

COFFEE

Five Senses

Regular.....	4.5
Large.....	5
Extra Shot.....	+1
Decaf.....	+1
Almond Milk.....	+1
Bonsoy.....	+0.5
Oat Milk.....	+1
Lactose Free.....	+1

Cold Brew.....	6
Coconut Cold Brew.....	6
Pour Over.....	7
Iced Coffee (-/+ ice cream).....	6/8
Iced Chocolate (-/+ ice cream).....	6/8

Soy Chai Latte.....	6
(+ iced 1)	
Cookie Butter Latte V.....	6.5
Mörk Hot Chocolate.....	6.5
Soy Chilli Hot Chocolate.....	7.5

Health Lattes DF5.5

Golden Latte
Turmeric, ginger, cinnamon, honey, soy milk
(+ iced 1)

Green Latte
Matcha, honey, soy milk
(+ iced 1)

Rose Latte
Pink pitaya, rosewater, oat milk
(+ iced 1)

TEA

Organic Loose Leaf Tea.....5

Breakfast Tea - Served black / white

Silver Fox - Earl grey

Genmaicha - Japanese green

Chai Tea - Touchwood wet chai

Thriller in Vanilla - Creamy & sweet rooibos blend

Peppermint - Fresh, clean & cooling

Lemonzilla - Lemongrass & ginger

Detox Tea - Sweet blend of spearmint, calendula,
bodeaux root, liquorice, ginger & nettle leaf

Rancho Relaxo - Calming chamomile

DRINK

COLD DRINKS

Cold Pressed Juice.....8

Tropi Cool
Pineapple, apple, orange, lemon, mint

Green With Envy
Spinach, celery, kale, cucumber, lemon, apple,
parsley

Sweet Cheeks
Watermelon, apple, cucumber, raspberry, lime

Other Juice.....6

Apple Juice
Orange Juice

Water

Still Mineral.....	5
Sparkling Mineral.....	5/8
Coconut Water.....	5

Milkshakes.....8

(+ whey protein powder 2)

Chocolate
Vanilla
Strawberry

KIDS DRINKS

Babycino.....	1
Cold Milk.....	2
Apple Juice.....	3
Orange Juice.....	3
Hot Chocolate.....	5
Chocolate Milkshake.....	4
Vanilla Milkshake.....	4

SOMETHING FIZZY

Kombucha.....6

Raspberry Lemonade
Wild Berry
Ginger Lemon
Passionfruit

Sparkling Ice Tea.....5.5

Queen Peach
Yuzu Lemon

Sparkling Coconut Water.....6

Lychee
Watermelon
Passionfruit

Organic Soda.....5

Lemmy Lemonade
Lemmy Lime & Bitters

Soft Drink.....4

Coke
Coke No Sugar

SMOOTHIES DF

Sunrise Smoothie
Mango, strawberry, lychee, guava nectar.....13

Caramello Smoothie
Banana, peanut butter, mesquite, cacao, chocolate
almond milk.....12
(+ whey protein powder 2)

Green Glow Smoothie
Kale, cucumber, mango, banana, chia seeds, almond
milk.....13.5
(+ whey protein powder 2)

Brekky Smoothie
Blueberry, banana, coconut yoghurt, granola, honey,
almond milk, cinnamon, whey protein.....15

Red Velvet Smoothie
Raspberry, banana, dark chocolate, chocolate almond
milk.....14

BREAKFAST

All Day

Fruit Toast.....10
Served with jam & butter

Free Range Eggs On Toast.....12.5
Poached/Fried
(Scrambled +2)

Overnight Oats.....17
Peanut butter, chia seeds, almond milk, topped with house made granola & fresh seasonal fruits
V DF

Stracciatella Toast.....23
Fresh tomatoes, avocado, rocket, Red Gala apple, pistachio dukkah on one slice of sourdough toast (+ fried egg 3)

Chilli Scrambled Eggs.....23
Bacon, manchego cheese, fresh chilli, fried shallots & chilli oil on two slices of sourdough toast

Prawn Toast Benedict.....25
Two poached eggs, cabbage slaw, jalapeño relish & hollandaise

Avocado Toast.....23
Beetroot relish, pomegranate pearls, pickled red onion, radish & tomato medley on two slices of multigrain toast (+ egg 3) V DF

Sautéed Mushrooms.....24
Caramelised onion, kale, macadamia butter, feta, pistachio dukkah & a poached egg on one sourdough toast

Buttermilk Waffle.....22.5
Salted caramel, macadamia, Biscoff crumb, vanilla bean mascarpone & fresh berries

BLAT / HLAT.....18
Free range bacon OR haloumi, cos lettuce, avocado, tomato & aioli in a toasted Turkish pide

Brekkie Burger.....18
Free range bacon, scrambled egg, spinach, tomato relish & aioli in a brioche burger bun

HCT.....13
Ham, cheese, tomato croissant OR toastie

EAT

SIDES

Bowl of Fries.....9

House Smoked Salmon.....7

Bacon.....6

Avocado.....6

Potato Rosti.....6

Grilled Chicken.....6

Roast Tomato.....5

Spinach.....5

Mushroom.....5

Halloumi.....4

Marinated Feta.....4

Extra Egg.....3

Beetroot Relish.....3

Tomato Relish.....3

Pickled Red Onion.....3

Hollandaise.....2

Aioli.....2

Fresh Chilli.....2

Gluten Free Toast.....+2

KIDS BITES

Kids Scrambled Eggs.....10.5
Grilled bacon & toast

Kids Buttermilk Waffle.....10
Maple syrup
(+ ice cream 2)

LUNCH

All Day

Californian Superfood Salad.....21
Tri-coloured quinoa, shredded kale, wild organic rice, coriander, charred corn, salted ricotta, black turtle beans, gojis, heirloom tomatoes, jalapeños & a spicy lime vinaigrette
(+ tuna 3 / + grilled chicken 6) GF

Asian Chicken Salad.....22
Shredded coconut, chilli, lime, cucumber, cashew, mint, tomato, coriander, carrot & cabbage GF DF

Sushi Bowl.....25.5
Grilled salmon, avocado, miso mushrooms, cucumber, nori, pickled carrot, pickled ginger, brown rice, Kewpie mayo & a chilli honey soy dressing GF

Potato Okonomiyaki.....23
House smoked salmon, avocado, bonito, nori, pickled ginger, Kewpie mayo & okonomi sauce GF

Crispy Chicken Baos.....22
Two steamed bao buns, Sriracha mayonnaise, pickled slaw, sesame, coriander, fresh chilli & lime

Steak Sandwich.....26.5
Scotch fillet, caramelised onion, beetroot relish, pickles, rocket, aioli & Swiss cheese in a toasted Turkish Pide. Served w/ fries

VISUAL MENU

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Follow us on:
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GF Gluten Free
V Vegan
DF Dairy Free

The following
surcharges apply:
Saturday - Sunday 10%
Public Holiday 15%



T O U
C H W
O O D