



BREKKIE

Available until 11am

Selection of Pastries & Baked Goods

Muffin of the Day 7

Fruit Salad (GF,V,VE) passionfruit, yoghurt and toasted macadamia 12

Gluten Free Granola with fresh berries & coconut yogurt 15

Sourdough Crumpets pepe saya butter and strawberry jam 10

Toasted Sourdough with condiments 9

Gluten Free Charcoal Toast with condiments 12

Smashed Avo on Toast (V) poached egg, feta, dukkha and herb salad 18

Breakfast Tacos scrambled egg, holy trinity salsa, bacon crumb, jalapeno and tequila relish 19

Macadamia Milk Porridge (V,VE,GF) hot overnight oats, mango, hemp seeds and davidson plum sugar 15

Bacon & Egg Roll cheddar, burnt onions and smokey tomato relish 15

Spiced Corn Fritters (V) labneh, tomato relish, herb salad, poached egg 19

Assorted Daily Sambos & Toasted Piadina - see cabinet

SIDES Bacon 4 | Avo 4 | Poached Egg 4

LUNCH

11am - 2pm

Hot Chips with aioli & ketchup 12

Soup and a Toastie ask our staff about today's combo 18

Lobster Spring Rolls ginger lime ponzu 22

Lightly Fried Calamari lemon, aleppo pepper aioli 25

Cheeseburger cheddar, pickles, onion, mayo, ketchup, chips 20

Prawn Tacos pickled cabbage, corn salsa, yuzu mayo 24

Tuna Poke Bowl sticky rice, pickled cucumber, edamame, avocado, furikake 25

Caesar Salad bacon, cos, croutons, anchovy & caesar dressing 18

QLD Blue Pumpkin Salad marinated feta, crispy chickpeas and herb salad 18

Summer Beets (V) heirloom beetroot, hazelnut, radish, fennel, herbs, green goddess 18

Battered South Coast Bream with chips, tartare 25



SMOOTHIES & SHAKES

Coco Shake coconut water, banana, vanilla vegan protein, cinnamon **14**

Banana or Berry Protein Shake milk, vanilla vegan protein **14**

Banana or Berry Smoothie yogurt, honey, milk **14**

COFFEE & CHOCOLATE

Espresso **4**

Long Black **5** / **Iced** **6**

Piccolo / Macchiato **4.50**

Flat White / Latte / Cappuccino / Mocha **5**

Iced Latte / Iced Mocha **7**

Hot Chocolate **5** / **Iced** **6**

Large **1**

Alternative Milk **0.80**

Syrup **0.80**

PRANA CHAI

Sticky Chai **6**

Iced Chai **7**

TEAS

English Breakfast / Earl Grey **5**

Peppermint / Green / Lemon & Ginger / Camomile **5**

Tumeric Latte **5**

Matcha Latte **6**

Iced Matcha **7**