

# PLEASE ORDER AT THE COUNTER

# **BREAKFAST**

#### **EGGS AS YOU LIKE** 10 Served on sourdough toast (see extras) Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

## **TOASTIES**

Cheese & Tomato <b>v</b> (1830kJ)	8
Ham & Cheese (2010kJ)	9
Ham Cheese & Tomato (2060kJ)	10
Chicken & Avo (3110kJ)	12

# **BREKKIE WRAP**

Bacon, scrambled eggs, hash brown, tomato relish, lettuce, hollandaise sauce in spinach wrap (3370kJ) Add cheese (+276kJ) +1 / avo (+994kJ) +2

## HOUSE BAKED GRANOLA BOWL V

House baked granola, sweetened yogurt, açaí compote, seasonal berries, coconut chia pudding, crushed strawberry (2970kJ)

## OMELETTE gfor

Roasted mushrooms, braised tomato, tempura batter bits, mozzarella, and chives served with toasted bread (2250kJ) 16 Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

# CRUSHED AVO DELIGHT V

Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ)17

# **SALMON BENNY**

Smoked salmon, toasted sourdough, sweet corn salsa, smashed avo, poached eggs, hollandaise, chives (3260kJ) 18 Or, swap the salmon for ham (2920kJ) or bacon! (3210kJ)

# MUSHROOMS ON TOAST V

Sautéed mushrooms, spring onion, miso, whipped fetta, tempura enoki, poached egg, chilli, furikake on toasted bread (2100kJ) 18

## GRILLED HALLOUMI STACK V gfor

Spiced egaplant, heirloom tomato, raisin, grilled halloumi, coriander, sautéed kale, Spanish onion, poached egg, 18 harissa on sourdough (2290kJ)

# **SWEET CORN FRITTERS**

Tempura sweet corn fritters, house tomato relish, chilli, tomato & avo salsa, poached egg, whipped Persian fetta, Asian herb salad (1780kJ) 18

## **BREAKFAST GNOCCHI**

Home-made potato gnocchi, roasted tomato, chorizo, shallots, chilli, parmesan snow, crispy potato skins, 19 poached egg (3590kJ)

# LEAF BREKKIE V

Two poached eggs, grilled halloumi, hash browns, mushrooms, sautéed kale, smashed avo, roasted tomato with toasted sourdough (3760kJ) 22

# **BIG BREAKFAST**

Two eggs your way, grilled chorizo, bacon, hash browns, crushed avo, roasted mushrooms, roasted tomato served with toasted sourdough (4440kJ) 22

# HOTCAKE V

Seasonal berries, mixed caramelized nuts, toasted coconut, whipped vanilla ricotta, Ferrero Rocher, fairy floss and genuine maple syrup (3490kJ) 18

## **EXTRAS**

Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)	3	Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ)	5
, ,		Smoked Salmon (561kJ)	6
Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (784kJ)	4	Potato Chips (1192kJ)	5
		Sweet Potato Chips (809kJ)	7

Please notify staff of any food allergies.





## PLEASE ORDER AT THE COUNTER

# **BURGERS & SANDWICHES**

## **CHEESE MELT**

Served on rustic bread Mushroom & Tomato (1560kJ) 13 Ham & Pineapple (1920kJ) 13 Chicken & Avocado (2580kJ) 14

## B.L.A.T. gfor

Bacon, lettuce, smashed avo, tomato, house sweet chilli mayo on sourdough (3070kJ) 14

# **VEGETARIAN WRAP** V

Grilled halloumi, spiced egaplant, lettuce, tomato, coriander, raisin, Spanish onion, aioli on a spinach wrap (2940kJ)

# **GRILLED CHICKEN WRAP**

Grilled chicken, hummus, avo, corn, onion, lettuce, cucumber, sweet chilli mayo, tomato in a spinach tortilla wrap (2830kJ) 14

# **CHICKEN KATSU SANDO**

Panko crumbed chicken breast, cabbage slaw, kewpie mayo, Japanese BBQ sauce, chives, milk loaf bread, with chips (4760kJ) 18

# **CRISPY FRIED CHICKEN BURGER**

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (5090kJ) 18

# **BAD BOY BURGER**

Wagyu beef patty, house tomato relish, grilled bacon, lettuce, tomato, tempura onion rings, melted cheddar cheese and aioli on a milk bun with chips (6090kJ) 20

# **SALADS**

## ROASTED PUMPKIN SALAD V

Roasted pumpkin, pepita seeds, whipped Persian fetta, kale, avo, roasted Spanish onion, tomato, balsamic glaze (2300kJ) 17 **Add avo** (+994kJ) **+4** Add chicken (*+718kJ*) +5 Add halloumi (+722kJ) Add smoked salmon (+561kJ)+6

# MAINS

## ALL THINGS GREEN gfor

Brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (2430kJ) 18 Add grilled chicken (+718kJ) +5

# **CHICKEN SCHNITZEL**

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (3780kJ)

Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

#### **KID'S MENU**

Served with Kid's AJ (+480kj)

## Kid's Brekkie

Scrambled egg, hash brown, with toast (1590kJ)

10

10

## Kid's Chicken Nuggets

With chips, tomato sauce (2650kJ)

Please notify staff of any food allergies.

