



BAR MENU

COFFEE S M L

latte	3.8	4.5	5.3
cappuccino	3.8	4.5	5.3
flat white	3.8	4.5	5.3
long black	3.8		
mocha	4	4.7	5.5
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espresso	3.5		
macchiato	3.5		
piccolo	3.5		
magic	4.5		
extra shot	.70		
single origin	4		

NON-DAIRY S M L

bonsoy	.70	1	1.2
coco milk	.70	1	1.2
oat milk	.70	1	1.2
rice milk	.70	1	1.2
almond milk	.70	1	1.2

CHOCOLATE S M L

classic	4	4.7	5.5
dark	4	4.7	5.5
organic	4	4.7	5.5
white	4	4.7	5.5

CHAI S M L

spiced	4	4.7	5.5
vanilla	4	4.7	5.5
dirty chai	4.5	5	5.7

TEA POT (FOR 1)

english breakfast tea, earl grey, green, chamomile, lemon grass ginger, chai, peppermint	4.8
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ICED DRINKS

coffee	5.9
chocolate	5.9
chai	5.9
mocha	5.9
iced long black	5.9

COLD PRESSED JUICES - \$8.90

- Sunrise - Pineapple, Orange, Turmeric, Ginger
- Sunset - Carrot, Apple, Beetroot, Ginger
- Cleanser - Cucumber, Kale, Apple, Lemon
- Bliss - Pear, Apple, Pineapple, Watermelon
- Vitality - Celery, Apple, Carrot, Ginger, Chia

SMOOTHIES - \$9.90

- Green Warrior 1**
Spirulina, Baby Spinach, Coconut milk, Banana, Chia, Goji Berries
- Green Warrior 2**
Avocado, Kiwi, Banana, Spirulina, Mint, Baby Spinach, Agave
- Body Balance**
Fresh Pineapple Juice, Fresh Watermelon Juice, Coriander, Mango, Banana & Maca Powder
- The Goddess**
Berries, Coconut yoghurt, Coconut milk, LSA
- Awaken**
Beetroot, Apple, Berries, Maca Powder & Mint

Create your own juice/smoothie up to 4 ingredients (must include at least 1 fruit)

ADD A SUPERFOOD SHOT - \$1

Chia - Spirulina - Goji - Maca - LSA



FOOD MENU

ALL DAY BREAKFAST

Rye Sourdough Toast \$5.50

Organic rye sourdough toast served with choice of vegemite, pro-mite, organic honey, raspberry jam, organic peanut butter, butter or nuttelex

Raisin Toast \$6.90

Organic fruit bread toasted with butter or nuttelex

Ham & Organic Cheese Croissant \$8.90

Toasted croissant with free-range ham & melted BD farm cheddar

Pimped Banana Bread \$11.50

Toasted banana bread with butter, honey, fresh bananas, chia seeds & forest berries

Eggs on Toast (Poached \$9.50 Scrambled \$9.90)

2 free-range eggs on 2 slices of organic sourdough

Brookfarm Macadamia Muesli \$9.50

served with vanilla yoghurt & forest berries. Add chia seeds & banana \$2.50. **Gluten free option \$10.50**

Acai Smoothie Bowl \$14.50

Organic acai, bananas, berries, coconut and bee pollen

Smoked Salmon croissant \$12.50

Toasted croissant with melted organic cheese, rocket, smoked salmon & mustard

Smoked Salmon Eggs \$16.90

Smoked salmon served with free-range scrambled eggs, avocado & rocket on organic dark rye

Smashed Avocado \$11.90 (Vegetarian)

Avocado with feta on sourdough

Zucchini & Haloumi Fritters \$17.90

Buckwheat zucchini fritters with herbs & spices, topped with grilled haloumi, avocado, rocket & Rosie's Relish (Vegetarian & Gluten Free).

Very Veggie Breakfast \$15.50 (Vegan)

Oven roasted m/rooms, grilled tomatoes, baby spinach, rocket and avocado on sourdough toast

The BIG breakfast \$19.50

Free-range scrambled eggs, bacon, haloumi, avocado, oven roasted mushroom, grilled tomato & sourdough toast

Beetroot hummus + poached eggs \$14.90

With smashed avocado served on organic sourdough (vegetarian)

Sides

Bacon \$4.50	Free-range Egg \$3.50
Smoked Salmon \$4.50	Haloumi \$4.50
Avocado \$4	Grilled Tomato \$3.50
Spinach \$3.50	GF Bread \$2.50
Oven roasted Mushrooms \$3.50	

LUNCH

Vegan Pie & 2 Salads \$12.90

Cheeseburger / Hawaiiin Parmi Served with a choice of 2 salads

Gourmet Vegetarian Pie & 2 Salads \$12.90

Leek & Mushroom / Lentil & Sweet Potato pie Served with a choice of 2 salads

Trad Quiche & 2 Salads \$12.90

Vegetarian quiche with choice of 2 salads

Organic Soup of the day \$10.50

Served with organic sourdough Ask our friendly staff for the flavour of the day

Veggie Burger \$13.90

Portobello mushroom, haloumi cheese, caramelised onion, aioli, avocado, tomato & Rosie's Relish

Falafel Wrap \$10.50 (Vegan)

Falafel balls, tomato, cucumber, rocket & hummus

Healthy Salads \$10.50

Carrot & Quinoa (Gluten Free)
Lentil & Chickpea
Beetroot & Kale

TOASTED SANDWICHES

Classic Toastie \$8.50

BD farm Organic cheese, tomato and smoked ham on organic sourdough

Vegan Toastie \$8.50

Organic Tomato, caramelised onion, rocket on organic dark rye

Cheegan Toastie \$9.50

Organic tomato, Organic cheese, caramelised onion, rocket on organic dark rye

New York Reuben \$10.50

New York pastrami beef, with sauerkraut, organic cheese, dill pickle aioli

Bacon and Egg Toastie \$11.50

SA smoked bacon and free range eggs on organic sourdough

we use organic
produce and products
where possible