

DRINKS & DESSERTS

EAT. DRINK. BE SOCIAL

COLD DRINKS

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

FRESH JUICE

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

BLENDED

BANANA BREAKFAST SMOOTHIE An energy boosting blend of full cream milk, banana, oats, honey & chia seeds	8
MAKE THIS VEGAN [VG] - Swap for almond milk & rice malt syrup + add protein	+0.7 1
GO GREEN [VG] A detoxing blend of almond milk, kale, spinach, pineapple, banana & ice + add protein	8 1
THINK PINK A brain powering blend of strawberry, banana, full cream milk, oats, yoghurt & ice. Topped with strawberry puree + add protein	8 1
AMAZONIA An açai blend with banana, coconut water & ice. Served with shaved coconut & chia seeds	
PINA COLADA A non-alcoholic blend of coconut, frozen pineapple, lime juice & ice	8
ZEN [VG] An antioxidant packed blend of matcha (green tea powder), banana, almond milk & ice; topped with cacao chips + add protein	9 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 ENGLISH BREAKFAST/EARL GREY/PUNJABI CHAI/ GREEN & JASMINE/PEPPERMINT/CHAMOMILE	-	4.0

EXTRAS	0.7
ESPRESSO SHOT/BON SOY/ALMOND MILK/ LACTOSE FREE CARAMEL/HAZELNUT/VANILLA SYRUP	

SPRITZ

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



DESSERTS

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

ESPRESSO



WARRIORS

ESPRESSO WARRIORS

CATERING AVAILABLE
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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	5
EGGS YOUR WAY [V] Your choice of poached, scrambled or fried eggs served on toasted sourdough	8.5
RISE & SHINE BURGER Hash brown, cheese, bacon & fried egg; served with tomato relish on brioche bun	12
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	15
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)	17
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	22
CLASSIC PANCAKES [V] Pancakes, maple syrup, strawberries, banana and a scoop of vanilla ice cream + add bacon 3	14
BREAKFAST STACK Toasted sourdough, stacked with sautéed kale, avocado, sliced tomato, bacon, poached eggs (2) and melted cheese; served with a balsamic glaze	15

SOMETHING DIFFERENT

CORN & ZUCCHINI FRITTERS [V] 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	14
FARM HOUSE OMELETTE [V] A cheesy omelette with sweet potato, spanish onions. cherry tomatoes & spinach, served with toasted sourdough + add bacon/chorizo 3 + add cured salmon 4	15
STRAWBERRY & WATERMELON PANCAKES [V] Pancakes, fresh watermelon, strawberries and grapes with biscuit crumble and pistachio crumb, served with rose lychee syrup & pistachio gelato	16

SMOOTHIE BOWLS

A-SIGH BOWL [V] [VG] Amazonian açai blended with coconut water & banana; topped with chia seed,coconut flakes, granola, nuts and seasonal fruit	15
PINK PARADISE [V] [VG] Strawberries, banana & almond milk; topped with chia seeds, coconut flakes, granola, mixed berries, organic peanut butter, banana and goji berries + add protein 1	14
TROPICAL BLISS [V] [VG] Mango, pineapple, passionfruit & coconut water; topped with pistachios, coconut flakes, granola, coconut jellies and seasonal fruit + add protein 1	14



Hungry Warrior

EXTRAS	
FETA/HOLLANDAISE/TOMATO RELISH/GARLIC AIOLI	1
GF BREAD	1.5
EGGS (2)/HASH BROWNS (2)/ SPINACH/ MUSHROOMS/ AVOCADO/ CHORIZO/BACON /GRILLED CHICKEN	3
HALOUMI/CURED SALMON	4
SALTED FRIES	6

LUNCH

SINCE 2014

TOAST TOPPERS

VEGO DELIGHT [V] Toasted sourdough topped with ricotta spread, roast pumpkin, grilled broccolini, crushed walnuts and balsamic glaze + add mushrooms/bacon/chorizo 3 + add grilled haloumi 4	14
BEETS PLEASE [V] Toasted sourdough topped with beetroot hummus, sautéed kale, grilled broccolini and grilled haloumi	14
PROTEIN STACK Toasted sourdough topped with sautéed kale, sliced avocado, grilled chicken, poached egg and walnuts	14
SHROOMS & CHEESE [V] Toasted sourdough topped with ricotta spread, sautéed kale, garlic butter mushrooms, melted cheese and chives	14
CHICKEN AVO Toasted sourdough topped with smashed avocado, grilled chicken, melted cheese and chives	14

MAINS

CHICKEN SCHNITZEL Chicken fillet crumbed and deep-fried; served with a side of chips, gravy and side salad + upgrade to a parmigiana 3	15
PINK SALMON Spaghetti, pan-fried salmon, pink pasta sauce (nap sauce and cream), spinach and zucchini noodles	17
MAD MEATBALLS Spaghetti, house-made meatballs, nap sauce, rocket and parmesan	17
FISH & CHIPS Beer battered fried fish fillets, served with chips, tartar sauce and side salad	16

BURGERS

CRISPY CHICKEN & AVO Fried buttermilk chicken, smashed avocado, cheese & cabbage slaw on a toasted brioche bun with chips and aioli	16
BEEF & BACON Beef patty with double cheese, rashers of bacon, grilled onions, tomato, lettuce, tomato relish & aioli on a brioche bun served with chips and aioli	17
TEX MEX Marinated steak, smashed avocado, Spanish onion, tomato, corn chips, cheese & TEX-MEX sauce; on a brioche bun with chips and aioli	16

V	= VEGETARIAN
VG	= VEGAN
GF	= GLUTEN FREE



Lean & Mean Bowl

BOWLS

LEAN & MEAN BOWL 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	16
VEGELICIOUS [V] [VG] Quinoa, broccolini, avocado, caramalised carrots, grilled zucchini, currants and mixed greens with citrus vinaigrette + add grilled chicken 3 + add grilled haloumi 4	15
PEARL COUS COUS SALAD [V] 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	15
SALMON BOOST BOWL Brown rice, sweet potato, peas, avocado, purple cabbage & roasted almonds; served with pan-fried citrus cured salmon and soy glaze	18
THAI BEEF SALAD Quinoa, mixed leaf salad, tomato, sliced onions, grated carrot, chilli lime dressing and marinated steak	16

KIDS MENU

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

BIG BREAKFAST Bacon, scrambled eggs, hash brown, white toast and tomato sauce	10
MESSY HOTCAKE Pancake, with maple syrup, strawberries and vanilla ice-cream	10
CHEESY TOASTIE Smashed avocado and cheese toastie on white bread with salted fries OR apple & carrot sticks	10
CHICKEN NUGGETS Crispy chicken nuggets and tomato sauce with salted fries OR apple & carrot sticks	10
BATTERED FISH Crispy battered fish fillets and tomato sauce with salted fries OR apple & carrot sticks	10