



# MAINS

## SMASHED AVO ON SOURDOUGH / \$18

on herb sourdough, feta and dukkah

- add pomegranate / \$2
- add smoked salmon OR leg ham OR poached eggs / \$6
- add poached eggs AND smoked salmon OR leg ham / \$8

## HAPPY VEGAN AVO **V** **DF** **NF** / \$18

on herb sourdough with housemade beet hummus, hummus, chia seeds, pumpkin seeds and EVOO

- add vegan cheese / \$6

## SHAKSHOUKA / \$18

spicy mediterranean rich tomato base sauce baked with eggs, EVOO, fresh herbs, served with crunchy herb sourdough

- add spinach / \$2
- add feta / \$4
- add goats cheese / \$6

## BEETROOT GOATS CHEESE / \$24

roasted beetroot dip, poached eggs, organic meredith goats cheese and candied pecans served on herb sourdough

## BAKED CHIA PARFAIT **GF** **V** / \$13

layered with roasted maple berries, Greek yoghurt, housemade coconut and nut cinnamon granola and fresh berries

## MANWICH / \$20

herb sourdough with melted cheddar, roasted leg ham and truss tomato, comes with either avocado OR side salad

## PANCAKES THE RIGHT WAY **GF** **NF** **V** / \$20

organic gluten-free and refined sugar-free blueberry oat pancakes served with greek yoghurt, seasonal berries and organic canadian maple syrup



### CREAM CHEESE SMOKED SALMON NF / \$22

on herb sourdough with herb cream cheese, dill, pickled onion and capers.

### PUMPKIN QUINOA WITH VEGGIES V DF GF / \$16

spinach, quinoa, roasted pumpkin, broccoli, red bell pepper served with poached egg

### GREEN FALFEL BOWL V DF GF / \$22

mesclun, roasted beetroot drip, roasted turmeric veggies and tahini dressing

- add feta cheese / \$4
- add goats cheese / \$6

### FALFEL TABBOULEH V DF GF / \$26

spinach, quinoa, chopped parsley, tomato, cucumber, mint and lemon EVOO dressing, creamy hummus, tahini dressing, feta cheese

### CHEF'S SUPERFOOD CHICKEN CURRY DF GF / \$26

served with quinoa and veggies

## K I D S F A V S

### SOURDOUGH WITH A CHOICE OF: / \$10

ham and cheese toastie OR cheese and tomato toastie OR organic peanut butter and fresh berries OR avo smash OR vegemite cheddar

### SOFT BREAD SANDWICH WITH A CHOICE OF / \$8

peanut butter OR jam OR vegemite OR honey OR cheese

### HUMMUS PICK AND MIX PLATE / \$13

crudités, soft bread, cheese, hummus, fresh fruits and popcorns

### PANCAKES THE KIDS WAY GF / \$14

organic gluten free and refined sugar free blueberry oat pancakes with berries, greek yoghurt and organic canadian maple syrup on the side



# SALADS

## SPICY GADO-GADO BOWL V DF GF / \$26 👑

spinach, jicama, tofu, pickled onion, carrots, Japanese cucumber, radish, tempeh, crushed peanuts and chilli flakes

## SUPERFOOD SALAD V DF GF / \$22

quinoa, hummus, sunflower seeds, roasted almonds, avocado, broccoli, pomegranates, greens, cherry tomato, citrus herb dressing

- add feta / \$4
- add smoked salmon OR leg ham OR poached eggs / \$6
- add organic hormone free sous vide chicken breast / \$8

## KETO CHICKEN AVO SALAD / \$26 👑

mesclun, lemon herb dressing, tomato, housemade pickled red onion, organic hormone free sous vide chicken breast, avocado, feta cheese and roasted walnuts

## VEGAN SPICED PUMPKIN SALAD V DF GF / \$24

mesclun, radish, roasted pumpkin seeds, quinoa, mint, parsley, tahini dressing, spiced roasted pumpkin topped with vegan nut cheese

## SPICY CHICKEN SATAY SLAW SALAD DF GF / \$26

spinach, carrot, cucumber, red cabbage, jicama, parsley, coriander, spring onion, raddish, chilli, satay sauce dressing

