

MENU





BREAKFAST

ALL DAY

Toasted Bread (V)

\$6.5

White sourdough, soy linseed, white high-top, brown high-top or raisin bread. Choice of butter, jam, Nutella, Vegemite, or peanut butter *Gluten free option available (\$7.50)*

2 Eggs your way (V)

\$12

Fried or scrambled eggs, sourdough toast

Avocado Toast (v) 2260kj

\$15

Avocado, cherry tomatoes, Danish feta, pepitas, mint, balsamic glaze, soy linseed toast Gluten free option available (\$16)

Brekkie Burger 2380ki

\$16

Bacon, fried egg, lettuce, baby spinach, tomato relish, aioli, milk bun

French Croissant 2050kj

\$16

Smoked ham, swiss cheese, tomato, roasted mushrooms, wilted spinach

Granola Bowl (v) 2800kj

\$14

Seasonal fruits, vanilla bean yogurt, honey

Acai Bowl (V, DF) 5040kj

\$18

\$18

Granola, banana, apple, berries, chia seeds, shredded coconut

Coffee Caramel Waffles (v) 4480kj

\$19

Belgium waffles with a signature coffee caramel sauce, brûléed banana, berries, vanilla ice cream add on: whipped cream (\$1), bacon (\$6)

Roasted Mushroom Toast (v) 2030kj

Chargrilled red capsicum, Danish feta, basil pesto, truffle oil, soy linseed toast

EXTRAS

Bacon, smoked salmon, Danish feta, halloumi

\$6

\$5

Two eggs, smoked ham, smashed avocado, roasted mushrooms, cherry tomatoes

LUNCH

FROM 11:30

Salmon on Sourdough 2820kj

\$20

Smoked salmon, chive cream cheese, avocado, red onion, cherry tomatoes, baby spinach, pepitas, balsamic glaze add ons: two eggs (\$5)

Beetroot & Halloumi Salad (V) 1990kj \$18

Halloumi, rocket, grains, baby beetroot, snow pea sprouts, balsamic glaze

add ons: smoked salmon (\$6), grilled herb chicken (\$6)

Chicken Melt 2970kj

\$19

Grilled chicken breast, avocado, tomatoes, swiss cheese, sourdough toast

The average daily adult intake is 8700kj.

V = Vegetarian, GF = Gluten free, DF = Dairy free

We will do our best to cater for your dietary requirements and allergy concerns.

We are unable to guarantee that any menu item can be completely free of allergens.

WRAPS

Chicken, Bacon & Avo 2320kj

\$14

Grilled chicken breast, bacon, cos lettuce, tomato, avocado, aioli

Veggie (V) 1290kj

\$14

Halloumi, baby spinach, tomato, chargrilled red capsicum, red onion, pesto mayo

Salmon Wrap 1730kj

\$14

Smoked salmon, chive cream cheese, baby spinach, red onion, avocado

BUILD YOUR OWN NOURISH BOWL \$20

Choose four fillings:

Baby spinach, grains, rocket, snow pea sprouts, cherry tomatoes, roasted mushroom, avocado, chargrilled red capsicum, baby beetroot

Choose one protein:

Halloumi, smoked salmon, chicken breast, two eggs, bacon

Choose one sauce:

Pesto mayo, aioli, balsamic glaze

EXTRAS

Bacon, smoked salmon, chicken, Danish feta, halloumi

\$6

Two eggs, smoked ham, avocado, roasted mushrooms, cherry tomatoes

\$5

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FOR THE LITTLE ONES

(UNDER 12)

Ham & Cheese Toastie 2140kj \$8

Ham & melted cheese

Eggs on Toast1 white toast with eggs your way

Healthy Plate 2100kj \$8

Cheese soldiers, avocado, tomato

Waffle or Pancakes \$10 Vanilla ice cream, nutella sauce, sprinkles

Chicken Sandwich 1870kj \$13 Grilled chicken breast, lettuce, aioli



Hot Drinks

	Small	Reg	Lge
Flat White	\$4.50	\$5.00	\$5.50
	588kj	841kj	1083kj
Cappuccino	\$4.50	\$5.00	\$5.50
	521kj	801kj	1069kj
Latte	\$4.50	\$5.00	\$5.50
	548kj	828kj	1096kj
Mocha	\$5.00	\$5.50	\$6.00
	810kj	1353kj	1183kj
Long Black	\$4.50	\$5.00	\$5.50
	5kj	8kj	9kj
Short Black	\$3.60 3kj		
Piccolo	\$4.10 189kj		
Macchiato	\$3.90 28kj		
Hot Chocolate	\$5.00	\$5.50	\$6.00
	923kj	1349kj	1976kj

Chai Latte	\$5.00 645kj	\$5.50 1023kj	\$6.00 1389kj			
Leaf Tea Dine-In	\$4.50 Okj	,	,			
Leaf Tea Takeaway	\$4.50 Okj	\$5.00 Okj	\$5.50 Okj			
Babyccino	\$2.00 260kj					
EXTRAS						

Small

Reg

\$0.90 \$0.90

\$0.90

\$0.90

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Cold Drinks

	Reg	Lge		Reg	Lge
Iced Coffee	\$6.00 1334kj	\$6.60 1690kj	Milkshake Vanilla, Strawberry,	\$4.80 1656kj	\$5.30 2005kj
Iced Mocha	\$6.50 2721kj	\$7.10 3480kj	Chocolate, Caramel		
Iced Chocolate	\$6.10 2717kj	\$6.80 3475kj	Smoothie Mango, Berry	\$6.90 1140kj	\$7.90 1710kj
Chilled Long Black	\$4.80 4kj	\$5.30 5kj	Breakfast, Banana	40.00	Φ7.00
Chilled Latte	\$5.30 403kj	\$5.80 670kj	Crush Tropical, Strawberry Mint	\$6.90 501kj	\$7.90 751kj
Chilled Mocha	\$5.80 1048kj	\$6.30 1530kj	Iced Tea	\$5.10	\$5.60
Espresso Frappe	\$6.40 861kj	\$7.10 947kj		676kj	902kj
Mocha Frappe	\$6.70 1506kj	\$7.40 2042kj	Juice Soft Drinks	\$4.70 \$4.70	
Chocolate Frappe	\$6.40 1503kj	\$7.10 2040kj	Sparkling Water	\$4.30	
Caramel Frappe	\$6.40 1506kj	\$7.10 2044kj	Still Water	\$3.50	

Shot

Decaffeinated

Soy, Almond, Lactose-free

Vanilla, Caramel, Hazelnut Syrup