

# 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

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  
Chinotto

Peach Ice Tea **5.5**

OJ **6**

Coconut Water **5**

Sparkling Mineral Water **4/6**

Coke, Diet, Sprite **4**

# BREAKFAST ALL DAY

Bircher – Raspberry compote, fresh apple, berries, toasted  
coconut, oat crumble, honey yoghurt & mixed seeds **14**

Flip Shelton's 5 Grain Porridge – Vanilla almond milk, puffed quinoa  
granola with mixed seeds & nuts, toasted coconut, mixed berry  
compote, banana & maple syrup **15 v**

Rosemary & Vine Fruit Toast – French butter **8.5**

Wholemeal Waffles – Fresh berries, banana, candied bacon crumb,  
salted caramel mascarpone, freeze dried strawberries, toasted  
macadamia & maple syrup **17.5**

Chilli Scrambled Eggs – Bacon, spring onions, manchego cheese &  
toast **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 & poached egg **16**  
(+ grilled bacon **3**)

Eggs Benedict – Pork belly, bacon jam, fresh apple, jalapeño  
hollandaise & pork crackling served on toast **19**

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

Cheesy Croquettes – Bacon jam, kale, heirloom tomatoes, charred  
corn & tomato relish **17.5**

Shakshuka – Baked eggs wrapped in prosciutto, feta, mushroom,  
capsicum, dukkah & toast **19**

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

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

## LITTLE PEEPS

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

Natural yoghurt with seasonal fruits, honey, fresh honeycomb,  
mixed seeds & strawberry dust **9**

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**

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

Extra egg **2.5**

Bacon/Avocado **4.5**

Haloumi **4**

Croquette **5**

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,  
heirloom tomatoes, jalapeños, 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**

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

Crispy Chicken Baos – House made kim chi, chilli mayo, lime and 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!

## Follow us on:

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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.

