

Loved

(since 2012)

Please see the blackboard for inspiration

Muffins		6
Banana bread (v) toasted, with coconut yoghurt and local honey		10
Ciabatta or seeded gluten free toast (v) butter and spiced organic berry jam, vegemite, local honey or peanut butter	7.5	8.5
Home made toasted muesli (ve) toasted oats, nuts and dried fruits, vanilla apple puree, house coconut yoghurt and chilled fresh coconut milk		16
Açaí bowl (ve) Chilled organic pure açai and banana, house granola, toasted coconut, chia seeds and seasonal fruits		16
Avo and egg roll (v, gf available) egg, avocado, fresh spinach, aioli and house relish in a wholemeal Turkish roll		14
Bacon and egg roll (gf available) smoked bacon, egg, baby spinach, aioli and relish in a wholemeal Turkish roll add avocado smash +2		14
Tassie (gf) smashed avo, fresh spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and aioli on gluten free toast		24
Haloumi and asparagus (v) grilled haloumi, asparagus, raw spinach, poached eggs, toasted ciabatta and lemon dressing		20
Goodness (v, ve, gf) nourishing bowl of avocado, kale, organic brown rice, housekraut and roast pumpkin add poached egg +3.5		20
Coconut hotcake (v, gf) toasted nuts, pure maple, fresh berries, passionfruit, and coconut yoghurt		21
Poached or scrambled eggs with toast (gf available +2) two eggs, relish and toasted ciabatta		13/15
Free range chicken burritos shredded barbeque free range chicken, Mexican kidney beans, lettuce, tomatoes, cheddar, sour cream and guacamole		21
Salt n' pepper squid (gf) fried calamari, nam jim coleslaw, sprouts and herbs		22

Haloumi burger (v, gf available)		14
grilled haloumi, egg, fresh spinach, aioli and beetroot relish in a wholemeal Turkish roll		
Add avocado smash + \$2		
Beef burger		19
Hayters Hill mince, double cheddar, smoked bacon, aioli, tomato relish and pickle		
French fries with aioli (v, gf)		8
sauteed spinach	3.5	Tasmanian smoked salmon 7
roast pumpkin	4	smoked bacon 5
hash brown	4	feta 3
dressed tomato	4	grilled haloumi 4
avocado	4	free range egg 3.5
		relish/aioli/spreads 2
Kombucha organic GM free elixirs		
Probiotic Kitchen Blueberry Pie – blueberries, jasmine, vanilla, stevia		7
Probiotic Kitchen Ginger Ninja – jasmine, green, black, stevia		7
Cold press juices by Sol Cleanse		
Red carrot, beetroot, apple, lemon and ginger		9
Green kale, spinach, cos, cucumber, apple and lemon		9
Pink watermelon, lime, mint, chia seeds		9
Smoothies dairy free, made here		
Banana Velvet		11
banana, vanilla bean, date, macadamia butter, cinnamon and org. almond milk		
Lip Smacker		11
org. strawberry and mango, chia seed, OJ, coconut water, orange blossom		
Supergreen		11
spinach, basil, celery, cucumber, kiwi, pear, apple, coconut water, banana and spirulina		
Any milk non-homogenised cow, org. almond/coconut or Bonsoy		
Iced coffee double shot over ice, milk, coconut sugar, cinnamon cacao		7
Iced latte double shot over ice with milk	4.5	
Iced mocha double shot over ice, chocolate, milk, cinnamon cacao dust		7
Iced chocolate cacao, mesquite, coconut sugar, milk, cinnamon cacao		7
Iced chai Living Chai over ice, milk, cinnamon cacao dust		7
Hot chocolate cacao, mesquite, coconut sugar and your choice of milk		5
Living Chai latte	4	5
cardamom, cloves, cassia, ginger, nutmeg, star anise, liquorice, black tea		
Golden Latte	5	6
organic ground Tumeric, a little cracked black pepper, almond milk, honey		
Mayde Tea 100% organic farm grown		
English breakfast black tea from India and Sri Lanka	4	5
Digest peppermint, licorice, fennel and calendula	4	5
Sencha jasmine and rose green sencha, jasmine flowers and rose petals	4	5
Earl Grey black tea blended with bergamot	4	5
Chai black tea, cinnamon, cardamom, star anise, pepper, ginger and clove.	4	6

Campos Coffee seasonal blend | PNG, El Salvador, Rwanda

Regular large	4	5
Bonsoy double shot	+5	
Broken Head Company organic almond milk/coconut milk	+1	
Babycino	2	

Chilled

Freshly squeezed Aussie OJ		7
San Pellegrino sparkling mineral water 500 ml / 1 litre	4	8
Mount Warning still mineral water 500 ml		4

Alcohol

Bloody Mary tall glass, Absolut vodka, tomato juice, bit of chilli, celery salt etc.		15
Espresso martini double shot coffee, vodka, kahlua		15

Coopers pale ale	7.5	
Asahi	7	
Peroni	8	
Stone & Wood pacific ale	8.5	
Coopers light	7	

Bandini Prosecco, Veneto Italy	10	44
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Dalz Otto pinot grigio, King Valley VIC	9	42
Printhie chardonnay, Orange NSW	9	42
Wild Rock sauvignon blanc, Marlborough NZ	9	42

Lavau Rosé, Rhone Valley France	10	44
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Black Chook shiraz, McLaren Vale SA	9	42
Penny's Hill cabernet sauvignon, McLaren Vale SA	9	42
Totara pinot noir, Marlborough NZ	9	42



Alterations and split bills not possible during busy times
Eftpos 28c, Cards 1.5%, no Amex, minimum \$10, ATM inside
15% surcharge on public holidays