

ALL DAY MENU

TOASTED SOURDOUGH

with butter/jam/vegemite \$4.00
with crushed avocado, tomato,
feta & baby spinach \$12.50

BANANA BREAD or \$4.50
PEAR & RASPBERRY BREAD
toasted with butter or plain

ORANGE & ALMOND LOAF (GF, DF) \$4.50

THICK CUT FRUIT TOAST
1 slice \$3.00
2 slices \$5.00

TOASTED GRANOLA \$6.50
with natural yoghurt & blueberries

BACON & EGG ROLL \$8.00

QUICHE & SALAD \$12.50

SEASONED POTATO WEDGES \$8.00
Served with sour cream &
chilli sauce sweet

SWEET POTATO WEDGES \$8.00
Served with sour cream &
sweet chilli sauce

BOWL OF FRIES \$6.00
Served with aioli

FISH & CHIPS \$10.00
Served with fresh lemon & tartare sauce

TOASTIES & SANDWICHES

Ham, cheese & tomato \$7.00
Roast beef, tomato relish and cheese \$7.00

SELECTION OF SANDWICHES \$7.00

Egg & lettuce
Ham, salad & mustard seed mayo
Roast beef, cheese & tomato relish

Salad Roll with avocado, mayo, lettuce, tomato,
cucumber, carrot & red onion \$8.00

POACHED CHICKEN SALAD \$13.00

Mixed lettuce, cherry tomato, avocado,
cucumber, almonds, apple & fetta

SOMETHING SWEET

Daily selection in our display fridge

SPECIALS

Check the Specials' board for our weekly and
daily specials

SMOOTHIES \$7.00

All vegan

BANANA NUT

Almonds, coconut, vanilla protein
powder, banana, cinnamon, coconut milk

GREEN MACHINE

Baby spinach, blueberries, banana,
vanilla protein powder, coconut water

MANGO BANANA

Mango, banana, protein powder, almond milk