

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 DF 5.5

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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GF Gluten Free
V Vegan
DF Dairy Free

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

