



SEASONAL MENU

Natural. Handmade. Balanced.

COFFEES

REGULAR
LARGE
X LARGE

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

EXTRAS

Oat, 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
Dark Choc Protein Balls

SNACKS

Edamame Guac & Crackers
Cheese & Crackers
Tortilla Chips & Salsa Stack

VEG SNACKS

Carrots & Hummus

BREAKFAST

SLOW 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

BLUEBERRY BAGEL & HONEY CREAM CHEESE

SMASHED AVOCADO & FETA ON TURKISH

WHOLEFOODS

AUSTRALIAN FRUIT

Watermelon & Mint

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

YOGHURT PARFAITS (subject to seasonality)

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

WRAPS

SESAME CHICKEN

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

CHICKEN CRANBERRY

Slow roasted chicken, with cranberries, Australian walnuts, 'slaw & spinach.

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

CHICKEN PESTO PASTA SALAD

Poached chicken, farfalle pasta & basil pesto on mixed leaves w' pine nuts, feta, sun-dried tomatoes & a balsamic glaze.

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.

TUNE POKE BOWL [GF]

Sustainable tuna surrounded by a rainbow of chopped salad & seaweed w' our signature healthy rice & sesame soy dressing.

[V] Vegetarian

[VE] Vegan

[GF] Gluten Free

HOT MEALS

CHICKEN TERIYAKI NOURISH BOWL

Free range chicken drizzled w' teriyaki sauce, mountain rice & Japanese greens.

JAPANESE CHICKEN & VEGE CURRY

Free range chicken & roasted winter vegetables in a traditional Japanese curry w' mountain rice.

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

PERSIAN PROTEIN POT [GF]

Free range egg, Ispinach.

FALAFEL PROTEIN POT [VE]

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

HOT WRAPS

SMOKY BEEF BURRITO

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

MEXICAN CHICKEN BURRITO

Smoky chicken w' a chipotle rub, black bean salsa, quinoa, rice & cheese in toasted tortilla.

VEGE BURRITO [V]

Free range egg, chilli mayo, refried beans, black bean salsa, quinoa & mountain rice.



FOOD THAT PICKS YOU UP