



SWEET-ISH

FIG & MAPLE MUESLI * I 15

With yoghurt & fruit salad

FIG & MAPLE MUESLI WITH YOGHURT I 14

With yoghurt & rhubarb/mixed berry compote

BIRCHER MUESLI I 14

With yoghurt & rhubarb/mixed berry compote

CHIA POT I 15

With coconut yoghurt & rhubarb/mixed berry compote

FRESH FRUIT SALAD I 13

ACAI BOWL* I 18

With banana, fig & maple muesli

Extra muesli I 3.5

OAT PORRIDGE I 19

With banana, rhubarb, maple syrup, sweet homemade dukkah, tahini

PANCAKES I 21.5

Served with berry compote, banana, fresh berries, mascarpone, maple syrup & pistachio

FRUIT TOAST I 9

SPELT BANANA BREAD I 9

CROISSANT I 6

*GF Muesli 1.5 | Bread 1

**Check out our daily selection of muffins/bars/treats

WARM ROLLS & SANDWICHES

HAM & CHEESE CROISSANT I 10

BLT I 12.5

Smoked bacon, lettuce, fresh tomato, aioli on ciabatta

BNE I 12.5

Smoked bacon and egg, with your choice of sauce on ciabatta

SUPREME BNE I 13

Smoked bacon and egg, rocket, tomato relish, aioli on ciabatta

ROAST BEEF I 15

With cheese, pickled cucumber, rocket, horseradish aioli on sourdough bread

GRILLED HALOUMI I 15

With roasted eggplant, rocket, field mushroom, pumpkin dip on sourdough bread

GRILLED CHICKEN BURGER I 18

With avocado, lettuce, coleslaw, aioli harissa on ciabatta

STEAK SANDWICH I 18

Grilled haloumi, lettuce, tomato, aioli on ciabatta

HOT BREAKFAST/LUNCH

Served with either sourdough/soy & linseed /wholemeal /gf
We only use free range eggs

EGGS & TOAST I 15

(Poached, scrambled, fried)

DYO OMELETTE I 20.5

Choose 3 ingredients

Fetta, tomato, smoked salmon, baby spinach, salami, ham, cheese

SHAKSHUKA I 22

Baked eggs in cooked tomato and capsicum sauce, served with a side of labenah

GREEN EGGS I 20.5

Poached eggs, sautéed spinach, green tahini sauce, your choice of bacon or smoked salmon

CHILI SCRAMBLED EGGS I 21.5

With Harissa, bacon, shredded parmesan and mixed seeds

PORTOBELLO MUSHROOM I 22.5

With grilled halloumi, poached egg on sourdough with tomato relish, pine nuts, green tahini and zaatar

EGGS & AVOCADO I 22.5

Smashed avo, tomato, feta, poached eggs, beetroot tahini, pumpkin seeds and honey balsamic glaze on sourdough

EGGS & SMOKED SALMON I 22.5

Sauteed spinach, roasted pumpkin, beetroot tahini, poached eggs & black sesame seeds on sourdough

ZUCCHINI & CORN FRITTERS (GF) I 22.5

Served with smashed avocado, harissa jam, poached egg & mixed seeds

SOURDOUGH / WHOLEMEAL TOAST/

SOY & LINSEED *GF I 7.5

With side choice of jam (raspberry/citrus), vegemite, tahini & honey, labenah & zaatar, peanut butter

EXTRAS I 5.5

Labenah, bacon, extra toast, spinach, avocado, mushroom, smoked salmon, grilled tomato



BREAKFAST & LUNCH SERVED ALL DAY!

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SOUP OF THE DAY 15 | 12

Served with sourdough toast

SALAD OF THE DAY | 13.5

Add extras: poached chicken, haloumi, smoked salmon, avocado, | 5
grilled chicken | 7

BAGELS

Toasted bagel with cream cheese 9 | **Smoked ham** with cheese & tomato 13 | **Salami** with cheese, rocket, roasted capicum, aioli & seeded mustard 13 | **Smoked bacon** with egg, rocket, aioli & tomato relish 13 | **Fetta** with roasted eggplant, baby spinach, tomato, coriander pesto 15 | **Poached chicken** with roasted zucchini, cheese, rocket, aioli & zaatar 15 | **Smoked salmon** with cream cheese, capers, chives & rocket 15

DRINKS

ESPRESSO

Short black, piccolo, macchiato, 4
Long black, flat white, latte, cappuccino, R 4.5 | L 5
belgian hot chocolate, chai latte

BABYCINO 1.5

COLD BREW R 5.5 | L 6.5

BULLET PROOF R 5.5 | L 6.5

Coconut oil, organic butter
blended with a shot of espresso

MOCHA R 5 | L 5.5

**BEETROOT/MATCHA/TUMERIC LATTE/
CHAI LATTE** R 5 | L 5.5

ICED COFFEE/ICED CHOCOLATE 6

Add ice cream 1

AFFOGATO 6

GINGER CINNAMON LATTE R 4.7 | L 5.7

ICE TAHINI LATTE 8.5

ICE HONEYCOMB LATTE 7.5

ORANGE COFFEE BLISS 7.5

ORGANIC LOOSE LEAF TEA 5

English breakfast, earl grey, mint,
sencha green, Chamomile, lemongrass & ginger

CHAI TEA 6

EXTRAS

Extra shot / decaf / almond / coconut milk / oat 70c
soy / caramel / vanilla / hazelnut syrups

NECTAR COLD PRESS JUICES 6.5

Green with Envy apple, celery, spinach,
kale, lemon, cucumber, parsley

Eagle Eye carrot, apple, orange, pineapple,
lemon, turmeric

Up Beet beetroot, carrot, apple, celery,
ginger, lemon

Tropi Cool pineapple, apple, orange, lemon, mint

The Big O- Oranges

SMOOTHIES

Banana / Mixed Berry /Mango 12

Yoghurt, ice cream, milk, honey

Green superfood

Banana, almond milk, spirulina, chlorella, barley grass, wheat grass

Acai

Cloudy apple juice, banana

MILKSHAKES & THICKSHAKES

Chocolate, caramel, vanilla, strawberry, coffee 10/11

Kids milkshakes | 8

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