

GF = gluten-free | V = vegan | R = raw | P = paleo
ALL ITEMS ARE REFINED SUGAR FREE

ALL DAY BREAKFAST & TOASTS

Strange Grains Bagel \$5 each [GF, V]

+ toppings \$1 each: house-made peanut butter, banana, strawberries, tomato, spinach, cheese, house-made almond butter
+ toppings \$3 each: smashed avocado, vegan cheese, vegan pesto

Strange Grains Paleo Multi-seed bread \$3 each [GF, V, P]

+ toppings \$1 each: house-made peanut butter, house-made almond butter, banana, strawberries, tomato, spinach, cheese
+ toppings \$3 each: smashed avocado, vegan cheese, house-made vegan pesto

Honest Goods Co Vegan Seeded Superfood Olive & Rosemary bread \$4 each [GF, V, KETO]

+ toppings \$1 each: tomato, spinach, cheese
+ toppings \$3 each: smashed avocado, vegan cheese, house-made vegan pesto

Darringtons Pastry Vegan Banana Bread \$5 each [GF, V, nut-free]

+ toppings \$1 each: house-made peanut butter, house-made almond butter, banana, strawberries

Vegan Power Breakfast [GF, V, KETO] \$9 - 1 slice of Honest Goods Co Seeded Superfood Olive & Rosemary bread, served toasted with smashed avocado, tomato, and pumpkin seeds

Vegan Banana Bread Breakfast [GF, V] \$8.50 – 1 slice of Darringtons Pastry banana bread, served toasted with Cocobella coconut yoghurt, strawberries and crushed walnuts

Granola Pot + Coconut Yoghurt [GF, V] \$10 – GH Produce Gatherer Hunter granola served with Cocobella coconut yoghurt, strawberries

SMOOTHIE BOWLS [GF, V, R]

All topped with Coastal Crunch Protein granola, banana, strawberries, chia seeds

Acai \$15 – organic almond milk, organic acai powder, banana, blueberries

Green Goodness \$12 – organic almond milk, avocado, kale, banana

Strawberries & Cream \$12 – organic almond milk, banana, strawberries

PB Choc Banana \$12 – organic almond milk, house-made peanut butter, organic raw cacao powder, banana, dates

LUNCH [GF, V]

Rainbow rice paper rolls \$10 (also nut-free) – three fresh Vietnamese spring rolls filled with mint, cabbage, carrot, capsicum, snowpea sprouts, served with a vegan hoisin-style dipping sauce and sesame seeds

Raw pad thai \$13 – zucchini noodles, carrot, capsicum, cherry tomatoes, crunchy sprouts, mint and basil with a spicy peanut butter sauce

Raw kale slaw \$13 – cabbage, carrot, kale in a vegan cashew mayo, topped with cherry tomatoes and a smoky, BBQ walnut crumble

Buddha bowl \$14 (also nut-free) – tofu, edamame, snowpea sprouts, carrot, cabbage, brown rice, cucumber ribbons and spinach with a tangy lemon, ginger, tamari and sesame oil dressing

Raw nachos \$14 – crispy house-made corn chips served on shredded lettuce, with guacamole, walnut “mince” and cashew sour cream

Protein nourish bowl \$14 (also nut-free) – organic chickpeas, mushrooms and parsley marinated in chipotle and mustard vinaigrette, with roasted sweet potato, sauerkraut, and avocado, served on fresh spinach leaves

Vegan STAC’d bagel \$12 (also nut-free)– toasted gluten-free bagel with spinach, tomato, avocado and vegan cheese

Vegan burrito \$14 [NOT GLUTEN-FREE, but nut-free] – organic red kidney beans, house-made guacamole and tomato salsa, lettuce, jalapenos and vegan cheese, wrapped in a toasted wholegrain tortilla

Vegan burger \$16 – house-made carrot and walnut burger patty with vegan cheese, lettuce, tomato, avocado, tomato ketchup and cashew mayo in a toasted Darringtons Pastry gluten-free bun

Vegan pumpkin coconut curry \$13 (also nut-free) – pumpkin and green pea Thai red curry served with brown rice

Vegan lentil bolognese on GF pasta (also nut-free) – organic lentils with carrot, celery and basil in a classic tomato sugo served on gluten-free pasta

Darringtons Pastry Gluten-free, Vegan, Nut-free Pastries [GF, V] MAY CONTAIN SOY

Please see our cabinet or ask staff for what’s available

Sweet \$7 - \$8

Savoury \$7.50 - \$8

Add tomato sauce +\$0.50

SMOOTHIES [GF, V, R] \$8.50

Pina Colada – organic coconut milk, banana, pineapple

I'm Immune – whole orange, spinach, ginger, dates, sunflower seeds

Strawberry Fields – strawberries, spinach, basil, 100% apple juice

Apple Daily – cucumber, mint, lemon, 100% apple juice

Cacao Almond Joy – organic unsweetened almond milk, banana, house-made almond butter, organic raw cacao powder, dates

Blue Crush – organic unsweetened almond milk, banana, blueberries, coconut flakes

Mango Coconut – organic coconut milk, mango, banana, coconut flakes

Green Goodness – organic unsweetened almond milk, avocado, kale, banana

Just Plain Banana – milk of choice, banana, coconut syrup, cinnamon

Add GF, vegan protein powder + \$3.00

Add organic acai powder + \$2.00

DESSERTS [GF, V, R] CONTAIN NUTS

Please see our cabinet for a wide variety of healthier treats

House-made \$5 - \$7

Raw by Chris \$5 - \$9

Sugarless Bakery \$7 – \$9.50

Crunchbox \$7.00 - \$7.50

Coastal Crunch \$7.50

HOT DRINKS

Espresso \$3.50 single, \$4 double

Small 1 shot 8oz takeaway / dine in \$4 – latte, flat white, cappuccino, long black, short macchiato

Medium 2 shots 12oz takeaway / dine in mug \$4.50 – latte, flat white, cappuccino, long black

Large takeaway 3 shots 16oz \$5 – latte, flat white, cappuccino, long black

Long macchiato + \$0.50

Hot chocolate [GF, V] + \$0.50

Chai latte + \$0.50

Mocha + \$0.50

Turmeric latte + \$0.50

Matcha latte + \$1.00

Extra shot + \$0.50

Decaf + \$0.50

Honey or Stevia + \$0.50

Iced coffee / chocolate \$5 [no cream or ice cream]

Plant milks available: Alternative Dairy Co almond milk, Happy Happy Soy Boy soy milk, Coco Quench organic coconut milk, Alternative Dairy Co Oat Milk - ALL NO EXTRA CHARGE

Organic Tea medium 12oz takeaway / dine in pot \$4

Camomile, Chai, Green, Lemon & Ginger, Peppermint, English Breakfast

COLD DRINKS - please see our cabinet

Refresh Juice + Cleanse raw cold-pressed juices \$8

Cocobella coconut water \$3.50

Kommunity Brew organic kombucha \$6.50

It's Not Plastic still water \$3.50

Sparkling water \$3 - \$4.50

Minor Figures Nitro Cold Brew \$5