

## TAKE AWAY MENU

(DROP BY, OR CALL 90417870 FOR PICK UP)

## PASTRIES, SAVOURIES \& SWEETS

SEE FRONT DISPLAY

## TOAST / FRUIT TOAST

ARTISAN BAKED, WITH BUTTER, JAM, VEGEMITE OR PEANUT BUTTER GLUTEN FREE

## FANCY MUSHROOM TOAST v

MEDLEY OF HERBED MUSHROOMS, SMASHED AVO ON MULTIGRAIN

HCT TOASTIE

HAM, CHEESE \& TOMATO ON SOURDOUGH

## HAM \& CHEESE CROISSANT

+ TOMATO?


## JAFFLES

- TUNA MAYO, CORN
- HAM, CHEESE, TOMATO, OR
- CAPSICUM, MUSHROOM, CHEESE


## ROAST VEG GOURMET SANDWICH v vg

10.0

CHARGRILLED CAPSICUM, ZUCCHINI, MUSHROOMS, CARAMELISED ONION, FRESH SPINACH ON MULTIGRAIN

## BREKKIE ROLL

10.0

BRIOCHE BUN, BACON, SUNNY SIDE UP FRIED EGG, CHEESE \& TOMATO RELISH

## Blat

10.0

BACON, COS LETTUCE, AVO, FRESH TOMATO WITH TOMATO RELISH ON PIDE

YOGHURT CUP v (vgo)
YOGHURT, SEASONAL FRUIT, BERRIES, HONEY AND HOUSE MADE GRANOLA (VEGAN OPTION COCONUT YOGURT + MAPLE SYRUP)

## SMOOTHIES

MAN-GO PASH
9.5
passionfruit, mango \& Raspberries
w APPLE JUICE/COCONUT WATER MIX

## BERRY GO-ROUND

9.5

MIXED BERRIES \& BANANA
w APPLE JUICE/COCONUT WATER MIX

## GREEN SPIN

9.5

KIWI FRUIT, SPINACH, AVO, BANANA \& GOJI BERRIES W APPLE JUICE/COCONUT WATER MIX

## TRADIE COMBOS

14.0

- BREKKIE ROLL + REG COFFEE OR SOFT DRINK OR
- BLAT + REG Coffee or Soft Drink


## BAGEL

12.0

WITH SMOKED SALMON, CREAM CHEESE, DILL AND CAPERS

EAT ${ }^{\text {Y YA GREENS }} \mathrm{v}$ gF vgo
18.0

GRILLED ASPARAGUS, BROCCOLINI, ZUCCHINI, CRISPY KALE, AVO, POACHED EGG, CANDIED SEEDS, ALMOND FLAKES ON ROASTED BEETROOT-CASHEW PUREE

## WAgYu Burger

18.5

180G WAGYU BEEF BURGER, COS LETTUCE, TOMATOES, PICKLED ONION, PICKLED CUCUMBER, CHIPOTLE AIOLI, CHEESE ON BRIOCHE BUN

Thick Cut Chips
7.0

SERVED WITH CHIPOTLE AIOLI

| GF | GLUTEN FREE | GFO | GLUTEN FREE OPTION |
| :--- | :--- | :--- | :--- |
| VG | VEGAN | VGO | VEGAN OPTION |
| V | VEGETARIAN | VO | VEGETARIAN OPTION |

PLEASE INFORM OUR FRIENDLY STAFF OF ANY ALLERGIES BUT NOTE THAT CROSS-CONTAMINATION IS NOT GUARANTEED

