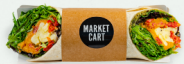


## WRAPS & SANDWICHES



### SMOKY AIOLI CHICKEN

Free Range Chicken, Smoky Aioli, Cucumber, Sesame, Green Leaf #11



### PUMPKIN & HALOUMI

Grilled Haloumi, Pesto, Roasted Pumpkin, Dried Tomatoes, Green Leaf #11



### PLOUGHMAN'S CORNED BEEF

Corned Beef, Swiss Cheese, Slaw, Mustard Pickles on Stone Baked Multi Grain #11



### EGG & LETTUCE

2 Boiled Eggs mixed with Whole Egg Mayo, Lettuce & Quinoa (V) #11



### SUPERFOOD SALAD

10 Rainbow Veggies, House Hummus, Vegan Mayo, Quinoa & Roasted Almonds on Rye (VE) #11



### HALF SANDWICHES

Choose a half portion of any of our sandwiches #6

## SALADS



### TUNA POKE BOWL

Sustainable Tuna, Chopped Salad & Seaweed w' Mixed Rice & Sesame Soy Dressing (GF) #13



### CHICKEN PESTO PASTA

Poached Free Range Chicken, Pasta, Peta, Pine Nuts, Pesto, Balsamic, Sun-Dried Tomatoes, Green Leaf #13



### TASMANIAN SALMON

Smoked Salmon on our Superfoods Salad & Sweet Asian Sesame Dressing (GF) #13



### SUPERFOODS SIDE

10 Rainbow Veggies with Almonds & a Sweet Asian Sesame Dressing (VE, GF) #8

## WHOLE FRUIT SMOOTHIES \$8

No Sugar. No ice. All love.

MAKE IT A LARGE + \$1



### BANANA MAGIC

Frozen Banana, Honey, Cinnamon, Milk



### ESPRESSO EXPRESS

Double Espresso, Frozen Banana, Honey, Milk



### CHOCOLATE MONKEY

Frozen Banana, Chocolate, Milk



### BANANA BERRY

Qld Raspberries, Frozen Banana, Milk

## HEALTHY BURRITOS



### SMOKY BEEF

Pulled Beef, Cheese, Black Bean & Corn Salsa, Quinoa & Rice #13

### MEXICAN CHICKEN

Chipotle Chicken, Cheese, Bean & Corn Salsa, Quinoa & Rice #13

### SPICY PULLED PORK

Pulled Pork, Cheese, Black Bean & Corn Salsa, Quinoa & Rice #13

### VEGETARIAN

Egg, Refried Beans, Chilli Mayo, Cheese, Black Bean & Corn Salsa, Quinoa & Rice #13

## ALL DAY BRUNCH



### BACON & EGG MUFFIN

Double Smoked Bacon, Egg & Mayo, Tomato Relish on a Grain Muffin #8



### HALOUMI & EGG MUFFIN

Grilled Haloumi, Egg & Mayo, Spinach, Caramelised Onion on a Grain Muffin [V] #8



### BREAKFAST BURRITO

Egg, Refried Beans, Chilli Mayo, Cheese, Black Bean & Corn Salsa, Quinoa, Rice #13



### AVO ON TURKISH

Half a Fresh Avocado smashed with Peta & Rocket on Toasted Turkish Bread [V] #10



### HAM & CHEESE FLATBREAD

Double Smoked Aussie Ham & Cheese in a Crispy Flatbread #8



### TOASTED BANANA BREAD

[VE, DF, GF] #7



### BLUEBERRY BAGEL

Toasted Blueberry Bagel with whipped Honey Cream Cheese #8



### SLOW PORRIDGE

Slow Cooked, but Served Fast with Banana & Honey #7

## YOGHURT & FRESH FRUIT



### FRESH STRAWBERRY

Local Artisan Honey Yoghurt with Fresh Strawberries [GF] #6



### DELUXE MUESLI

Local Artisan Honey Yoghurt with Crunchy Muesli [GF] #6



### MANGO CHIA & COCONUT

Queensland Mango Puree, Chia & Coconut Yoghurt, Cranberry Almond Crunch [DF, GF, VE] #7



### WATERMELON & MINT

As refreshing and low calorie as a snack gets [VE, GF] #5

## SNACKS & SWEETS



### EDAMAME GUAC & CRACKERS

[VE, DF, GF] #6



### CHEESE & CRACKERS

[VE, GF] #6



### CORN CHIPS & SALSA

[VE, DF, GF] #6



### TOASTED BANANA BREAD

[VE, DF, GF] #7



### HONEY NUT TRIANGLE

#6



### ANZAC COOKIE

#4



### CHOC OATS COOKIE

#4



### BLACKMARKET BROWNIE

#6

## COLD PRESSED JUICES \$6

100% Australian Fruit. 100% Love.



### ORANGE

100% Australian Oranges



### RASPBERRY APPLE

Apple, Lemon, Raspberry, Elderberry



### GREEN GODDESS

Cucumber, Apple, Celery, Pineapple, Spinach, Kale



### CARROT TOP

Carrot, Apple, Ginger, Turmeric

WATER Regular or Sparkling #4

SODA Coke, Coke Zero, Ginger Beer #4.5