

## BREAKFAST.....

**Sourdough toast 5.5/ grain sourdough 5.5**

**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*

**Sweet corn Fritters 18.5**

*Smashed avocado, chipotle yogurt, blistered cherry tomatoes, tomato relish, poached egg (GF, DFO, VO)*

*Add bacon 5*

*Add halloumi 4*

**Smashed pumpkin 16.5**

*grain sourdough, hummus, smashed roasted pumpkin, almond dukkha, feta, pomegranate, spinach (N, GFO, VO, DFO)*

*Add eggs 4*

**Avocado on sourdough 16**

*Sliced avocado, grain sourdough, lemon labne, dukkha, lemon, (VO, GFO, DFO)*

*Add free range eggs 4*

*Add halloumi 4*

**Deluxe Brekkie 22**

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

**Eggs Benedict 18**

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

**Super grain porridge 16**

*Organic porridge, poached apple and strawberry, coconut and macadamia crumble (GF, DF, V, RSF, N)*

**Cacao waffles 18.5**

*Dark chocolate ganache, Coconut ice cream, strawberries, toasted almond flakes, strawberry coconut powder (V, GF, DF, RSF, N)*

**Acai Bowl 16**

*Blended organic acai, coconut water, banana and blueberries topped with peanut butter granola, berries, banana, coconut and almond flakes (DF, V, RSF, N)*

## KIDS .....

**Bacon and eggs 8.5**

**Buttermilk Pancake 9.5**

*strawberries, maple, ice cream, sprinkles*

## EXTRAS .....

*bacon/ smoked salmon 5*

*halloumi/ mushrooms/Avocado/ fried tomato*

*Holbrook free range eggs/ grilled chicken 4*

*Spinach 3*

*Relish/hollandaise/gluten free bread 1.5*

## SALADS .....

**Green salad 16**

*Kale, snow peas, broccolini, chilli, avocado, almond dukkha, lemon tahini*

*Add poached egg 2*

*Add halloumi 4*

*Add grilled chicken 4 (GF, DF, V, N)*

**Roasted veggie salad 16**

*Sweet potato, zucchini, potato, cherry tomato, grilled capsicum, spinach, feta, pepitas (GF, VO, DFO)*

*Add grilled chicken 4*

**Nourish bowl 16**

*Red lemon quinoa, avocado, roasted pumpkin, broccolini, spinach, crispy chickpeas, pepita, sprouts, hummus (GF, DF, V)*

*Add poached egg 2*

*Add grilled chicken 4*

## 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 1:30pm weekdays  
kitchen closes at 2:30pm 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 6**

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**

Mango, banana, passionfruit, chia seeds, coconut milk

**Green**

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

**Banana and Caramel**

Banana, maca, peanut butter, dates, coconut milk

**Acai Berry**

Acai, Raspberry, blueberry, strawberry, banana, almond milk

add protein powder 1.5

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