



ALL THINGS AVOCADO

SMASHED AVO **v gfo**

Poached eggs, smashed avocado, medley tomatoes, pomegranate, whipped danish feta, mesclun & balsamic glaze on quinoa soy seeded sourdough 20.5

Add bacon 6 / halloumi 6 / hash brown 4.5

HOT HONEY HALLOUMI **v gfo nuts**

Fried halloumi, poached egg, smashed avocado, hot chilli honey drizzle, pistachio almond dukkah & mesclun on quinoa soy seeded sourdough 21.0

CORN FRITTERS

Smoked salmon, tempura corn fritters, poached egg, smashed avocado, baby spinach & tomato relish on quinoa soy seeded sourdough 24.0

Swap smoked salmon > streaky bacon

SMASHED FALAFEL **v**

Poached egg, crispy smashed falafel, hummus, smashed avocado, hot chilli honey drizzle & mesclun on quinoa soy seeded sourdough 21.0

Add bacon 6 / halloumi 6 / hash brown 4.5

TRUFFLED MUSHROOM **v gfo**

Sautéed mushrooms, poached egg, smashed avocado, whipped danish feta, fragrant black truffle oil & mesclun on quinoa soy seeded sourdough 22.5

BRUNCH ALL DAY

v vegetarian / **vgo** vegetarian option / **gf** gluten free / **gfo** gluten free option +1

BAE BREKKIE BURGER **vgo gfo**

Streaky bacon, fried egg, golden hash brown, american cheddar, baby spinach, tomato relish & garlic aioli on toasted milk bun 16.5

YUZU EGGS BENEDICT **vgo gfo**

Poached eggs, baby spinach, safflower-yuzu hollandaise on sourdough english muffin 22.0
Choose bacon / ham / salmon / halloumi / spinach & mushrooms

THE HAM OMELETTE **vgo gfo**

Smoked ham, sautéed spinach, tasty cheddar w/ organic sourdough 19.5
Swap ham > mushrooms **v**

CHILLI KIMCHI SCRAM **vgo gfo**

Creamy soft scrambled eggs folded in spicy kimchi, furikake, fried shallots, chilli flakes, whipped danish feta, baby spinach on organic sourdough 21.0

Add bacon 6 / halloumi 6 / hash brown 4.5

EBI-FRY PRAWN SANDO

Crispy ebi-fry prawn cutlets, yuzu mayo, sweet chilli & shaved cabbage on thick cut Japanese-style milk tin loaf 15.5

JAPANESE EGG SANDO

Creamy soft scrambled eggs, yuzu mayo, furikake seasoning on thick cut Japanese-style milk tin loaf 14.0

NUTTY MAPLE GRANOLA **vg**

Crisp rolled oats, heap of nuts, fruits & seeds, natural greek yoghurt, honey & seasonal berries 17.5

BERRY FRENCH TOAST **v**

French toast soaked in a creamy vanilla custard topped w/ vanilla bean gelato, macadamia crumble, boysenberry compote, maple syrup & seasonal berries 20.0

Add streaky bacon 6

BEER-BATTERED FLATHEAD

Skinless flathead fillets in a traditional crispy beer batter served w/ crunchy chips 19.5

Swap chips to salad

Or have both chips & salad 4

BLAT **gfo**

Streaky bacon, smashed avocado, tomatoes, mesclun & garlic aioli on sourdough 15.0

Add fried egg 2 / grilled chicken 3

EGGS ON TOAST **v gfo**

Poached, scrambled or fried eggs on organic sourdough 13.0

BREKKIE ADD-ONS

smoked salmon / grilled chicken / bacon / halloumi / ebi-fry prawns 6.0
avocado / mushrooms / grilled tomato / sautéed spinach / kimchi / fried tofu 4.5
vegemite / strawberry jam / honey / peanut butter 0.5

GOLDEN HASH BROWN 4.5

SUPER CRUNCHY CHIPS

w/ chicken salt 8.5

CHEESEBURGER

Juicy wagyu beef patty, american cheddar, mixed leaf, tomato, pickles, american mustard & tomato sauce on toasted milk bun served w/ crunchy chips 20.5

GRILLED CHICKEN BURGER

Grilled chicken tender, smashed avocado, mixed leaf, tomato & aioli on toasted milk bun served w/ crunchy chips 20.5

Feeling cheeky? Change to southern-fried chicken fillet (no avocado)

