

B R E A K F A S T

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TOASTED MUESLI served with seasonal fruit and organic coconut yoghurt	14
FREE RANGE EGGS YOUR WAY with organic artisan toasted sourdough (select from sides)	12
AVOCADO AND FETA SMASH Feta, pomegranate seeds organic artisan toasted sourdough	16
FREE RANGE EGGS BENEDICT Smoked ham, wilted spinach, tomato relish, avocado and hollandaise sauce served on organic artisan sourdough	18
BIG BREAKFAST Two free range poached eggs, avocado, sausage, crispy bacon, wilted spinach and roasted vine tomatoes on toasted organic sourdough	20
ISRAELI BAKED EGGS with baked beans and organic artisan toasted sourdough	18
BACON AND EGG BURGER Tomato relish, cheese and aioli (available all day)	14
CACAO PANCAKE STACK Grilled banana, fresh strawberries, maple syrup and coconut yoghurt	18
CORN FRITTERS A side of free range poached egg, avocado salsa and tomato relish	16
ORGANIC RAISIN TOAST Melted butter and your choice of topping (jam, marmalade, raspberry, strawberry, apricot)	8
TOASTED CROISSANT Butter and jam	8.5

S I D E S

Avo 3, Tomato 3, Buttered Mushrooms 3, Crispy Bacon 3, Two Eggs 5,

Grilled Haloumi 5.5, Smoked Salmon 7, Extra Pancake 4

B R E A D

Choose From White organic sourdough, Dark quinoa organic sourdough, Organic gluten free vienna

SMOOTHIE BOWLS

BANANA BOWL

Banana, Coconut Milk, Honey, topped with toasted muesli, coco yoghurt, banana, strawberry, coconut flakes

14.5

ACAI BOWL

Mixed berries, banana, honey, topped with banana, strawberry, coconut yoghurt, coconut flakes, toasted muesli (using pure acai)

14.5

CHOC BOWL

Cacao, coconut milk, banana, honey, topped with coconut flakes, banana, strawberries, toasted choc muesli

14.5



BLACK BOWL

Banana, Coconut Water, Honey, Activated Charcoal, topped with toasted muesli, coco yoghurt, banana, strawberry, coconut flakes

14.5

GREEN BOWL

Banana, Coconut Water, Honey, Kale, Spinach, topped with toasted muesli, coco yoghurt, banana, strawberry, coconut flakes

14.5

PURPLE BOWL

Blueberries, Blackberries, Banana, Coconut Water, Honey, topped with toasted muesli, coco yoghurt, banana, strawberry, coconut flakes

14.5

ADD + 2

Activated Charcoal, Spirulina, Vegan Protein, Whey Protein, Flaxseed Oil, Peanut Butter

SUPER SMOOTHIES

BREAKFAST BENDER

Banana, Dates, Coconut Milk, Cinnamon, Honey, Oats, flaxseeds (we recommend adding protein)

9

BERRY BEAUTIFUL

Mixed berries, banana, honey, almond milk/coconut water/coconut milk

9

GO GREEN

Spinach, banana, kale, coconut water, chia seed

9



BANANA BUFFER

Banana, honey, coconut/almond/full cream milk, oats

9

ACAI ANTIOX

Organic pure amazonian acai smoothie with banana and coconut water

9.5

ADD + 2

Activated Charcoal, Spirulina, Vegan Protein, Whey Protein, Flaxseed Oil, Peanut Butter