

BANANA BREAD TOAST with berry compote and mascarpone	10
COCONUT BREAD TOAST with ricotta, banana and honey	10
THE GROUNDS PANCAKES with peaches raspberries and vanilla yoghurt	13

MAKE YOUR OWN

CUP 10 BOWL 15

CHOOSE 1 (BASE)	CHOOSE 1 (FRUIT)	CHOOSE 1 (TOPPING)
TOASTED MUESLI DF with dried fruits and nuts	TROPICAL FRUIT SALAD with lime and mint	COCONUT YOGHURT
COCONUT CHIA PUDDING GF DF	FRESH CUT FRUIT SALAD	ALMOND AND MAPLE YOGHURT
APPLE BIRCHER DF with flax and teff seeds	BERRY COMPOTE	VANILLA YOGHURT
GF GRANOLA	SLICED BANANAS AND CACAO	ACAI
	RHUBARB AND ORANGE COMPOTE	PITAYA

(GLUTEN FREE OPTION ON REQUEST)

THE CLASSICS

AVO ON TOAST with feta tomato chilli lemon and dukkah	14
EGGS ON TOAST your choice of 2 free range eggs with toasted sourdough and butter	11
OMELETTE 3 cheese, caramelised onion, asparagus and spinach with toast	14
TURMERIC & RAISIN QUINOA, avocado, cauliflower rice, sesame roasted sweet potato & crunchy harissa, poached egg	13
GREEN VEGGIES, SHREDDED LEAFY GREENS, beetroot, lentils, white couscous, almonds, poached egg hummus, green salsa.	13
SUMAC ROAST TOMATOES, MUSHROOMS, sauteed corn & spinach, crunchy slaw, polenta chips, scrambled egg, bbq sauce	13

add

PORK SAUSAGE, BACON, TURKEY BACON
HOUSE SMOKED OCEAN TROUT

BREKKIE BURGER OR WRAP 14 WITH HASH BROWN 17

- SPINACH, HALLOUMI, CARAMELISED ONION, MUSHROOM, WHITE SLAW, AIOLI
- BACON, ROAST TOMATO, AIOLI, GRILLED CHEESE, LETTUCE, RELISH & FREE RANGE EGG
- DILL SMOKED SALMON, SCRAMBLE, LEMON HOLLANDAISE
- TURKEY BACON, HUMMUS, CHILLI BRAISED EGGPLANT, FRIED EGG & SUMAC

SIDES

POLENTA CHIPS GF	4	HALLOUMI	5
HASH BROWN GF/DF	4	BACON	5
MUSHROOMS GF	4	TURKEY BACON	5
TOMATOES GF/DF	4	FLAKED SALMON	5
SAUTEED SPINACH GF	4	CHILLI BRAISED EGGPLANT GF/DF	5

Fresh juices

STRAIGHT UP OJ	7.5
Freshly squeezed orange juice	
TROPICAL	7.5
Pineapple, watermelon, passionfruit & OJ	

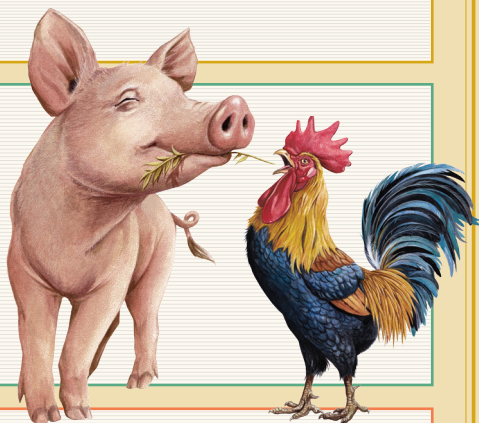
IMMUNE BOOSTER	8.5
Green apple, cucumber, celery, kale, broccoli & ginger	

SHAKES AND SMOOTHIES

PASSION STATEMENT	9
Pineapple, passion fruit, lime, agave, lemon sorbet	
BLUES BROTHERS	9
Blueberries, coconut sorbet, lime & honey	
MANGO TANGO	9
Back by popular demand!	
THE BIG BANANA	9
Here since the beginning & here to stay	
SUPER CHOCOLATE & HAZELNUT	9
The chocciest, hazelnuttiest shake in town	

Sodas

PINEAPPLE SODA	7
With fresh lime	
ALOE MATE SODA	7
With aloe vera, cucumber, lime and honey	



DRINKS FOR the KIDS

KIDS FRESH OJ	6
Freshly squeezed orange juice	
KIDS FRESH APPLE JUICE	6
Freshly juiced apples	
CHOCOLATE & HAZELNUT SHAKE	6.5
The chocciest, hazelnuttiest shake in town	
KIDS BANANA SHAKE	6.5