

## BREAKFAST.....

**Sourdough toast 5.5/Rye sourdough 7**

**Fruit toast 6.5**

**Banana bread (GF) 5.5**

**Ham and cheese croissant 7.5**

**Bacon and egg roll 10**

*Tomato relish, bacon, egg, cheese on turkish*

**Scrambled egg wrap 10**

*Tomato relish, bacon, scrambled eggs, spinach*

**Eggs on sourdough 10**

*Holbrook paddock free range eggs cooked your way*

**Cauliflower Fritters 18.5**

*pumpkin hummus, labne, poached egg, crispy chickpeas, pomegranate, dukkha (GF, DF, VG, N)*

*Add free range bacon 5*

**Mushroom Bruschetta 17**

*grain sourdough, garlic mushrooms, lemon tahini, feta, toasted pine nuts (VG, N, GFO, VO)*

*Add eggs 3.5*

**Avocado on sourdough 15.5**

*Sliced avocado, dukkha, feta, lemon (VG, VO, N, GFO, VO)*

*Add eggs 3.5*

*Add halloumi 4*

**Deluxe Brekkie 22**

*Eggs your way, sourdough toast, free range bacon, mushroom, fried tomato, halloumi, spinach, tomato relish (GFO)*

**Eggs Benedict 17.5**

*Sourdough, spinach, free range eggs, hollandaise sauce with your choice of free range bacon or smoked salmon*

**Chai Porridge 15.5**

*Real chai infused organic super grain porridge, grilled banana, vanilla coyo yogurt, organic maple, berries, toasted coconut (VG, GF, DF, V, RSF)*

**Mango and coyo yogurt pana cotta 15.5**

*Vanilla maple granola, berries, passionfruit (V, VG, DF, RSF, N)*

**French Toast 15.5**

*Vanilla almond milk, grain sourdough, organic maple, coconut ice cream, housemade Nutella, grilled banana, berries, buckwheat crumble (DF, V, VG, RSF, N)*

**Coconut Pancakes 18**

*Strawberry curd, coconut ice cream, berries, kiwi, seeds (GF, VG, RSF)*

**Acai Bowl 15.5**

*Organic acai, coconut water, housemade granola, berries, coconut (DF, VG, V, RSF)*

## KIDS.....

**Bacon and eggs 7**

**Pancake 9.5**

*strawberries, maple, ice cream, sprinkles (GF)*

## EXTRAS.....

*Berkshire free range bacon 5*

*Holbrook free range eggs 3.5*

*Smoked salmon/ halloumi/mushrooms/broccolini 4*

*Spinach 3*

*Relish/hollandaise 1.5*

## SALADS.....

**Green Salad 16**

*Kale, broccolini, snap peas, avocado, lemon tahini, dukkha, chilli oil (GF, VG, V, N)*

*Add poached egg 1.5*

*Add halloumi 4*

**Nourish Bowl 17**

*Roasted sweet potato, broccolini, brown rice, avocado, pickled cabbage, spinach, chickpeas, lemon tahini (GF, VG, V,)*

*Add poached egg 1.5*

**Kale Caesar 16**

*Warm chicken, bacon, parmesan, crouton, kale, poached egg, Caesar dressing (GFO)*

## TURKISH FOCACCIA 10.....

*Gluten free bread available*

**Chicken & Bacon** *sundried tomato, mayo, tasty cheese, baby spinach*

**Pumpkin** *roasted capsicum, sundried tomato, feta, basil pesto, baby spinach*

**Roast beef** *seeded mustard mayo, red onion, tomato, tasty cheese, baby spinach*

**Turkey** *Cranberry sauce, avocado, tasty cheese, baby spinach*

## WRAPS 10.....

**Chicken Caesar** *chicken, caesar dressing, cos lettuce, bacon, parmesan, egg*

**Chicken schnitzel** *mayo, sweet chilli, tomato, tasty cheese, baby spinach*

**Chicken salad**

**Roast beef salad**

**Turkey salad**

## TOASTIES.....

*Gluten free bread available*

*Ham, cheese, tomato 6.5*

*Chicken, cheese, avocado 7.5*

*Roast beef, cheese, tomato, mayo 7.5*

*Not all menu changes can be accommodated, please inform us of any food allergies*

*GF-gluten free GFO-gluten free option available*

*VG-vegetarian VGO-vegetarian option available*

*V-vegan VO-vegan option available*

*N-contains nuts RSF-refined sugar free*

..... COFFEE .....

House blend by axil coffee

White 4

Black 3.8

Hot chocolate 4

Nutella hot chocolate 4.5

Golden grind turmeric latte 4

Mug 0.5

Soy milk 0.6

Lactose free 0.6

Almond milk 0.6

Coconut milk 0.6

..... REAL CHAI .....

**Chai latte 4**

All natural - contains nothing but certified organic panela sugar, certified organic spices, certified organic black tea, salt & love.

**Honey chai tea latte 5**

Spices and organic black tea infused with honey and milk

..... ICED DRINKS .....

**Iced latte 5**

Espresso, ice and milk

**Iced coffee 6**

Espresso, ice cream, milk, whipped cream

**Iced chocolate 6**

Chocolate, ice cream, milk, whipped cream

**Iced chai 5**

Real chai, ice, milk

..... BODHI ORGANIC TEA .....

Made with 100% organic ingredients

**Honestea english breakfast**

sri lankan black tea

**Black beautea earl grey**

earl grey, mango, sweet orange, rose petals and cornflower blue petals

**Viriditea green**

Sencha green tea and jasmine green tea

**Serenitea**

chamomile, spearmint, lemon verbena, lavender and lemon balm

**Zest tea**

ginger, lemongrass, lemon peel, turmeric, lemon myrtle

**Vitalitea**

peppermint, spearmint, ginger, sweet orange peel, withania, Siberian ginseng and bacopa

**Masala chai**

cinnamon, black tea, ginger, cloves, cardamom and aniseed

..... SHAKES .....

Chocolate, Banana, Strawberry, Vanilla, Caramel

**Milkshake 5.5**

**Kids milkshake 4**

**Thick shake 6.5**

**Tim tam thick shake 9.5**

**Oreo thick shake 9.5**

**Nutella milkshake 9.5**

Dairy free option available made with almond milk and coconut ice cream Milkshake 1.5, Thick shake 2.5

..... SMOOTHIES 8.5 .....

All DF, V, GF

**Tropical**

Passionfruit, banana, dragon fruit, pineapple, coconut milk

**Green**

spinach, mint, banana, mango, greens powder coconut water

**Acai**

Organic acai, strawberry, banana, coconut milk

**Banana and Cacao**

Dates, almond butter, banana, cacao, almond milk

**Banana**

Banana, coyo yogurt, cinnamon, honey, coconut milk

add protein powder 1.5