

DRINKS & DESSERTS

EAT. DRINK. BE SOCIAL

COLD DRINKS

ICED LATTE	6.8
Bottled & served chilled	
ICED COFFEE/CHOCOLATE/MOCHA/CHAI	6.8
Served chilled over ice-cream	
COLD BREW	5.5
SOFT DRINKS	3.5
Coke/Coke Zero/Sprite/Sparkling water	
BOTTLED WATER	3.5
KIDS MILKSHAKES	4.2
Chocolate/Caramel/Strawberry/Vanilla	
MILKSHAKES	5.5
Chocolate/Caramel/Strawberry/Vanilla	
+ make it a thickshake	2
THICKSHAKES	9
Pistachio/Nutella/Cookies & Cream	
Your choice of flavoured gelato blended with milk	

FRESH JUICE

FRESH OJ/APPLE/WATERMELON	6.5
Straight up freshly squeezed juice	
SUMMER LOVIN'	6.5
Passionfruit, orange, pineapple & mint	
SKITTLES	6.5
Strawberry, watermelon, orange & apple	
GOLDEN GLOW	6.5
Carrot, ginger, orange & lemon	
THE HULK	6.5
Kale, spinach, apple & orange	
YOUR OWN JUICE	6.5
A selection of up to 4 seasonal fruits & vegetables	

BLENDDED

BANANA BREAKFAST SMOOTHIE	8
An energy boosting blend of full cream milk, banana, oats, honey & chia seeds	
MAKE THIS VEGAN [VG] - Swap for almond milk & rice malt syrup	+0.7
+ add protein	1
GO GREEN [VG]	8
A detoxing blend of almond milk, kale, spinach, pineapple, banana & ice	
+ add protein	1
THINK PINK	8
A brain powering blend of strawberry, banana, full cream milk, oats, yoghurt & ice. Topped with strawberry puree	
+ add protein	1
AMAZONIA	8
An açaí blend with banana, coconut water & ice. Served with shaved coconut & chia seeds	
PINA COLADA	8
A non-alcoholic blend of coconut, frozen pineapple, lime juice & ice	
ZEN [VG]	9
An antioxidant packed blend of matcha (green tea powder), banana, almond milk & ice; topped with cacao chips	
+ add protein	1

HOT DRINKS

COFFEE	S	L
SHORT BLACK/RISTRETTO	3.2	-
MACCHIATO/PICCOLO	3.7	-
CAPPUCCINO/LATTE/FLAT WHITE/LONG BLACK	3.9	4.4
MOCHA/HOT CHOCOLATE/CHAI/TARO/TUMERIC/MATCHA/EARL GREY TEA LATTE	4.5	5.0
AFFOGATO	4.4	-
FILTER	-	4.4
TEA	-	4.0
ENGLISH BREAKFAST/EARL GREY/PUNJABI CHAI/GREEN & JASMINE/PEPPERMINT/CHAMOMILE		

EXTRAS

ESPRESSO SHOT/BON SOY/ALMOND MILK/ LACTOSE FREE CARAMEL/HAZELNUT/VANILLA SYRUP

SPRITZ

LYCHEE & MINT MOJITO [VG]	6
Lychee juice, lychees, lemon juice, mint, soda & ice	
PASSIONFRUIT & ELDERFLOWER [VG]	6
Elderflower syrup, fresh passionfruit, lime juice, soda & ice	
WATERMELON & STRAWBERRY [VG]	6
Watermelon, strawberry puree, elderflower syrup, soda & ice	



DESSERTS

NUTELLA LOVERS WAFFLES	15
Toasted belgian waffles (2) topped with Nutella, chocolate crumble, melted milk chocolate, banana, strawberries & nutella gelato	
STRAWBERRIES & CREAM WAFFLES	15
Toasted belgian waffles (2) drizzled with melted milk chocolate; served with strawberry puree, fresh strawberries, meringue, biscuit crumble, whipped cream & vanilla ice-cream	
CHOC FAVOURITES WAFFLE	17
Toasted belgian waffles (2) drizzled with melted milk chocolate; served with chocolate biscuit crumble, banana, strawberries, Nutella gelato & your choice of TWIX/MALTEASERS/CRUNCHIE/BOUNTY	

ESPRESSO WARRIORS



BREAKFAST

EAT. DRINK. BE SOCIAL

CLASSICS

TOAST [V]
MICHE SOURDOUGH [VG]/WHITE/WHOLEMEAL/RAISIN
With your choice of butter, vegemite, jam, peanut butter or honey

EGGS YOUR WAY [V]
Your choice of poached, scrambled or fried eggs served on toasted sourdough

RISE & SHINE BURGER
Hash brown, cheese, bacon & fried egg; served with tomato relish on brioche bun

AVOCADO & PEA SMASH [V]
Smashed avocado, sweet garden peas, cherry tomatoes; served on toasted sourdough with salsa verde, parmesan crisps and feta
+ add poached eggs (2) 3

GOLDEN EGGS BENE
Deep-fried panko-crumbed poached eggs (2) and sautéed spinach; served on toasted brioche with hollandaise and your choice of either; bacon OR chorizo OR mushrooms [V] OR cured salmon (+1)

