



LIGHT-ISH

	IN	OUT
FIG & MAPLE MUESLI with yoghurt & fruit salad	16	13
FIG & MAPLE MUESLI with yoghurt & rhubarb/mixed berry compote	15	13
BIRCHER MUESLI with yoghurt & rhubarb compote	15	13
CHIA POT with coconut yoghurt & rhubarb compote	16	13
FRESH FRUIT SALAD	13	11
ACAI BOWL / GREEN BOWL with banana, fig & maple muesli Extra muesli 3.5	20	
OAT PORRIDGE with banana, rhubarb, maple syrup, sweet dukkah, tahini	21	19
FRUIT SPELT TOAST	9	8
SPELT BANANA BREAD	9	8
CROISSANT	7	6

*GF Muesli 1.5 | GF Bread 1

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

WARM ROLLS & SANDWICHES

HAM & CHEESE CROISSANT	11
BLT Smoked bacon, lettuce, fresh tomato, aioli on ciabatta	14 13
BNE Smoked bacon and egg, rocket, tomato relish, aioli on ciabatta	14 13
ROAST BEEF with cheese, pickled cucumber, rocket, horseradish aioli on sourdough bread	16
GRILLED HALOUMI with roasted eggplant, rocket, field mushroom, pumpkin spread on sourdough bread	16
GRILLED CHICKEN BURGER with avocado, pickled beetroot, lettuce, zaatar aioli on ciabatta, w/ side salad	22 20
STEAK SANDWICH Grilled haloumi, lettuce, tomato, herb aioli on ciabatta, w/ side salad	22 20
TUNA ROLL Baby spinach, roasted zucchini, celery, red onion, harissa & aioli	16
PULLED PORK ROLL with coriander chilli salsa, aioli, rocket	20

ALL DAY BREAKIE

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

EGGS & SOURDOUGH (Poached, scrambled, fried)	16
SALMON & EGGS ROLL Poached eggs, smoked salmon, rocket, chives, aioli	22
FETTA OMELETTE with tomato, zaatar, baby spinach & toast	22
SPICY TUNA OMELETTE with celery, onion & toast	22
SHAKSHUKA Baked eggs in cooked tomato and capsicum sauce, served with a side of labenah & toast	24
SCRAMBLED EGGS & SMOKED SALMON Scrambled eggs, smoked salmon, chives on sourdough toast	22
SMOKED SALMON & AVO Sourdough, smoked salmon, avo, tomato	20
SOURDOUGH/WHOLEMEAL TOAST/ SOY & LINSEED with side choice of jam (raspberry/citrus), vegemite, tahini & honey, labenah & zaatar, peanut butter	9 8
EXTRAS Labenah, bacon, extra toast, spinach, avocado, mushroom, smoked salmon, tomato, egg	5



BREAKFAST & LUNCH SERVED ALL DAY!

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LUNCH

SOUP OF THE DAY 16 | 13

Served with sourdough toast

SALAD OF THE DAY 16 | 13

Add extras: poached chicken, haloumi, smoked salmon, avocado, tuna, pulled pork, roast beef | 5
grilled chicken | 8

BAGELS

Toasted bagel with cream cheese 10 | **Smoked ham** with cheese & tomato 15 | **Salami** with cheese, rocket, roasted capcicum, aioli & seeded mustard 15 | **Smoked bacon** with egg, rocket, aioli & tomato relish 15 | **Fetta** with roasted eggplant, baby spinach, tomato, coriander pesto 17 | **Poached chicken** with roasted zucchini, cheese, rocket, aioli & zaatar 17 | **Smoked salmon** with cream cheese, capers, chives & rocket 17 | **Sweet potato bagel** with field mushrooms, semi dried tomato, onion, baby spinach & tahini harissa 17

DRINKS

ESPRESSO	4
Short black, piccolo, macchiato	
Long black, flat white, latte, cappuccino, belgian hot chocolate, chai latte	R 5.2 L 5.7
BABYCINO	2
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 5.5 L 6
TUMERIC LATTE/CHAI LATTE	R 5.5 L 6
ICED LONG BLACK	R 5 L 5.5
ICED COFFEE/ICED CHOCOLATE	6/6.5
Add ice cream	1.5
AFFOGATO	6
ORGANIC LOOSE LEAF TEA	5.5
English breakfast, earl grey, mint, sencha green, Chamomile, lemongrass & ginger	
ORGANIC LOOSE LEAF CHAI TEA	6
EXTRAS	80c
Extra shot / decaf / almond / coconut milk / oat /soy /caramel / vanilla / hazelnut syrups	

SMOOTHIES	
Banana / Mixed Berry /Mango	13
Yoghurt, ice cream, milk, honey	
Green superfood	13.5
Banana, almond milk, spirulina, chlorella, barley grass, wheat grass	
Acai	13
Cloudy apple juice, banana	
Brekkie	13.5
Banana, mango, orange, coconut yoghurt, coconut milk, muesli	
MILKSHAKES & THICKSHAKES	S10 L11
Chocolate, caramel, vanilla, strawberry, coffee	
Kids milkshakes	8
FRESHLY SQUEEZED JUICE	S10 L12
Apple, pineapple, mint	
Orange, grapefruit, lime	
Carrot, celery, beet, ginger	
Apple, celery, mint, cucumber, baby-spinach	