



- COFFEE ROASTERS -



Zymil, Bonsoy, Nutty Bruce Almond & Nutty Bruce Coconut

BLENDED BREAKY

10.95

THE FAVOURITES

THREE CHEESE STUFFED MUSHROOMS

Served with our own semi dried tomatoes, roasted garlic & rocket on toasted sourdough



SALMON HASH

Smoked Huon Salmon hash, with avocado, our own dried tomatoes, rocket, poached egg & topped with aioli



SMOOTHIES

IMMUNE 250ml

IRONMAN 250ml

& ginger

Orange, garlic, tumeric

Orange, lemon, spinach,

tumeric & black pepper

GREENS 250ml / Apple, spinach, celery,

kale & mint

REFUEL 500ml

Pineapple, orange

SEA GREEN 500ml

& watermelon

cucumber, lemon, ginger,

ACAI BOWL

Served with seasonal

fresh fruits & paleo museli

from **7.95**

Check out our chalkboards for healthy protein packed options

COLD PRESS JUICES

SMASHED AVOCADO ON TOASTED SOURDOUGH

Add bacon...5.5



EGGS, BACON & TOMATOES 19.5

Free range eggs... Scrambled, poached or fried, with our own semi dried tomatoes & bacon on toasted sourdough

FREE RANGE EGGS ON SOURDOUGH 12.5

Scrambled, poached or fried Add bacon...5.5

Add smashed avo...5 Add stuffed mushroom....5.5 Add semi tomatoes...4



ROASTED VEGETABLE FRITTATA STACK 14.5

Layers of veges, served with rocket & caramelised balsamic





EGG BENNY ROLL 9

Poached egg, bushfire ham, baby spinach topped with hollandaise on brioche roll

GOURMET FRUIT TOAST

Locally made... essential grain fruit toast



MUSHROOM W/ CASHEW CHEESE

Roasted tomatoes, smashed avocado & alfalfa on toasted sourdough



MAKE YOUR OWN JUICE

Apple, cucumber, spinach, lime

TEA TONIC LEAF TEA



