

# ALL DAY FOOD

## MATCHA MINT OR ACAI BERRY SMOOTHIE BOWL

10.50

made with coconut milk, topped with Maple Walnut Granola, cacao nibs, coconut & fresh fruit

OR choose your smoothie base & we'll add the toppings above (smoothie price +2.50)

## SALMON ENGLISH MUFFIN 7.75

Lemon caper cream cheese, arugula, red onion, smoked salmon

## HOUSEMADE GRANOLA

8.50

Fruit, honey Greek yoghurt, nuts & seeds, choice of milk

## HAM & CHEESE CROISSANT 7.50

## HAM, EGG & CHEESE CROISSANT 8.75

## CUBANO ENGLISH MUFFIN

6.50

Swiss cheese, mustard, garlic mayo, ham, pickle with egg 7.75

## LOCAL EGG BREAKFAST 9.75

2 steamed local eggs, avocado, bomb sauce with life changing toast soldiers

## TOMATO, AVOCADO & BASIL TOAST 8.75

topped with a steamed local egg 10.25  
with 2 eggs 11.50

## SMOKED SALMON TOAST 13

Pea pesto with local greens & lemon  
Topped with a steamed local egg 14.50  
with 2 eggs 15.75

# MARBLED RYE SOURDOUGH GRILLED CHEESE

## 1. KIMCHI & PINEAPPLE 8.75

House made kimchi, pineapple chutney, aioli & Swiss cheese  
With ham or turkey 11.75

## 2. VEGAN ROYALE 8.75

Pea pesto, hummus, spinach, artichoke

## 3. VEGGIE ROYALE 8.75

Artichoke, local arugula, Swiss cheese, fig & eggplant chutney, tumeric mint mayo

## 4. TURKEY ROYALE 9.75

Veggie Royale with turkey instead of artichoke 9.75 with both 11

## 5. TURKEY, BRIE & PEPPER JELLY 9

Mozzarella, spinach, turkey, brie, sorrel hot pepper jelly

## ADD ONS

Steamed local egg 1.5  
Feta, Mozzarella or Swiss 1.5  
Kalamata olives 1.5  
Baby tomato 1.5  
Nuts/Toasted chickpeas 1.5  
Flourless nutty croutons 2  
Avocado 2  
Nut butter 2  
Turkey/Ham 3  
Salmon 5

# SALADS & WRAPS (WHOLE WHEAT OR VEGGIE FLAX)

## BREAKFAST SALAD 7.25/12

Steamed egg, avocado, tomato, spinach, capers, flourless nutty croutons, yoghurt ranch

AS A WRAP 9

## BEET SALAD

6.75/11.75

Shredded beet & carrot, cilantro, greens, berry balsamic, avocado, mixed nuts +/- feta

AS A WRAP 9

## TURKEY SALAD 7.25/12

Greens, tomato, avocado, carrot, cucumber, turkey breast & yoghurt ranch dressing

AS A WRAP 9

## BUDDHA BOWL 12.50

Spinach, arugula, zucchini noodles, beet, chickpeas, red cabbage, olives, tomato, sprouts & avocado  
Topped with your choice of egg OR nuts  
Dressing: Tumeric mint mayo OR sesame miso dressing

## BLISS BOWL

7.25/12

Kale, arugula, zucchini noodles, toasted chickpeas, avocado, hemp hearts & sesame white miso dressing

AS A WRAP 9

## SESAME MISO SALMON SLAW 15

Zucchini noodles, carrot, arugula, cucumber, red cabbage, local greens, smoked salmon & avocado with a citrus sesame miso dressing

AS A WRAP 12

Please note we do NOT add gratuity and leave it your discretion but the staff very much appreciate tips!

We accept US credit cards and cash but do not give USD change. The conversion is a fixed rate of CI \$1 = US \$1.25