



BREAKFAST Served until 2pm

ACAI SMOOTHIE BOWL (*GFA, V, VO)	\$15
acai, mixed berries, honey, cinnamon, banana and almond milk, topped with granola, cacao nibs, coconut chips, & mixed berries	
BREAKFAST GRANOLA (V)	\$15
banana panna cotta, seasonal fruit & raspberry compote	
SMASHED AVOCADO (*GFA, V)	\$18
served on sourdough with Danish feta, cherry tomatoes, green leaves, beetroot hummus, herb dressing & a pepita crunch (add poached egg \$3 or bacon \$4)	
BREKKY WRAP	\$16
eggs, bacon, cheese, aioli & BBQ sauce on a toasted tortilla wrap (add a hashbrown \$3)	
BREKKY BURGER	\$16
bacon, egg, hash brown, BBQ sauce, Aioli and spinach served on a seeded bun	
HOUSEMADE BEANS ON TOAST (*GFA, V, VO)	\$15
House made beans served on sourdough toast (add poached egg \$3 or bacon \$4)	
JUST EGGS (*GFA, V)	\$15
eggs your way with smoked tomato relish served on toasted sourdough	
BACON AND EGGS (*GFA)	\$19
eggs your way with bacon & smoked tomato relish served on toasted sourdough	
ZUCCHINI FLATBREAD (*GFA, V)	\$18
Italian flatbread with beetroot hummus, grilled zucchini, pumpkin and sweet potato, 2 poached eggs & bush dukkah	
SWEET POTATO & PUMPKIN OMELETTE (*GFA, V)	\$18
Sweet potato, pumpkin, spinach & feta, served with sourdough (add bacon \$4)	
EGGS BENEDICT	\$22
poached eggs & spinach on toasted sourdough topped with hollandaise sauce with your choice of bacon, ham, avocado, or smoked salmon	
PEA & MINT FRITTERS (V, VO)	\$19
with beetroot hummus, spanish onion, cucumber, green leaves, herb mayo, & tomato relish (add poached egg \$3 or bacon \$4 or avocado \$5 or smoked salmon \$6)	
WARM WAFFLES (V)	\$18
Served with seasonal fruit, berry compote & vanilla ice cream (add maple bacon \$4)	
THE BIG CHILL BREAKFAST	\$24
eggs your way, bacon, chorizo, roasted mushrooms, housemade baked beans, tomato relish & hashbrown with sourdough	

LUNCH Served until 2pm

CHICKEN & PUMPKIN TURKISH	\$15
chicken & pumpkin with pesto & aioli on toasted turkish bread served with chips	
SMOKEY PORK TURKISH	\$15
house smoked pork with swiss cheese, honey mustard sauce & BBQ sauce on toasted turkish bread served with chips	
VEGAN TURKISH (V, VO)	\$15
roasted vegetables pesto & vegan aioli on turkish bread served with chips	
THE CLUB SANDWICH (*GFA)	\$16
chicken, bacon, cheese, tomato, avocado, aioli, green leaves & spanish onion (add chips \$4 or sweet potato fries \$6)	
CAESAR SALAD (*GFA)	\$15
cos lettuce, bacon, poached egg, croutons, parmesan & caesar dressing (add chicken +\$4 add smoked salmon +\$6)	
QUINOA CRUNCH SALAD (*GF, VO)	\$18
Red quinoa, semi dried tomatoes, roasted capsicum, mixed greens, fried onions & pepitas served with sweet potato crisps & a creamy vegan dressing (add haloumi +\$4, chicken +\$4 add smoked salmon +\$6)	
THAI BEEF NOODLE SALAD (*GFA)	\$21
Slaw, leafy greens, and an Asian dressing, topped with rice noodles and marinated rib fillet finished with crushed peanuts	
STEAK SANDWICH	\$22
rib fillet steak, bacon, avocado, beetroot, spinach, cheese, tomato, caramelised onion and sriracha mayo with chips	
SOUTHERN CHICKEN BURGER (GFA)	\$23
Marinated thigh, with swiss cheese, mango chutney, tomato, onion, sriracha mayo & chips	
BOWL OF FRIES potato chips or sweet potato fries +\$3	\$8

