



SEASONAL MENU

Licensed. Craft Beer. Wine. Ciders.

COFFEES

**REGULAR
LARGE
X LARGE**

Our specialty coffee is 100% Arabica, organic & locally roasted

EXTRAS

soy, extra shot, decaf, almond milk, lactose free, syrups, hot chocolate [GF, VE]

TREATS

ORGANIC COOKIES

Choc Oats
Sesame ANZAC

SWEET TREATS

BlackMarket Brownie [GF]
Banana Bread [VE]
Honey Nut Triangle
Dark Choc Blueberries
Choc Cherry Protein Balls

SNACKS

Smoked Almonds
Salmon Dip & Crackers
Edamame Guac & Crackers
Cheese & Crackers
Tortilla Chips & Salsa Stack

VEG SNACKS

Carrots & Hummus

BREAKFAST

**SLOW PORRIDGE
COCONUT POWER PORRIDGE**

Banana & Honey
Raspberry & Maple

Our fruit is all Australian grown

BREKKIE MUFFIN

Double Smoked Bacon & Egg Muffin
Grilled Haloumi & Egg Muffin

Our eggs are free range

BIG BREKKIE BURRITO

**SMASHED AVOCADO
& FETA ON TURKISH**

WHOLEFOODS

AUSTRALIAN FRUIT

Watermelon & Mint
Apples

Our yoghurt is made from local cows milk (not powder!)

**YOGHURT PARFAITS
(subject to seasonality)**

North Queensland Mango
Deluxe Muesli & Yoghurt [GF]
Strawberry [GF]
Raspberry Chia Pot [VE]

**Natural.
Handmade.
Balanced.**

WRAPS

LEMON HALOUMI [V]

Local artisan haloumi, grilled and paired with a lemony quinoa tabouleh.

SESAME CHICKEN

Slow roasted chicken, with housemade roasted sesame sauce & Asian 'slaw.

SMOKY AIOLI CHICKEN

Slow roasted chicken with our own aioli, cucumber, rocket & spinach.

SANDWICHES

Our artisan bread is stone-baked, wholegrain and sour dough.

SUPERFOODS SALAD [VE]

10 different veges with colours from the rainbow with quinoa, homemade veg hummus and dry roasted almonds

CORNED BEEF PLOUGHMAN

Queensland Corned Beef, Swiss Cheese, Mustard Pickles, Slaw.

FREE RANGE EGG & LETTUCE

Free range egg mixed with whole egg mayo & quinoa w' cos lettuce

BAGUETTES

HAM OFF THE BONE

Shaved Australian Ham with market fresh salad

SALAMI & PICKLE

Local award winning salami and traditional pickles.

Our slimline baguettes are stone baked by our local baker.

SALADS

BANG BANG CHICKEN SALAD

Slow roasted chicken, Asian slaw & mint salad, roasted peanuts, sesame Szechuan sauce.

SUPERFOODS SIDE [VE,GF]

Super low on calories. Super high in nutrition! 10 different veges with colours like the rainbow with a sweet Asian dressing.

TASMANIAN SALMON [GF]

Smoked salmon on our Superfoods Salad & a sweet Asian dressing.

PERSIAN FETA SALAD [V] [GF]

Premium Persian Feta w' a lemony quinoa mix, roasted cauli, rocket, spinach, almonds & pepitas

CHICKEN, PUMPKIN, PINE NUT

Free range chicken, roasted pumpkin on an ancient grain salad, with pine nuts & honey balsamic.

HOT MEALS

SPAGHETTI MEATBALLS

Australian beef meatballs and spaghetti in a tomato Napoli sauce, Grana Padano cheese

BUTTER CHICKEN [GF]

Full flavoured mild curry without the guilt. Served with quinoa and rice mix.

Our chicken is free range.

**NUTRITIOUS
NACHOS STACK [V, GF]**

A celebration of whole foods – beans, corn salsa, mountain rice, quinoa with a delicious cheesy sauce.

PROTEIN POTS

GREEN EGGS & HAM [GF]

Avo, free range egg, leg bone ham, spinach.

FALAFEL PROTEIN POT [VE]

Falafel, edamame guac, smashed smoked almonds, pepitas, rocket.

[V] Vegetarian
[VE] Vegan
[GF] Gluten Free

HOT WRAPS

SMOKY BEEF BURRITO

Slow cooked Australian pulled beef, black bean salsa, quinoa, rice and cheese.

PULLED PORK BURRITO

Slow cooked Australian pulled pork, chipotle mayo, black bean salsa, quinoa, rice & cheese

HOT FALAFEL WRAP [VE]

Wholesome falafels, vegan mayonnaise, hummus, black bean salsa, quinoa & mountain rice.

GREEK LAMB WRAP

Slow cooked Australian Lamb, crumbled feta, fresh rosemary & mint, tomato, cucumber & rice salad and cheese.



**FOOD THAT
PICKS YOU UP**