

MENU

BREAKFAST

	M	G
TOAST	4.5	5.0
sourdough, white, wholemeal, multigrain, raisin, gluten free		
EGGS ON TOAST	9.0	10.0
choice of fried, poached or scrambled on sourdough		
BACON & EGG ROLL	9.45	10.5
fried egg, bacon, cheese on milk bun		
BERRY CREPES	13.1	14.5
crepes, berry compote, strawberry, whipped cream		
AVO TOAST	12.6	14.0
poached eggs, avo puree, dukkha, fetta & balsamic glaze on sourdough		
CHILLI EGGS W/ SAUSAGES	14.4	16.0
scrambled eggs, sambal, coriander, mint on sourdough		

	M	G
MUSHROOMS ON TOAST	14.85	16.5
mushroom, kale, crumbed haloumi, beetroot hommus & fried egg on sourdough		
SMASHED PUMPKIN BRUSCHETTA	14.85	16.5
pumpkin, fetta, hommus, kale, poached egg on sourdough		
FULL BREAKKY	15.75	17.5
choice of eggs, bacon, sausages, mushrooms, roast tomato, sourdough		
EGGS BENEDICT CHOICE OF:		
bacon or ham with spinach	14.85	16.5
salmon with spinach	15.75	17.5
ADD ONS		
tomato, spinach, cheese, ham, egg, hash brown	2.0	2.0
avocado, mushrooms, grilled haloumi, sausages, bacon, chicken, smoked salmon	4.0	4.0

LUNCH AFTER 10AM

BURGERS \$10.8 | \$12.0

GRILLED CHICKEN BURGER

grilled chicken, tomato lettuce,
mayo and cheese

BEEF BURGER

beetroot, lettuce, tomato, onion, cheese
and bbq sauce

STEAK SANDWICH

minute steak, tomato, lettuce, onion,
beetroot, cheese and bbq sauce served on
turkish bread

FRESH CLUB SANDWICH

grilled chicken, bacon, tomato, lettuce,
cheese, relish

WRAPS \$10.8 | \$12.0

"BLAT" WRAP

bacon, lettuce, avocado, tomato wrap

CHICKEN CAESAR WRAP

chicken, cos, bacon, parmesan and
caesar dressing

GRILLED CHICKEN WRAP

pesto aoli, sun dried tomato, spinach cheese

FALAFEL VEGGIE WRAP

falafel, lettuce, tomato, cucumber, onion,
aoli, sweet chilli

CRISPY FISH AND CHIPOTLE MAYO WRAP

flathead, chipotle mayo, mesclun,
tomato, avo

BOWLS \$14.4 | \$16.0

CHICKEN SCHNITZEL BOWL

chicken schnitzel, chips, leafy greens, gravy

HAPPY BOWL

grilled chicken, quinoa, sweet potato, kale,
beetroot, haloumi and egg

PROTEIN BOWL

chicken breast, 2 boiled eggs, brown rice,
chickpeas, avocado, swiss cheese and
sourdough

GREEN BOWL

kale, seasonal greens, avo, quinoa,
hommus, poached eggs, toated pepitas

SALADS \$13.5 | \$15

FRESH SIGNATURE

mesclun, capsicum, beetroot,
avocado, cucumber, pine
nuts, sundried tomatoes,
lemon dressing

ROYAL SALAD

grilled chicken, mesclun, pine
nuts, avocado, cherry tomato,
lemon dressing

CAESAR

cos, parmesan, bacon,
croutons

CHICKEN AVO SALAD

chicken, avocado, sweet
potato, rocket, walnuts

JUICES \$8.1 | \$9.0

SUPER JUICE

kale, cucumber, apple, spinach, mint and lemon

ENERGISER

carrot, orange, apple, ginger

EARLY START

orange pineapple, ginger, mint and mango

CLEANSER

apple, cucumber, pineapple, lemon and ginger

BUILD YOUR OWN (CHOOSE 4)

apple, orange, pineapple, watermelon, carrot, celery, beetroot, tomato, lemon, cucumber

ADD ON

additional fruit 0.5 / ginger 1.2

SMOOTHIES \$7.2 | \$8.0

TRIPLE BERRY

mixed berries, yoghurt, ice and milk

BANANA AND HONEY

banana, honey, cinnamon, yoghurt and milk

PEANUT BUTTER AND MUESLI

peanut butter, muesli, banana and almond milk

MANGO MADNESS

mango, Almond flakes, yoghurt, chia, honey and milk

ADD ON

protein 2.0

SHAKES

MILK SHAKES 6.0 | 6.6

chocolate, strawberry, banana, vanilla, caramel

PROTEIN SHAKES 6.75 | 7.5

chocolate, strawberry, banana, vanilla, caramel

ADD ON

protein 2.0

HOT DRINKS

	M	G
FLAT WHITE, LATTE, CAPPUCCINO	R 4.1 L 5.1	4.5 5.6
SHORT BLACK	3.15	3.5
LONG BLACK	R 3.6 L 4.5	4.0 4.5
CHAI LATTE	R 4.2 L 5.2	4.6 5.7
HOT CHOCOLATE	R 4.1 L 5.1	4.5 5.6

	M	G
MOCHA	R 4.2 L 5.2	4.6 5.7
PICCOLO	4.1	4.5
TEAS	4.1	4.5
English breakfast, chamomile, green tea, peppermint, earl grey		
EXTRAS	1.0	
extra shot, decaf, soy milk, almond milk, syrups		



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