

TAKE AWAY MENU

(DROP BY, OR CALL 9041 7870 FOR PICK UP)

SMOOTHIES

MAN-GO PASH
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

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

PASTRIES, SAVOURIES & SWEETS

SEE FRONT DISPLAY

TOAST / FRUIT TOAST 7.5

ARTISAN BAKED, WITH BUTTER, JAM,
VEGEMITE OR PEANUT BUTTER
GLUTEN FREE +1.5

TRADIE COMBOS 14.0

- BREKKIE ROLL + REG COFFEE OR SOFT DRINK
OR

12.0

18.0

18.5

7.0

- BLAT + REG COFFEE OR SOFT DRINK

WITH SMOKED SALMON, CREAM CHEESE,

FANCY MUSHROOM TOAST v 14.0

MEDLEY OF HERBED MUSHROOMS, SMASHED AVO ON MULTIGRAIN

HCT TOASTIE 9.0

ham, cheese & tomato on sourdough

HAM & CHEESE CROISSANT 10.0

+ TOMATO?

CHEESE & TOMATO ON SOURDOUGH

JAFFLES 8.5

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

WAGYU BURGER

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

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

ROAST VEG GOURMET SANDWICH VVG 10.0

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

THICK CUT CHIPS

BAGEL

DILL AND CAPERS

EAT'YA GREENS V GF VGO

BEETROOT-CASHEW PUREE

SERVED WITH CHIPOTLE AIOLI

BREKKIE ROLL

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)

10.5

10.0

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