

Rocklea

winter menu



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
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 RAWSONE **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!*