



BREAKFAST / BRUNCH

SOURDOUGH TOAST (48HR FERMENTED) / 8

Two pieces of sourdough with cultured butter & choice of raw honey, everymite, house-made nut butters or house-made chia jam

AVOCADO SOURDOUGH / 16

Two pieces of sourdough with avocado, hemp seeds & lemon

BRUSCHETTA / 18

Sourdough, avocado, organic tomato, red onion & house kraut drizzled with olive oil & topped with goat's cheese, sunflower seeds & rocket

EGGS ON SOURDOUGH / 15

Local biodynamic eggs, fried or scrambled, on sourdough

SEASONAL VEGGIE OMELETTE / 20

Local biodynamic eggs, organic spanish onion, mushroom, baby spinach & seasonal greens, with house made nori seasoning, topped with raw gruyere cheese, wild rocket & served with sourdough

REPLACE MUSHROOM WITH SMOKED SALMON /25

BACON & EGG SOURDOUGH TOASTIE / 17

Bio Dynamic egg, Nitrate free bacon, house-made relish on 48hr fermented sourdough with fresh organic rocket.

ACAI BOWL / 14

Pure unsweetened Acai berries blended & topped with house activated muesli, coconut & seasonal fruit. Ask for maple if you would like it sweet.

FERMENTED CRUMPETS

- Cultured butter & choice of raw honey, everymite or house made chia jam. single/7, Duo/12
- nitrate free bacon & pure maple syrup single/12, Duo/19

HOUSE ROASTED ACTIVATE MUESLI / 16

SIDES

Fried egg, house kraut, relish, cashew mayo.....2

No grainer bread, avocado, mushroom, spinach.....4

Nitrate free bacon or wild smoked salmon.....8

Everything is free from refined sugars, industrial seed oils, artificial or processed ingredients.
EAT IN OR TAKE-AWAY. PLEASE ORDER AT THE COUNTER & LET US KNOW IF YOU HAVE A FOOD ALLERGY.



LUNCH

EGG SANDWICH/WRAP / 9.5

Two pieces of sourdough with cultured butter & choice of raw honey, everymite, house-made nut butters or house-made chia jam

HAM CHEESE TOMATO TOASTIE / 15

Biodynamic local nitrate-free ham, raw gruyere cheese & organic tomato toasted on 48hr fermented sourdough.

SOUP OF THE DAY - ASK FOR OPTIONS

-Veggie option using organic veggies and coconut milk served with sourdough & cultured butter /19
-Slow cooked meat option, house made broth, organic veggies, w/ sourdough & cultured butter /22

SHEPHERD'S PIE /22

Home style cooking - Mauer's grass fed beef mince, organic veggies cooked in spices & herbs, topped with mashed sweet pot, potato & grilled raw gruyere cheese. Served with choice of salad. See display fridge

CHICKEN POT PIE /22

Home style cooking - organic chicken, organic veggies cooked in spices & herbs, topped with mashed potato & grilled raw gruyere cheese. Served with choice of salad. See display fridge

LUNCH BOWL / 19

Make your own lunch bowl. See display fridge.

1. Choice of Roast organic chicken, Nitrate-free ham, Tuna Patty, Earth Rice Cake, Vegetarian Frittata. Plus
2. Choice of salad Plus
3. Choice of condiment, house made kraut, tomato relish or cashew mayo

GLUTEN-FREE HOUSE-MADE BANANA OR PEAR & RASPBERRY BREAD / 8

GLUTEN-FREE HOUSE-MADE DAILY MUFFIN / 7

SEE DISPLAY FRIDGE FOR GLUTEN-FREE HOUSE-MADE & SPECIALISED TREATS

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SIDES

Fried egg, house kraut, relish, cashew mayp.../2
No grainer bread, avocado, mushroom, spinach.....4 nitrate free
bacon or wold smoked salmon.....8



SMOOTHIES

MEGA GREENS / 13.9

Coconut water, apple, banana, orange, spinach spirulina

BANANA / 10.9 KIDS / 5.9

House almond milk, all things nice spice, banana, honey & LSA

ENERGY BOOST / 12.9

Coconut milk, avocado, banana, date, chia seeds, raw cacao

RAW CHOC MINT / 13.9

House almond milk, banana, cacao nibs, cacao powder, coconut oil & YL peppermint oil

BERRY REVITALISER / 14.9

House almond milk, banana, blueberries, orange, bee pollen, medjool date, maca powder

GREEN GODDESS / 14.9

Coconut milk, avocado, maca powder, mango, honey, spinach, spirulina

SALTED CARAMEL / 10.9

House almond milk, banana, activated cashew butter, pure maple syrup, himalayan salt

SUPER SHAKES

RAW CACAO / 10.9

House almond milk, banana, cacao powder, coconut oil & *protein

GREEN MONSTER / 13.9

House almond milk, banana, almond butter, LSA, spinach & *protein

CACAO ESPRESSO / 13.9

House almond milk, banana, cacao powder, date, espresso shot & *protein

MUSCLE BUILDER / 13.9

House almond milk, banana, chia seeds, cinnamon, honey, activated muesli & *protein

PURPLE POWER / 14.9

Coconut water, acai, almonds, banana, blueberries & *protein

CHUNKY MONKEY / 14.9

Coconut milk, banana, cacao nibs, peanut butter, maca powder & beef broth cubes & *protein

GYM JUNKIE / 13.9

House almond milk, banana, cacao nibs, almond butter, cinnamon, chia seeds & *protein

MR MINT / 14.9

Coconut milk, banana, avocado, cacao nibs, Young Living peppermint oil, spirulina, beef broth cubes & *protein

THE HULK / 13.9

House almond milk, banana, cashews, raw egg, honey, spirulina, yoghurt & *protein

*Protein - raw egg, pea, hemp, grass-fed whey.

Extra - hydrolysed gelatin, beef broth cubes / 2



HOT DRINKS

ALL ORGANIC COFFEE AND MILK

COFFEE. L /5.3. SM /4.8
Cappuccino, Latte, Flat White, Mocha

LONG BLACK. S/4. L/4.5

ESPRESSO /3.8. PICCOLO/3.8

BULLET PROOF /7.5
Espresso, xct/mct oil, grass-fed butter. Mocha add .50

ICED COFFEE/5.5
add coconut ice cream /2

STICKY CHAI Sm /5.5. L/6.2
Blend of spices, organic tea soaked in honey blended with choice of milk and strained

HEALTHY HOT CHOCOLATE /7.9
Coconut milk, coconut oil, maca powder, pure maple syrup, raw cacao powder

TURMERIC LATTE /8.9
Coconut milk, all things nice spice, cinnamon, fresh ginger & turmeric

MATCHA LATTE /8.9
Coconut milk, matcha, maple syrup & Young Living peppermint oil

ADAPTOGEN HOT CHOCOLATE SM/5 L/8.9
House almond milk, cacao, maca, ginger, carob, lucuma, reishi, chaga, ashwagandaha cinnamon, salt

SHROOM BLOOM LATTE /8.9
House almond milk, chaga, reishi, lions mane, cordyceps, cinnamon, maple & cacao

INFUSED HOT CHOCOLATE /7.9
House almond milk, raw cacao, pure maple syrup & choice of Young Living peppermint or orange oil

SOMAGE ORGANIC TEA /4.9
Choice of peppermint, green, english breakfast, earl grey

HOUSE BONE BROTH. S/7 M/9. L/12
Slow cooked organic chicken broth with organic herbs.