



Fresh & Ready Hot Selection...

THE BIG BREKKY WRAP 19.5

Bacon, fried eggs, sausage, hash brown, spinach, drizzled with BBQ sauce & aioli in a toasted wrap.

THE BIG VEG OUT WRAP 19.5

Haloumi, fried eggs, mushrooms, hash brown, spinach, drizzled with pesto and tomato relish in a toasted flavoured wrap.

BACON & SAUSAGE TART 12.0

Bacon, sausage, feta, sun dried tomato, caramalised onion, combined with egg with a secret base.

SAVOURY SENSATION 12.5

Zucchini, pumpkin, caramalised onion, feta, sun dried tomato, all set in egg.

HAM & CHEESE CROISSANT 10.0

Toasted flaky delight with ham and melted cheese.



Fresh & Ready OR Toasted?

RUEBEN 16.0

Two slices of dark rye with pastrami, sauerkraut, Swiss cheese, spinach and pickled gherkins and thousand island dressing.

CHICKEN PESTO 16.0

A ciabatta roll with chicken, sun-dried tomato, red onion, spinach and cheese with pesto and aioli.

ROAST BEEF & SWISS CHEESE 15.0

Two slices of white bread with roast beef, Swiss cheese, spinach, tomato relish and a sprinkle of dukkha.

VEGGIE DELIGHT 16.5

Two slices of dark rye bread with pumpkin, spinach, zucchini, carrot, tomato, and cheese with a layer of hummus.

BACON & EGG ROLL 13.0

A soft roll offers you the classic bacon and fried egg with our twist with spinach and our tasty tomato relish.

HAM, CHEESE & TOMATO 12.0

Two slices of white bread, the classic filling with our tasty tomato relish to make it yours.



SMOOTHIES

NUTTY MONKEY 13.5

Peanut butter, banana, low-fat frozen yoghurt.

HYPER NUTTY MONKEY 14.5

Same as NUTTY MONKEY but with 2 x shots of espresso to make it EPIC!

FEELING GOOD 14.0

Mango, banana, spinach, low-fat frozen yoghurt.

MA MAGICAL MANGO 13.0

Mango, chia seed, low-fat frozen yoghurt.

BA NA NA NA 12.5

Banana, cinnamon, honey, and low-fat frozen yoghurt.

PURPLE PLEASURE 14.0

Blueberries, banana, spinach, low-fat frozen yoghurt

PUNCHY PUIRPLE PLEASURE 15.0

Same as PURPLE PLEASURE but with 2 x shots of espresso to pack the punch.

MIXED BERRY MAGIC 13.0

A Mixture of berries and banana with low-fat frozen yoghurt.

ACAI DELIGHT (dairy-free) 14.0

Acai berries pre-mixed with guarana, banana, and fresh orange juice & apple juice.

EXTRAS

Add Protein Powder + 2.0

Add Rolled Oats + 1.0

Add Chia Seeds + 1.0

Alternative milk options + 1.5

(Bonsoy, Almond, Oat, Coconut, Lactose Free)

MILKSHAKES

(NO THICK SHAKES SORRY)

Small 6.5 Regular 8.5

Large 10.5

Caramel

Banana

Chocolate

Vanilla

Strawberry

JUICES

JUST ORANGE from 10.0

JUST APPLE from 10.0

SUNSHINE from 11.0

Orange, apple, lime

BUZZ from 11.0

Apple, mint, lime & ginger

VISION from 11.0

Carrot, orange & ginger

RAINBOW from 12.0

Apple, beetroot, carrot, celery, orange & ginger

EXTRAS

Add extra Ginger + 1.0



COFFEE	SML/REG/LRG
MILK BASED COFFEE FROM (FLAT WHITE/LATTE/CAPPUCCINO)	5.0 6.0 7.0
LONG BLACK	4.8 5.8 6.8

ICED LATTE	6.5 (REG 2 SHOTS)	7.5 (LARGE 3 SHOTS)
ICED LONG BLACK	6.0 (REG 3 SHOTS)	7.0 (LARGE 4 SHOTS)
ICED COFFEE (ONE SIZE ONLY)	FROM 8.5	

2 shots of coffee blended (or not - up to you) milk, ice cream & ice.

EXTRAS

Syrups +1.0
(Vanilla/
Caramel/
Hazelnut/
Salted Caramel/
Popcorn/
Gingerbread/
White Choc/
Marshmallow)

Extra Shot
+1.0

Decaf. Coffee
+1.5

Alternative Milk
(Bonsoy, Almond,
Oat, Coconut,
Lactose Free)
+1.5

CHAI	SML/REG/LRG
POWDER or LEAF FROM	5.0 6.0 7.0
Dirty chai FROM	6.0 7.0 8.0

ICED CHAI (ONE SIZE ONLY) from 8.5

Blended (or not - up to you) milk of choice, with chai powder, ice & ice cream.

ICED DIRTY CHAI (ONE SIZE ONLY) from 9.5

Blended (or not - up to you) milk with 2 coffee shots, ice cream, ice & chai powder.

CHOCOLATE	SML/REG/LRG
HOT CHOCOLATE FROM	5.0 6.0 7.0
HOT MOCHA FROM	6.0 7.0 8.0

ICED CHOCOLATE (ONE SIZE ONLY) FROM 8.5

Blended (or not - up to you) milk with our chocolate powder, ice & ice cream.

ICED MOCHA (ONE SIZE ONLY) FROM 9.0

Blended (or not - up to you) milk with chocolate powder, 2 coffee shots, ice & ice cream.

LOOSE LEAF TEA (BY THE POT)

English Breakfast/Earl Grey/Decaf 5.5

Peppermint/Green/Lemongrass & Ginger 5.5