

DRINKS

COFFEE

Five Senses

Regular **4**
Large **4.5**
Decaf **+1**
Almond Milk **+1**
Bonsoy **+0.5**
Oat Milk **+1**
Lactose Free **+1**
Cold brew **5**
Coconut cold brew **5**
Filter **6**
Iced **5**
Ice cream **+1**

Soy Chai **5**

Mörk Hot Chocolate **4.5**
Soy Chilli Hot Chocolate **6**

HEALTH LATTES DF

Golden Latte

Turmeric, ginger, cinnamon,
soy milk, honey **5.5**

Green Latte

Matcha, honey, soy
milk **5.5**

Rose Latte

Pink pitaya, rosewater,
oat milk **5.5**

TEA 5

Breakfast Tea
Detox Tea
Silver Fox
Lemonzilla
Peppermint
Rancho Relaxo
Genmaicha
Thriller in Vanilla

Coke, Diet, Sprite **4**

OJ **6**

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COLD PRESSED JUICE

Nectar

Tropi Cool

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

Green With Envy

Spinach, celery, kale, cucumber,
lemon, apple, parsley **7**

Sweet Cheeks

Watermelon, apple, cucumber,
raspberry, lime **7**

SMOOTHIES DF

Strawberry Spice

Mango, strawberry, guava,
coconut cream **10**

Caramello

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

Pink Paradise

Guava, raspberry, mint, chia,
lychee, passionfruit **12**

Popeye

Spinach, kale, mango, apple,
mint, chia, coconut water **10**

Pine Crush

Mango, pineapple, lime, mint
chia seeds **10**

REMEDY

Kombucha 6

Raspberry Lemonade
Ginger Lemon
Passionfruit

WATER

Still Mineral **4**
Sparkling Mineral **4/6**

Coconut Water 5

BREAKFAST ALL DAY

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

Fruit Toast – Served with jam & butter **9**

Brekky Burger – Free range bacon, scrambled egg, chipotle aioli
& spinach in a brioche bun **13**

Chilli Scrambled Eggs – Bacon, manchego cheese, fresh chilli,
coriander, fried shallots, crispy enoki, black sesame & chilli oil on
toast **19**

Nourish Bowl – Broccolini, cauliflower, sweet potato, zucchini,
kale, edamame, heirloom tomato, cashew, pumpkin hummus,
wild rice, freekeh, feta & poached egg **19**

Smashed Avocado – Smoked salmon OR bacon, Persian feta,
pickled onion, dill, radish, heirloom tomato, toasted seeds & a
poached egg on grain toast **22**

BLAT/HLAT – Free range bacon OR grilled halloumi, lettuce,
avocado, tomato & aioli on a toasted Turkish pide **16.5**

Shakshuka – Chorizo, chickpeas & feta baked in slow-cooked
tomato sugo, topped with pesto, dukkah & a fried egg, served
with flat bread **22**

Free Range Eggs On Toast – Poached/fried **12** (+ Scrambled **2**)

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

AFC – Smashed Avocado, Feta & Chilli on 1 slice of wholegrain
toast **7**

HCT Croissant – Toasted croissant with ham, cheese & tomato **9**

Waffle Chips **9**

EXTRAS

Gluten free bread **+1.5**

Tomato relish **2**

Pickled red onion **2**

Marinated feta **4**

Roast tomato/Spinach/Mushroom **4**

Sriracha Hollandaise **2**

Extra egg **3**

Bacon/Avocado **5**

Halloumi **4**

House smoked salmon **6**

Chilli dusted fries **8**

Dijon Aioli/Chipotle Aioli **2**

SWEETS

Please see our cake display for a selection of sweets!

TAKEAWAY MENU

TOASTIES & BAGELS

Plain Bagel – Cream cheese & jam **9**

Chicken Bagel – Pineapple relish, pickled cabbage, avocado
& chipotle mayo **17**

Rueben Bagel – Pastrami, melted brie, sauerkraut, pickles
& dijon aioli **16.5**

Smoked Salmon Bagel – Dill & caper cream cheese, avocado,
radish & pickled red onion **18**

Grilled Tofu Bagel – Avocado, vegan mayo, tomato, pickled
carrot & sprouts **16.5 v**

Margarita Toastie – Basil pesto, tomato & mozzarella **13**

Truffle Cheese Toastie **15 vo**

HCT Toastie – Ham, cheese & tomato toastie **10**

Veggie Toastie – Pesto, mushroom, halloumi & spinach **13**

LUNCH FROM 11AM

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**

Crispy Chicken Baos – Slaw, Sriracha mayo, lime & coriander **16**

Mexican Chicken Salad – Charred corn, cabbage, pinto beans, quinoa,
coriander, mint & jalapeños **18 GF DF**

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

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.