## BEETROOT GOATS CHEESE CITRUS SALAD V GF / \$22

mesclun, mint, walnut, balsamic dressing, orange wedges and roasted beetroot



# SWEETS

## ACAI BERRY BOWL V DF GF / \$14 👑

with peanut butter granola topping OR berry coconut topping

## BANANA PEANUT BUTTER CACAO V DF GF / \$14

topped with peanut butter granola and tropical fruits

## TROPICAL MANGO PINEAPPLE COCONUT V DF GF / \$14

topped with housemade coconut and nut cinammon granola and passionfruit

## SUPERFOOD ADD-ON / \$2

organic maca powder, raw cacao, chia seeds, vegan protein powder, super green powder

## SOURDOUGH WITH FRENCH BUTTER & JAM / \$7

## ALMOND BUTTER TOAST V DF / \$8

single slice topped with chia seeds, strawberry and honey

- add additional slice / \$6

## VEGAN MIDNIGHT CLASSIQUE CUPCAKE V DF GF NF / \$8.5

sponge cupcake filled with a molten dark chocolate centre, covered with dark chocolate ganache,

## PLAIN CROISSANT / \$4

jam & butter OR almond OR chocolate / \$5.50

ham & cheese / \$9

## RAW CARAMEL SLICE / \$6

## SNICKERS CUP / \$8

## FERRERO BALLS / \$5

sponge cupcake filled with a molten dark chocolate centre, covered with dark chocolate ganache,

## CARROT CAKE / \$9

## DUKKAH JARS / \$17



# DRINKS

## COFFEE (HOT/ICED)

---

ESPRESSO / \$4.50

AMERICANO / \$4.50

LATTE / \$6.50

FLAT WHITE / \$6.50

CAPPUCCINO / \$6.50

BABYCCINO / \$2

CHAI LATTE / \$6.50

PICOLO LATTE / \$5

## TEAS

---

GREECE ORGANIC TEAS / \$6

mint, lemon verbena or organic  
defence

ICED PASSIONFRUIT

GREEN TEA / \$9

with mint and fresh passionfruit and  
dehydrated orange

ORANGE EARL GREY ICED TEA /  
\$7

ENGLISH BREAKFAST TEA / \$6

EARL GREY TEA / \$6

MOCHA / \$7

ORGANIC CHOCOLATE / \$6.50

ORGANIC TURMERIC LATTE / \$8

DIRTY TURMERIC LATTE / \$9

KETO COFFEE / \$8

ORGANIC RED VELVET LATTE / \$8

ORGANIC MERMAID LATTE / \$8

ALL DRINKS COME WITH A CHOICE  
OF MILK:

full cream / skinny

bonsoy / \$1

almond / \$1

oat / \$1

coconut / \$1

## AKESI BIO FERMENTED

---

PROBIOTIC BERRY ELIXIR / \$7

SPARKLING TUMERIC ELIXIR / \$7

PURE TUMERIC SHOT / \$6.5



# DRINKS

## SMOOTHIES

---

### BANANA AVO SMOOTHIE / \$9.50

Banana, avocado, honey, spinach, chia seeds and milk

### BERRY OAT SMOOTHIE / \$8

Berries, oats, chia seeds and milk

### PB CHOCO SMOOTHIE / \$8

Peanut butter, cacao, banana, honey and milk

### TA'S EVERYTHING SMOOTHIE / \$12

Banana, coffee, peanut butter, cacao, chia seeds and almond milk

### CHAI ALMOND SMOOTHIE / \$9

Chai spice, almond milk, honey, banana

### TAHINI DATE SMOOTHIE / \$8

Soy Milk, Tahini, Medjool Dates

### SUPERFOOD ADD-ON

organic maca powder / \$2

raw cacao / \$2

vegan protein powder / \$2

superfood green powder / \$2

chia seeds / \$2

fresh spirulina / \$4.50

## FRESH JUICES

---

### IMMUNITY GREEN JUICE / \$13

Fresh Spirulina superfood, Celery, Green Apple, Lemon

### GREEN DETOX / \$8

Kale, spinach, cucumber, ginger, apple and mint

### TUMMY TIME / \$8

Carrot, orange, ginger and turmeric

### CELERY CLEANSE / \$8

Celery, green apple, lemon

### EARTHY ROOTS / \$8

Apple, beetroot, carrot

### LEMONGRASS COOLER / \$8

Apple, cucumber, lemongrass, lime

### FRESH COCONUT / \$6.50

### FRESH ORANGE JUICE / \$7

### JUICE ADD-ON

detox shot / \$2

beetroot shot / \$2

turmeric shot / \$1

ginger shot / \$1

chia seeds OR collagen / \$2

fresh spirulina / \$4.50