

DRINKS

COFFEE

Five Senses

White **3.8**

Black **3.8**

Decaf **+1.0**

Almond Milk **+1.0**

Bonsoy **+0.5**

Cold brew **5**

Coconut cold brew **5**

Filter **6**

Iced **5**

Ice cream **+1**

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

Hibiscus Kiss

Ginger & Lemon

Mörk Hot Chocolate **4.5**

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 DF

Caramello

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

Sunrise

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

Ginzing

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

The Hulk

Kale, spinach, pineapple, coconut,
chia, coconut water **10**

Pine Orange

Pineapple, lime, orange juice,
coconut cream **10**

SPARKLING

San Pellegrino 4

Grapefruit

Blood Orange

Chinotto

OJ **6**

Coconut Water **5**

Sparkling Mineral Water **4/6**

Coke, Diet, Sprite **4**

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GF Gluten Free

V Vegan

DF Dairy Free

BREAKFAST ALL DAY

Bircher – Raspberry compote, fresh apple, berries, toasted
coconut, oat crumble, honey yoghurt & mixed seeds **15**

Fruit Toast – Served with French butter **8.5**

Yoghurt Panna Cotta – Seasonal fruits, granola, pistachio crumb,
mango purée, bee pollen & cherry dust **15 GF**

Watermelon & Chia Pudding – Seasonal fruits, grilled lychee, toasted
coconut flakes & hemp seed **16 v GF**

Buttermilk Waffle – Fresh berries, frozen rhubarb & pear yoghurt,
macadamia crumble, coconut flakes & a berry coulis **17.5**

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

House Smoked Salmon Bagel – Whipped feta, avocado, capers,
raddish, dill & pickled red onion **17**

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

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

Nourish Bowl – Roasted sweet potato, kale, broccolini, quinoa, goats
curd, beetroot hummus & a soft boiled egg **18.5 GF**

Smashed Peas – Grilled salmon, feta, beetroot hummus, dukkah, dill,
mint & a poached egg **19.5 GF**

Eggs Benedict – Pulled pork, potato hash, grilled pineapple, sautéed
spinach, Sriracha hollandaise & house slaw **18.5 GF**

Hickory Smoked Mushroom – Avocado, haloumi, onion jam, tomato,
spinach, a balsamic reduction & a poached egg on toast **18.5**

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

Free Range Eggs On Toast – Poached/fried **9.5** (Scrambled **+2**)

LITTLE PEEPS

Kids waffle with maple syrup **6** (+ ice cream **1**)

Scrambled egg croissant & a cup of milk **12**

Kids scrambled eggs, grilled bacon, toast **10.5**

EXTRAS

Gluten free bread **+1.5**

Beetroot/Tomato relish **1.5**

Pickled red onion **1.5**

Marinated feta **3.5**

Roast tomato/Spinach/Mushroom **3.5**

Sriracha hollandaise/Dijon aioli/

Chipotle aioli **1.5**

Extra egg **2.5**

Bacon/Avocado **4.5**

Haloumi **4**

House smoked salmon **6**

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

LUNCH FROM 11:30AM

Mexican Chicken Salad – Charred 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, gojis,
heirloom tomatoes, jalapeños & a spicy lime vinaigrette **16 (+ tuna 2.5) GF**

Sushi Bowl – Brown rice, avocado, grilled salmon, seaweed salad, edamame
beans, cucumber, lotus chips, pickled ginger & wasabi mayo **20**

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

Crispy Chicken Baos – Slaw, Sriracha mayo, lime & coriander **15**

Touchwood Double Cheese Burger – Bacon, pickles, lettuce, Touchwood
BBQ sauce, aioli & chilli dusted fries **20**

Pulled Pork Baguette – Pickled pineapple, carrot, cabbage slaw, cucumber,
fresh chilli, black sesame seeds & coriander **14**

SWEETS

Please see our cake display for a selection of sweets!

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.

