

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 COCONUT CHIA PUDDING GF DF APPLE BIRCHER DF with flax and teff seeds GF GRANOLA	TROPICAL FRUIT SALAD with lime and mint FRESH CUT FRUIT SALAD GF DF BERRY COMPOTE SLICED BANANAS AND CACAO RHUBARB AND ORANGE COMPOTE	COCONUT YOGHURT ALMOND AND MAPLE YOGHURT VANILLA YOGHURT ACAI 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
BREKKIE BOWL turmeric & raisin quinoa, avocado, cauliflower rice, sesame roasted sweet potato & crunchy harissa, poached egg. 13
THE GARDEN BOWL green veggies, shredded leafy greens, beetroot, lentils, white couscous, almonds, poached egg, hummus, green salsa 13
WARM VEGGIE BREKKIE BOWL roast tomatoes, mushrooms, sauteed corn & spinach, crunchy slaw, polenta chips, scrambled egg, bbq sauce 13

add

PORK SAUSAGE, BACON, TURKEY BACON 4
HOUSE SMOKED OCEAN TROUT 4

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
- HOT SMOKED SALMON, SCRAMBLED EGG, 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	8.5
Pineapple, watermelon, passionfruit & OJ	

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

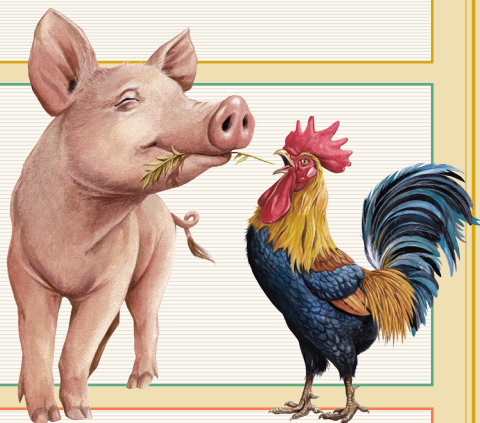
SHAKES AND SMOOTHIES

(DAIRY FREE OPTION ON REQUEST)

PASSION STATEMENT	9
Pineapple, passion fruit, lime, agave, lemon sorbet DF	
BLUES BROTHERS	9
Mixed berries, coconut sorbet, lime & honey DF	
MANGO TANGO	9
Mango, vanilla ice cream & mango nectar	
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 & 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