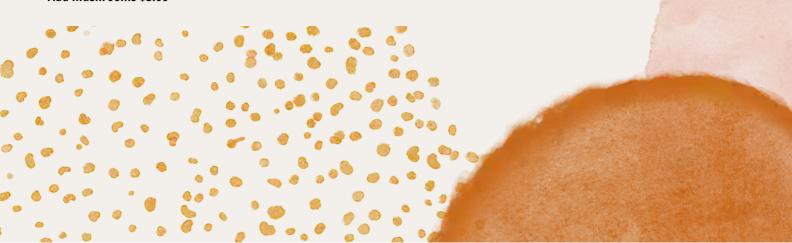
CHEF'S SOUP \$14.50

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

*Make mine gluten free! \$2.50

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
Sauteed Greens \$5
Mushrooms \$5
Sauce Side/ Extra sauce \$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 **\$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 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

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

SMOOTHIES ARE LIFE

CELLULAR GREEN

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

PROTEIN BREW

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

CHOC PROTEIN (1988)

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

\$11.00

ACAI SMOOTHIE

Acai energy, mixed berries, banana, hemp seeds & coconut water

BERRY PROBIOTIC

Banana, coconut yoghurt, chia seeds, mixed berries, maple syrup, slippery elm & coconut water

DATE ALMOND

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

ACAI BOWL

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

