

## BREAKFAST.....

**Sourdough toast 5.5/ grain sourdough 5.5**

**Rye sourdough 6.5**

**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*

**Zucchini Fritters 18.5**

*Pea pesto, lemon labne, cherry tomatoes, spinach, poached egg (GF, N, DFO)*

*Add free range bacon 5*

**Cherry tomato bruschetta 17.5**

*grain sourdough, blistered cherry tomatoes, capsicum, chilli, Basil, toasted pine nuts and feta (N, GFO, VO, DFO)*  
*Add eggs 3.5*

**Avocado on sourdough 15.5**

*Sliced avocado, grain sourdough, beetroot hummus, feta, lemon, sesame seeds (VO, GFO, DFO)*  
*Add free range eggs 3.5*  
*Add halloumi 4*

**Deluxe Brekkie 22**

*Free range 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*

**Coconut chia 17**

*Organic chia pudding, watermelon, seasonal fruits, house made strawberry syrup, toasted coconut (GF, DF, V, RSF, N)*

**Coconut yogurt panna cotta 16**

*Organic Hemp granola with coconut yogurt panna cotta and seasonal fruit salad (GF, V, DF, RSF, N)*

**Blueberry pancakes 19.5**

*Coconut ice cream, organic pure maple, berries, seasonal fruits, crushed macadamias (V, GF, DF, RSF, N)*

**Acai Bowl 16**

*Blended organic acai, coconut water strawberries topped with organic hemp granola, berries, banana (GF, DF, V, RSF, N)*

## KIDS.....

**Bacon and eggs 8.5**

**Pancake 9.5**

*strawberries, maple, ice cream, sprinkles (GFO, DFO)*

## EXTRAS.....

*Berkshire free range bacon 5*

*Smoked salmon/ halloumi/ mushrooms 4*

*Holbrook free range eggs/ fried tomato/ avocado 3.5*

*Spinach 3*

*Relish/hollandaise/gluten free bread 1.5*

## SALADS.....

**Rainbow Thai salad 17**

*Spinach, cucumber, capsicum, carrot, cherry tomato, coriander, mint, spring onion, lime, peanuts and peanut dressing*  
*Add grilled chicken 3.5 (GF, DF, V, N)*

**Sweet potato and pear 17**

*Pear, sweet potato, spinach, pomegranate, pecans, feta (GF, VO, DFO, N)*  
*Add grilled chicken 3.5*

**Nourish bowl 16.5**

*Red lemon quinoa, broccoli, avocado, spinach, crispy chickpeas, cherry tomato, sprouts, beetroot hummus (GF, DF, V,)*  
*Add poached egg 1.5*  
*Add grilled chicken 3.5*

## TURKISH FOCACCIA 10.....

**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.....

*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*

*V-vegan              VO- vegan option available*

*N-contains nuts    RSF- refined sugar free*

*DF- dairy free      DFO- dairy free option available*

**Breakfast till 2pm weekdays**

**kitchen closes at 3pm weekdays and 1:30 Saturday**

**please order at counter**

..... 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, dragon fruit, pineapple, mint, coconut water

**Green**

Spinach, green apple, pineapple, mint, chia seeds, lemon, coconut water

**Banana and Caramel**

Banana, maca, peanut butter, dates, coconut milk

**Watermelon**

Watermelon, mint, strawberry, lime, coconut water

add protein powder 1.5

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