

<b>Muffins</b>			6
<b>Banana bread (v)</b>			10
toasted, with coconut yoghurt and local honey			
<b>Ciabatta or seeded gluten free toast (v) go to fixed board</b>	7.5		8.5
butter and spiced organic berry jam, vegemite, local honey or peanut butter			
<b>Home made toasted muesli (ve)</b>			16
toasted oats, nuts and dried fruits, vanilla apple puree, house coconut yoghurt and chilled fresh coconut milk			
<b>Hot wholemilk porridge (v)</b>			16
oats, non-homogenised cows milk, Fiji vanilla bean and berry compote			
<b>Bacon and egg / Avo and egg roll (gf available)</b>			14
smoked bacon or avocado, egg, baby spinach, aioli* and relish in wholemeal Turkish (add avocado smash +2)			
<b>Coconut hotcake (v, gf)</b>			21
toasted nuts, pure maple, fresh berries, passionfruit, and coconut yoghurt			
<b>Avocado bruschetta (v)</b>			18
avo smash on ciabatta, coconut feta, sprouts, soft herbs and toasted seeds with poached eggs			
<b>Tassie (gf)</b>			24
smashed avo, fresh spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and aioli* on gluten free toast			
<b>Haloumi and asparagus (v)</b>			20
grilled haloumi, asparagus, raw spinach, poached eggs, toasted ciabatta and lemon dressing			
<b>Poached or scrambled eggs with toast (gf available +2)</b>			13/15
two eggs, relish and toasted ciabatta			
sauteed spinach	3.5	Tasmanian smoked salmon	7
hash brown	4	smoked bacon	5
dressed tomato	4	Coconut feta	4
avocado	4	grilled haloumi	4
relish / aioli* / spreads	2	free range egg	3.5
<b>Poké (gf)</b>			22
avocado, fresh salmon, brown rice, kimchi, cucumber, black sesame, pickled ginger and ponzu dressing. Add poached egg +3.5			
<b>Gado gado (gf)</b>			21
shredded vegetables, beansprouts, crisp tofu, soft boiled egg, coriander, crispy onion and satay sauce			

<b>Salt n' pepper squid (gf)</b>		22
fried calamari, nam jim coleslaw, sprouts and herbs		
<b>Mexican sweet potato salad (ve,gf)</b>		18
black beans, charred corn, crunchy sweet potato, tomato, avocado, coriander roasted gold eshallots, chilli flakes, coconut feta and lime (add chicken +5)		
<b>Thai fish cakes (gf)</b>		20
fresh salmon fishcakes and a salad of betel leaf, coriander, shallots, cucumber, mint and nam jim dressing		
<b>Beef burger</b>		19
Hayters Hill beef, double cheddar, smoked bacon, aioli*, tomato relish and pickle		
<b>French fries or Sweet potato fries with aioli* (ve, gf)</b>	8	10
<b>Kombucha</b>   organic GM free elixirs		
<b>Probiotic Kitchen</b>   Blueberry Pie – blueberries, jasmine, vanilla, stevia		7
<b>Probiotic Kitchen</b>   Ginger Ninja – jasmine, green, black, stevia		7
<b>Cold press</b>   juices by Sol Cleanse		
<b>Red</b>   carrot, beetroot, apple, lemon and ginger		9
<b>Green</b>   kale, spinach, cos, cucumber, apple and lemon		9
<b>Pink</b>   strawberry, lime, mint and apple		9
<b>Smoothies</b>   dairy free, made here		
<b>Banana Velvet</b>		11
banana, vanilla bean, date, macadamia butter, cinnamon and org. almond milk		
<b>Lip Smacker</b>		11
org. strawberry and mango, chia seed, OJ, coconut water, orange blossom		
<b>Supergreen</b>		11
spinach, basil, celery, cucumber, kiwi, pear, apple, coconut water, banana and spirulina		
<b>Any milk</b>   non-homogenised cow, org. almond/coconut or Bonsoy		
<b>Iced coffee</b>   double shot over ice, milk, coconut sugar, cinnamon cacao		7
<b>Iced latte</b>   double shot over ice with milk	4.5	
<b>Iced mocha</b>   double shot over ice, chocolate, milk, cinnamon cacao dust		7
<b>Iced chocolate</b>   cacao, mesquite, coconut sugar, milk, cinnamon cacao		7
<b>Iced chai</b>   Living Chai over ice, milk, cinnamon cacao dust		7
<b>Hot chocolate</b>   cacao, mesquite, coconut sugar and your choice of milk		5
<b>Living Chai latte</b>	4	5
cardamom, cloves, cassia, ginger, nutmeg, star anise, liquorice, black tea		
<b>Golden Latte</b>	5	6
organic ground Tumeric, a little cracked black pepper, almond milk, honey		

**Mayde Tea | 100% organic farm grown**

<b>English breakfast</b>   black tea from India and Sri Lanka	4	5
<b>Digest</b>   peppermint, licorice, fennel and calendula	4	5
<b>Sencha jasmine and rose</b>   green sencha, jasmine flowers and rose petals	4	5
<b>Earl Grey</b>   black tea blended with bergamot	4	5
<b>Chai</b>   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**

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

**Alcohol**

<b>Bloody Mary</b>   tall glass, Absolut vodka, tomato juice, bit of chilli, celery salt etc.		15
<b>Espresso martini</b>   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
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Printhie chardonnay, Orange NSW	9	42
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Wild Rock sauvignon blanc, Marlborough NZ	9	42
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Lavau Rosé, Rhone Valley France	10	44
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Black Chook shiraz, McLaren Vale SA	9	42
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Penny's Hill cabernet sauvignon, McLaren Vale SA	9	42
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Totara pinot noir, Marlborough NZ	9	42
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