

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, Feta, 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**

Low Calorie

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

BURRITOS



SMOKY BEEF
Pulled Beef, Cheese, Black Bean & Corn Salsa, Quinoa & Rice **\$13**

MEXICAN CHICKEN
Chipotle Chicken, Cheese, 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 Feta & 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] **\$7**



CINNAMON FRUIT BAGEL
Toasted Cinnamon Fruit Bagel with whipped Honey Cream Cheese **\$8**

Natural.
Handmade.
Balanced.

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] **\$7**



HONEY NUT TRIANGLE
\$6



ANZAC COOKIE
\$4



CHOC OATS COOKIE
\$4



BLACKMARKET BROWNIE
[GF] **\$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, Tumeric

WATER Regular or Sparkling **\$4**

SODA Coke, Coke Zero, Ginger Beer **\$4.5**