

ALL DAY BREAKFAST

- FRUIT TOAST.....7.5**
Wholemeal sourdough fruit toast served with nuttelex
- TOASTIE.....10**
Wholemeal sourdough toasted sandwich with smashed avo, tomato & vegan cheese sauce*
(V, *CONTAINS NUTS, GF OPTION + \$2)
- ACAI BOWL.....14**
Acai sorbet topped with seasonal fruit, buckwheat kernels, millet puffs, chia seeds and flaked coconut
(V, GF, NF, R)
+ Add Cacao for Chocolate Acai.....\$1
+ Add Bliss Ball, ½ caramel slice.....\$3ea
+ Add half Donut (Vanilla or Chocolate).....\$4ea
- BREAKFAST BURRITO.....14.5**
Mixed seasoned beans with guacamole, vegan sour cream* and fresh coriander (V, *CONTAINS NUTS)
- AVOCADO & VEGAN FETA.....16**
Smashed avocado on wholemeal sourdough toast with almond feta*, sprouts and pepitas (V, *CONTAINS NUTS)
- PEACE PANCAKES.....19.5**
Served with house-made banana nice cream, topped with berries, caramel sauce, flaked coconut and dusted cinnamon (V, GF, NF, OGF)
- VEGAN BIG BREAKFAST.....21**
Our signature Scrambled Tofu (olives, mushrooms, red onion, capsicum) served on wholemeal sourdough toast with avocado, baked beans, sautéed spinach, & house-made tomato relish (V, NF)



- EGGS ON TOAST.....11.5**
Free range eggs cooked to your liking on wholemeal sourdough toast
- SIDES**
- Tomato Relish, Sautéed Spinach.....2.5
- Grilled Mushroom, Baked beans, Almond Feta*, Poached Egg, Avocado.....3.5
- Gluten Free Bread.....2**

KIDS

- KIDS DRINKS.....4.5**
Choose from Organic Juices, Single Flavour, or Super Food Smoothies
- AVO TOAST.....6**
Smashed avocado on one piece of sourdough toast
- EGG ON YOUR HEAD.....7**
Poached egg on one piece of sourdough toast
- KIDS PANCAKES.....9**
2 mini pancakes stacked with caramel sauce and mixed berries

LUNCH

- WRAPS.....10.5**
Falafel & Hommus (V, NF) or Teriyaki Tofu (V, NF, OGF)
- SUPER VEGAN NACHOS.....18**
Mixed beans, corn chips, piled with vegan sour cream*, vegan cheese*, and guacamole (V, GF, *CONTAINS NUTS)
- BURGER BOMB.....18.5**
House made veggie pattie in a sourdough bun stuffed with avocado, cucumber, seeded mustard, tomato, spinach and sauerkraut, dripping with vegan cheese sauce* (V, *CONTAINS NUTS)
- DECONSTRUCTED BURGER.....18.5**
A gluten free “naked” version of our Burger Bomb featuring our delicious Veggie Pattie served with avocado, cucumber, seeded mustard, tomato, spinach, sauerkraut, and vegan cheese sauce* all on a bed of our Raw Rainbow salad (V, GF, *CONTAINS NUTS)

Our fresh produce is *Certified Organic* and organic ingredients are used wherever possible

Please order and pay at counter