

ALL DAY FOOD

BIRCHER MUESLI 6.50

Spiced oats, raw apple juice, coconut, yoghurt, fruit, nuts

HOLY CHIA BOWLIE 6.50

Chia soaked in 'Pink Ginger' juice with coconut cream, coconut, maple walnut granola topping

HOUSEMADE GRANOLA 8.50

Fruit, honey Greek yoghurt, nuts & seeds, coconut milk

SALMON ENGLISH MUFFIN 7.75

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

CUBANO ENGLISH MUFFIN 6.50

Swiss cheese, mustard, garlic mayo, ham, pickle

HAM & CHEESE CROISSANT 7.50

TOASTS

MARbled RYE SOURDOUGH OR 'LIFE-CHANGING' FLOURLESS NUT TOAST

CREAM CHEESE 7.50

& choice of house made preserve

AVOCADO TOMATO 8.75

basil & olive oil

CAESAR'S TOAST 8.75

2 steamed local eggs, arugula & housemade caesar dressing (has anchovy)

LOCAL EGG BREAKFAST 9.75

2 steamed local eggs, avocado, bomb sauce OR tumeric mint mayo

MARbled RYE SOURDOUGH GRILLED CHEESE

1. KNUCKLE SANDWICH 8.25

Pickled beet, feta, arugula, mozzarella, hot pepper jelly

2. KIMCHI GRILLED CHEESE 8.75

House made kimchi, pineapple chutney, aioli & Swiss cheese

3. VEGGIE ROYALE 8.75

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

4. TURKEY & BRIE 8.75

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

5. TURKEY ROYALE 9.75

Swiss cheese, turkey, sauerkraut remoulade, arugula, aubergine fig chutney

WRAPS

WHOLE WHEAT / (GF) VEGGIE FLAX 9

BEET SALAD

TURKEY SALAD

HUMMUS + CHUTNEY

SESAME MISO

SALMON

WRAP 12

BREAKFAST SALAD

7.25/12

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

BEET SALAD

6.75/11.75

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

TURKEY SALAD 7.25/12

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

BUDDHA BOWL 12.50

raddichio, spinach, arugula, zucchini noodles, beet, chickpeas, olives, tomato, radish & avocado

* your choice of egg OR nuts & tumeric mint mayo OR sesame miso dressing