

Loved

(since 2012)

Alterations and split bills not possible during busy times
Eftpos 28c, Cards 1.5%, ATM inside
15% surcharge on public holidays

Muffins (gf)		6
Banana bread (v)		10
toasted, with coconut yoghurt and local honey		
Ciabatta or seeded gluten free toast (v)	7.5	8.5
butter and spiced organic berry jam, vegemite, local honey or peanut butter		
Home made toasted muesli (ve)		16
toasted oats, nuts and dried fruits, vanilla apple puree, house coconut yoghurt and chilled fresh coconut milk		
Fruit bowl (ve)		16
mango, strawberry, banana and kiwi, coconut yoghurt, pashmak and crushed toasted nuts		
Bacon and egg / Avo and egg roll (gf available)		14
smoked bacon or avocado, egg, baby spinach, aioli* and relish in wholemeal Turkish (add avocado smash +2)		
Coconut hotcake (v, gf)		21
toasted nuts, pure maple, fresh berries, passionfruit, and coconut yoghurt		
Avocado bruschetta (v)		18
avo smash on ciabatta, coconut feta, sprouts, soft herbs and toasted seeds with poached eggs		
Tassie (gf)		24
smashed avo, fresh spinach, Tasmanian smoked salmon (or smoked bacon), poached eggs and aioli* on gluten free toast		
Haloumi and asparagus (v)		20
grilled haloumi, asparagus, raw spinach, poached eggs, toasted ciabatta and lemon dressing		

*house made vegan aioli

v – vegetarian ve – vegan gf – gluten free

Free range poached <u>or</u> scrambled eggs with toast (gf available +2)	13/15
two eggs, relish and toasted ciabatta	
sauteed spinach	3.5
hash brown	4
dressed tomato	4
avocado	4
relish / aioli* / spreads	2
Tasmanian smoked salmon	7
smoked bacon	5
Coconut feta	4
grilled haloumi	4
Poached egg	3.5
Scrambled eggs	6
Salmon poké (gf)	22
avocado, fresh salmon, brown rice, edamame, sweetcorn, kraut, black sesame, pickled ginger and ponzu dressing. Add poached egg +3.5	
Chicken satay noodle salad (gf)	22
free range chicken, rice noodles, carrot, shallot, snow peas, beansprouts, coriander, satay sauce and toasted peanuts	
Pecorino coleslaw (v, gf)	18
crunchy shredded cabbage, snow pea, sugar snap, celery, apple and carrot with creamy pecorino dressing, toasted seeds and nuts	
Prawn and mango salad (gf)	23
chilled local prawns, mango, avocado, baby roma, mint, gem lettuce, toasted coconut, palm sugar dressing	
Salt n' pepper squid (gf)	22
fried calamari, nam jim coleslaw, sprouts and herbs	
Beef burger	19
Hayters Hill beef, double cheddar, smoked bacon, aioli*, tomato relish and pickle	
French fries or Sweet potato fries with aioli* (ve, gf)	8 10

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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 strawberry, lime, mint and apple	9

Smoothies | dairy free, made here

Banana Velvet	11
banana, vanilla bean, date, macadamia butter, cinnamon and org. maca 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, maca 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	+1.5	
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
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
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

