

DRINKS

COFFEE

Five Senses

White **3.8**

Black **3.8**

Decaf **+1.0**

Almond Milk **+1.0**

Bonsoy **+0.5**

Cold drip **4**

Coconut cold drip **5**

Filter **6**

Aeropress **6**

Iced **5**

HEALTH LATTES DF

Pink Latte

Beetroot, soy milk,
honey **5**

Golden Latte

Turmeric, ginger, cinnamon,
soy milk, honey **5**

Green Latte

Matcha, honey, coconut
milk, soy milk **5**

TEA

Storm in a Teacup **4.5**

Breakfast Tea

Silver Fox

Lemonzilla

Peppermint

Rancho Relaxo

Genmaicha

Soy Chai **5**

KOMBUCHA

Remedy **6**

Raspberry Lemonade

Apple

Ginger & Lemon

Mörk Hot Chocolate **4.5**

(+ salted caramel **0.5**)

Soy Chilli Hot Chocolate **6**

COLDPRESSED JUICE

AYOMO

Garden Green

Apple, celery, cucumber, spinach
kale **7**

Summer Lovin'

Pineapple, lemon, mint, apple **7**

Doctor C

Grapefruit, carrot, mint, orange,
lemon **7**

Straight Up

Watermelon juice **7**

SMOOTHIES

Caramello #2

Banana, peanut butter, mesquite,
cacao, chocolate almond
milk **10**

Sunrise

Mango, passionfruit, dragon fruit,
berries, guava nectar, toasted
coconut **14**

Ginzing

Ginger, turmeric, mango, orange
juice, chia, cinnamon **10**

The Hulk

Kale, spinach, passionfruit,
chia, banana, coconut water,
goji **10**

SPARKLING

San Pellegrino **4**

Grapefruit

Blood Orange

Cinotto

Peach Ice Tea **5.5**

OJ **6**

Coconut Water **5**

Sparkling Mineral Water **4/6**

Coke, Diet, Sprite **4**

BREAKFAST ALL DAY

Flip Shelton's 5 Grain Porridge - Vanilla almond milk, puffed quinoa granola with mixed seeds & nuts, toasted coconut, mixed berry compote, banana & maple syrup **14 v**

Wholemeal Waffles - Fresh berries, peanut butter mascarpone, maple syrup, almond flakes & strawberry dust **17.5**

Eggs Benedict on toast - Pulled chicken, poached eggs, jalapeño hollandaise, snow pea cress & pumpkin crisps **18.5**

Dr. Martys Crumpets - Smashed banana, toasted hazelnuts, fresh honeycomb, mixed seeds & honey **14**

Breakfast Tacos - Coriander scrambled eggs, avocado, house baked beans, charred corn, potato, jalapeños, Dijon aioli & Gruyère cheese **14.5 GF**

Nasi Goreng - Classic style, low GI brown rice, topped with a fried egg **16 (+ chicken 5)**

Chilli Scrambled Eggs - Bacon, spring onions, manchego cheese, toast **17**

Avocado Toast #1 - Beetroot relish, burnt lime, pickled red onion, coriander, mixed seeds, sumac salt **16 (+ egg 2.5) v**

Avocado Toast #2 - Feta, mint, pickled red onion, house smoked salmon or bacon **17.5 (+egg 2.5)**

Morning Grain Salad - Quinoa, freekeh, wild rice, rocket, toasted almonds, chai soaked raisins, cumin yoghurt, poached egg **16 (+ grilled bacon 3)**

Roasted Curried Pumpkin - Goats cheese, kale, brussel sprouts, mixed seeds, poached egg, toast **18**

Touchwood Massive - Poached eggs, bacon, lamb chop, salsa verde, potato rosti, mushroom, roasted tomato, avocado **22.5 GF**

Free range eggs on toast, poached, fried **9.5 (Scrambled +2)**

LITTLE PEEPS

A Dr. Marty crumpet with jam or honey **5**

Scrambled eggs, grilled bacon, toast **10.5**

EXTRAS

Gluten free bread **+1.5**

Beetroot relish **1.5**

Pickled red onion **1.5**

Marinated feta **3.5**

Roast tomato/Spinach/Mushroom **3.5**

Jalapeño hollandaise/Dijon aioli/
Chipotle aioli **1.5**

House baked beans **4.5**

Extra egg **2.5**

Bacon / Avocado **4.5**

Potato rosti **4**

Organic lamb chop **6**

House smoked salmon **6**

Chilli dusted fries (*lunch only*) **7**

LUNCH FROM 11:30AM

Mexican Chicken Salad - Grilled corn, cabbage, pinto beans, quinoa, coriander, mint, jalapeños **18 GF**

Californian Superfood Salad - Tri-coloured quinoa, shredded kale, wild organic rice, coriander, charred corn, salted ricotta, black turtle beans, heirloom tomatoes, jalapeño, gojis, spicy lime vinaigrette **16 (+ tuna 2.5) GF**

Sushi Bowl - Brown rice, crispy tofu, grilled salmon, edamame beans, pickled ginger, sprouts, nori, wasabi mayo & a chilli honey soy dressing **17.5 GF**

Cayenne Prawn Tacos - Smashed avocado, cabbage slaw, coriander, chipotle aioli **19.5 GF**

Wagyu Burger - Gruyère cheese, caramelised onion, house pickles, watercress, Dijon aioli, brioche bun with chilli dusted fries & ketchup **19.5**

Danish Smørrebrød Open Sandwich - House smoked salmon, cream cheese, celeriac remoulade, capers, dill, dark rye **18**

SWEETS

Please see our cake display for a selection of sweets!

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GF Gluten Free

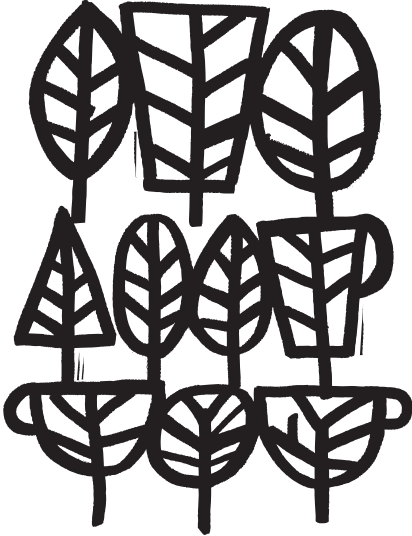
V Vegan

DF Dairy Free

We will try our best to accommodate changes to the menu. However, during busy periods, unfortunately this may not be possible. Thank you for understanding.



**T O U
C H W
O O D**



TOUCHWOOD