IMMUNITY ≠ DETOX JUICE

9.5 / extra ginger 1.0 / ice on request

MORNING GREEN DETOX

Apple, baby spinach, celery & ginger

MORNING REFRESH

Orange, lemon, ginger & mint

MID-MORNING GLOW

Apple, carrot & ginger

MID-MORNING ROOTS

Beetroot, apple, lemon & ginger

AFTERNOON IMMUNITY

Beetroot, carrot, orange & ginger

AFTERNOON REFRESHER

Apple, orange, lemon & mint



Order here



DRINKS

COFFEE & TEA

COFFEE Campos Superior Blend

Espresso	4.0
Piccolo / Macchiato	4.3
Cap / Latte / Flat White / Long Black	4.5
Mocha	5.0

NOT COFFEE

Hot Chocolate	4.5
Chai Latte / Dirty Chai	4.5 / 5.0
Turmeric / Matcha	5.5
Prana Sticky Chai Tea	6.0

EXTRAS

Large	0.8
Almond / Oat / Soy / Lactose-Free	0.8
Extra Shot / Decaffeinated	0.7
Caramel / Vanilla / Hazelnut Syrup	0.7

LOOSE LEAF TEA Origin Tea

Eng. Breakfast / Early Grey / Green Sencha / Peppermint / Lemongrass Ginger 5.0

COLD BREW 7.0

ICED

Latte / Long Black / Chai 6.5
Vietnamese-Style Iced Coffee 6.5
Coffee / Chocolate / Mocha w/ gelato 8.5
Vanilla Matcha 8.5

SMOOTHIES & SHAKES

ACAI SMOOTHIE

Amazonia açai, banana, mixed berries, honey & almond milk 12.0
Add peanut butter 1.5 / protein powder 2.5

GREEN SMOOTHIE

Fresh avocado, baby spinach, banana, almond milk & honey 9.5

CHAI-SPICED BANANA SMOOTHIE

Chai spices, banana, natural greek yoghurt & fresh milk 9.5

CLASSIC FRUIT SMOOTHIE

Natural greek yoghurt, honey & fresh milk w/ classic banana or mixed berries 9.0 or mixed berries & banana 10.0
Add peanut butter 1.5 / protein powder 2.5

GELATO SHAKES

Belgian Chocolate / Strawberries & Cream / Vanilla Bean 8.5

CHILLED

HOUSE ICED TEAS

Lemon / Peach 7.0

SOFT DRINKS

Coke / Coke No Sugar / Sprite 4.5

MT FRANKLIN

Mt Franklin Lightly Sparkling 4.5 / 8.5
Mt Franklin Still 4.0

SALADS

CHICKEN & HALLOUMI SALAD vgo gf

Grilled marinated tenderloin, halloumi, avocado, tomatoes, pickled carrots, quinoa & mesclun tossed in a lime & cracked pepper vinaigrette 23.0

Swap chicken > falafel & hummus v

SALMON AVO SALAD gf

Smoked salmon, avocado, tomatoes, quinoa, pickled carrots, whipped danish feta & mesclun tossed in a balsamic vinaigrette 23.0

EBI-FRY PRAWN & AVO SALAD

Crispy ebi-fry prawn cutlets, avocado, tomatoes, pickled carrots, quinoa & mesclun tossed in a lime & cracked pepper vinaigrette 23.0

KIDS 12 years & under only!

KIDS EGGS ON TOAST

Scrambled or fried egg on soft milk tin loaf 10
+ bacon 6 / hash brown 4.5

KIDS NUGGETS & CHIPS

6 chicken nuggets, chips & tomato sauce 12

KIDS TOASTIES

Ham & Cheese / Cheese & Tomato 9.5

BELGIUM WAFFLES

Belgium waffle stack w/ vanilla gelato & maple syrup 10

BUDDHA BOWL v gfo 23.0

Buddha bowls, breakfast bowls, nourish, yoga, glory or whatever bowl you want to call it; are brimming with nourishing comfort food that will fill your belly & soul.

Buddha bowls are similar to macrobiotic bowls in that they incorporate the eating principles of Chinese & Japanese medicine & include raw veggies, sprouts & health grains.

Base includes

Mixed quinoa, pickled carrots, edamame, tomatoes, sweet corn kernels & mesclun.

Step 1 : Pick two (2) included sides

- ~ Smashed avo
- ~ Spicy kimchi
- ~ Mushrooms
- ~ Poached egg
- ~ Falafel & hummus
- ~ Fried tofu
- ~ Tempura corn fritters

Step 2 : Pick a dressing

- ~ Lemon & extra virgin olive oil
- ~ Lime & cracked pepper
- ~ Balsamic vinaigrette
- ~ Roasted sesame

Step 3 : Extra proteins

- ~ Grilled chicken 6.0
- ~ Smoked salmon 6.0
- ~ Grilled halloumi 6.0
- ~ Golden hash brown 4.5