EXTRA'S

Gluten Free bread \$1	Bacon \$4	Mushrooms \$4
Tomato \$2	Smoked Salmon \$6	Hollandaise Sauce
Extra Egg \$3	Chorizo \$4	Hash Brown \$3
Avocado \$5	Grilled Chicken \$4	Haloumi \$4

(V= Vegetarian VO = Vegan Option GFA= Gluten Friendly Option Available)
We have noted items that are Gluten Friendly options whilst every care is taken to ensure these dishes are free from gluten it cannot be 100% guaranteed. Whilst we are an allergy aware cafe, please notify a team member before ordering of any allergies, so that our team can take appropriate precautions.

FRESH JUICES

REG \$7.90LGE \$9.50

- TROPICAL CHILLorange & pineapple juice with mango & passionfruit
- APPLE TWISTapple & pineapple juice, with a pinch of ginger
- STRAWBERRY FIELDSapple & orange juice with strawberries & a hint of mint
- DETOXbeetroot, ginger, carrot, celery, apple and lemon juice
- GREEN DETOXcucumber, celery, apple and lemon juice with kale & ginger
- CREATE YOUR OWN(choice of 4)
apple, orange, pineapple, carrot, celery, beetroot, lemon, ginger, mango, strawberries, raspberries

SORBET CRUSH

REG \$7.90LGE \$9.50

- VERY BERRYstrawberry sorbet, mixed berries & apple juice
- SUNSHINE SPLASHlemon sorbet, raspberries, strawberries, passion fruit & pineapple juice
- CHILL PASSIONlemon sorbet, banana, passion fruit & orange and apple juice
- RASPBERRY BLISSmango sorbet, raspberries and apple juice

SMOOTHIES

(add protein scoop \$1.50) REG \$7.90LGE \$9.50

- BREKKY TO GOfrozen yoghurt, muesli, banana, honey & milk
- CLASSIC BANANAfrozen yoghurt, banana, honey & milk
- MANGO TANGOfrozen yoghurt, mango, passion fruit & milk
- STRAWBANAfrozen yoghurt, strawberries, banana & milk
- CALYPSO CRUNCHfrozen yoghurt, mango, banana, passion fruit & milk
- BERRY BLOWOUTfrozen yoghurt, mixed berries & milk

COLD DRINKS

- MILKSHAKEREG \$6.50LGE \$7.80
chocolate/ strawberry/caramel/ vanilla/ lime/ malt
- THICKSHAKEREG \$7.80LGE \$8.90
chocolate/ strawberry/caramel/ vanilla/ lime/ malt
- FRAPPEREG \$6.50LGE \$7.80
chocolate/ strawberry/caramel/ vanilla/ lime/ malt/ coffee
- ICED COFFEE/ ICED CHOCOLATEREG \$6.50LGE \$7.80
- ICED LATTE/ICED LONG BLACKREG \$6.50LGE \$7.80
made with cold brew coffee for a smoother taste

HOT DRINKS

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|---------------|----------|----------|----------|
| FLAT WHITE | S \$4.00 | M \$5.00 | L \$6.00 |
| CAPPUCCINO | S \$4.00 | M \$5.00 | L \$6.00 |
| LATTE | S \$4.00 | M \$5.00 | L \$6.00 |
| CHAI LATTE | S \$4.00 | M \$5.00 | L \$6.00 |
| HOT CHOCOLATE | S \$4.00 | M \$5.00 | L \$6.00 |
| LONG BLACK | S \$4.00 | M \$5.00 | L \$6.00 |
| MOCHA | S \$4.50 | M \$5.50 | L \$6.50 |
| SHORT BLACK | S \$3.50 | D \$3.90 | |
| VIENNA | S \$3.90 | M \$5.10 | L \$6.20 |
- long black topped with whipped cream
- AFFOGATO\$5.00
double espresso with a scoop of vanilla ice cream
- SHORT MACCHIATO\$3.70
double espresso with a drop of texture milk
- PICCOLO\$3.50
- BABYCCINO\$2.50
soft textured milk topped served with marshmallows
- TEA\$4.00
english breakfast, earl grey, peppermint, green, lemongrass & ginger

(Almond, Soy, Lactose Free Milks +\$0.60)