# DRINKS



# PLEASE ORDER AT THE COUNTER

# **BREW BAR**

## **COLD DRIP COFFEE**

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

## **HARIO V60**

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. (2kj) 6

<b>ESPRESSO</b> Ristretto (2kj) Short Black (2kj)	3.2	<b>FLAVOURED</b> Chai Latte (910kj) Green Tea Latte (929kj)	4.2
Long Black (4kj)	3.7	Babycino (133kj)	1.5
Macchiato (61kj) Piccolo (197kj) Flat White (451kj) Latte (541kj) Cappuccino (451kj)	3.7	upsize +0.7	

## upsize +0.7

#### **BELGIAN HOT CHOCOLATE / MOCHA**

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

upsize +1.0	(1000KJ)	upsize +1.0	(7241)
Dark	(1080kj)	Dark	(924kj)
Milk	(1250kj)	Milk	(933kj)
White	(979kj)	White	(937kj)
HOT CHOCOLATE	4.7	MOCHA	4.7

Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
<b>FLAVOUR</b>   Caramel (270kj), Hazelnut (274kj),	
Vanilla ( <i>274kj</i> ), Mint ( <i>280kj</i> )	0.7

## **ORGANIC LOOSE LEAF TEA**

Temperature controlled, brewed to perfection. 4.5

## **GOOD MORNING**

Our luxurious take on English Breakfast Tea (2kj)

# **EARL GREY BLUEFLOWER**

Ceylon Orange Pekoe Black Tea infused with bergamot (2kj)

# GENMAICHA (KYOTO JAPAN)

Brothy Kyoto Green Tea with toasted rice (2kj)

## SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

## **DIGESTIF**

Mint, lavender and fennel seeds to aid digestion (2kj)

#### HEAL

Lemongrass and ginger blend to restore minerals  $(2k_i)$ 

## WHITE PEONY (FUJIAN)

Lightly biscuity White Tea, high in antioxidants (2kj)

## **MASALA CHAI**

Authentic Indian recipe of spices with an Assam Tea base (465kj)

# **COLD BEVERAGE**

	COLD BEAL	:KAGE	•	
	<b>ICED ESPRESSO</b>			
	Iced Long Black (4k	rj)		5.5
	Iced Latte (1050kj) Iced Coffee (1450kj	)		5.5 6.5
	Salted Caramel Aff		70 ki)	6
		oga10 (137	07/)	U
	BLENDED Iced Coffee (1700kj	)		7
	Iced Chai Latte (91)			7
	Iced Green Tea Lat	, .		7
	ICED CHOCOLATE	7.5	ICED MOCHA	7.5
	White	(3020kj)	White	(2110kj)
		(2957kj)	Milk	(2100kj)
	Dark	(2900kj)	Dark	(2080kj)
	HANDCRAFTED	SODA		
	New Zealand Gold	en Kiwi & N	1int (860kj)	6.5
	Lychee (712kj)	7501:)		6.5
	Cranberry & Lime (	/59k <sub>l</sub> )		6.5
	ORGANIC ICED 1	ΓΕΑ		
	BREAKFAST LEMO			
	Ceylon Orange Pek		(441.)	,
	with fresh lemon jui		511K <sub>[</sub> )	6
	<b>LEMONGRASS &amp; G</b> Caffeine-free cold	_	fresh lemon zest (40	2kj) 6
	EGYPTIAN ICE			
	Liquid Turkish delig	ht (439kj)		6
	COLD PRESSED.	JUICE		
	ORANGE   Straight	orange jui	ce (600kj)	9
GREEN   Apple, pear, spinach & kale (830kj)			9	
	RED   Watermelon 8	& strawber	ry (665 <i>kj</i> )	9
	FRUITY SMOOTI	HIE		
	STRANANA	TILE .		7.5
	Strawberry, banana	, milk & hon	ey (1290kj)	7.5
	PASSION TANGO	f		
	Pineapple, passion	fruit, banaı	na & mango ( <i>1330 kj</i> )	7.5
	SUMMER SUNSET	df		
	Pineapple, mango,	strawberry	y & kiwi (1290 <i>kj</i> )	7.5
	BLACK POTION df			
	Activated charcoal			0
	cherry, blueberry &	panana (1	24UK )	8
	AÇAÍ df	ا مادام		0.5
	Açaí, blueberry, blo	ickberry, b	unana ( <i>1420KJ)</i>	8.5
	MILKSHAKE			
	Chacalata (1690) / \	Vanilla (15)	10ki) / Saltad Caram	al 6

Chocolate (1690) / Vanilla (1540kj) / Salted Caramel 6 (1470kj) / Strawberry (1550kj) / or Banana (1290kj)

Add WHEY Protein (502kj)	2
Add Extra Ice Cream (645kj)	1

# **df** Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