HUNGRY WARRIOR
Eggs your way, bacon, sliced avocado, pan-fried mushrooms, roasted cherry tomatoes, sautéed kale, hash browns (2), chorizo and tomato relish served with toasted sourdough

CLASSIC PANCAKES [V]
Pancakes, maple syrup, strawberries, banana and a scoop of vanilla ice cream
+ add bacon 3

BREAKFAST STACK
Toasted sourdough, stacked with sautéed kale, avocado, sliced tomato, bacon, poached eggs (2) and melted cheese; served with a balsamic glaze



SOMETHING DIFFERENT

CORN & ZUCCHINI FRITTERS [V] 14
Sweet corn & zucchini fritters (3), topped with rocket, avocado, poached eggs (2), tomato relish and pumpkin puree
+ add bacon/chorizo 3
+ add grilled haloumi 4

FARM HOUSE OMELETTE [V] 15
A cheesy omelette with sweet potato, spanish onions, cherry tomatoes & spinach, served with toasted sourdough
+ add bacon/chorizo 3
+ add cured salmon 4

STRAWBERRY & WATERMELON PANCAKES [V] 16
Pancakes, fresh watermelon, strawberries and grapes with biscuit crumble and pistachio crumb, served with rose lychee syrup & pistachio gelato

SMOOTHIE BOWLS

A-SIGH BOWL [V] [VG] 15
Amazonian açaí blended with coconut water & banana; topped with chia seed, coconut flakes, granola, nuts and seasonal fruit

PINK PARADISE [V] [VG] 14
Strawberries, banana & almond milk; topped with chia seeds, coconut flakes, granola, mixed berries, organic peanut butter, banana and goji berries
+ add protein 1

TROPICAL BLISS [V] [VG] 14
Mango, pineapple, passionfruit & coconut water; topped with pistachios, coconut flakes, granola, coconut jellies and seasonal fruit
+ add protein 1



Hungry Warrior

EXTRAS

FETA/HOLLANDAISE/TOMATO RELISH/GARLIC AIOLI
GF BREAD
EGGS (2)/HASH BROWNS (2)/ SPINACH/ MUSHROOMS/ AVOCADO/ CHORIZO/BACON /GRILLED CHICKEN
HALOUMI/CURED SALMON
SALTED FRIES

TOAST TOPPERS

VEGO DELIGHT [V] 14
Toasted sourdough topped with ricotta spread, roast pumpkin, grilled broccolini, crushed walnuts and balsamic glaze
+ add mushrooms/bacon/chorizo 3
+ add grilled haloumi 4

BEETS PLEASE [V] 14
Toasted sourdough topped with beetroot hummus, sautéed kale, grilled broccolini and grilled haloumi

PROTEIN STACK 14
Toasted sourdough topped with sautéed kale, sliced avocado, grilled chicken, poached egg and walnuts

SHROOMS & CHEESE [V] 14
Toasted sourdough topped with ricotta spread, sautéed kale, garlic butter mushrooms, melted cheese and chives

CHICKEN AVO 14
Toasted sourdough topped with smashed avocado, grilled chicken, melted cheese and chives



BOWLS

LEAN & MEAN BOWL 16
Grilled portuguese chicken, sweet potato, sautéed kale, cherry tomatoes & Spanish onions; topped with poached eggs and salsa verde
+ add bacon/chorizo 3
+ add cured salmon 4

VEGELICIOUS [V] [VG] 15
Quinoa, broccolini, avocado, caramelised carrots, grilled zucchini, currants and mixed greens with citrus vinaigrette
+ add grilled chicken 3
+ add grilled haloumi 4

PEARL COUS COUS SALAD [V] 15
Pan-fried pearl couscous with zucchini, cherry tomatoes, Spanish onions, parsley, grilled broccolini, beetroot hummus & grilled haloumi
+ add grilled chicken / bacon 3
+ add cured salmon 4

SALMON BOOST BOWL 18
Brown rice, sweet potato, peas, avocado, purple cabbage & roasted almonds; served with pan-fried citrus cured salmon and soy glaze

THAI BEEF SALAD 16
Quinoa, mixed leaf salad, tomato, sliced onions, grated carrot, chilli lime dressing and marinated steak

KIDS MENU

All kids meals come with a freshly squeezed apple OR orange juice

BIG BREAKFAST 10
Bacon, scrambled eggs, hash brown, white toast and tomato sauce

MESSY HOTCAKE 10
Pancake, with maple syrup, strawberries and vanilla ice-cream

CHEESY TOASTIE 10
Smashed avocado and cheese toastie on white bread with salted fries OR apple & carrot sticks

CHICKEN NUGGETS 10
Crispy chicken nuggets and tomato sauce with salted fries OR apple & carrot sticks

BATTERED FISH 10
Crispy battered fish fillets and tomato sauce with salted fries OR apple & carrot sticks

V	= VEGETARIAN
VG	= VEGAN
GF	= GLUTEN FREE

LUNCH

SINCE 2014