

VEGAN MENU

SCRAMBLED TOFU **\$17.50**
Seasoned scrambled Tofu with Spring onions, Garlic mushrooms, Baby spinach, Sundried tomatoes and sliced Avocado on Sourdough bread.
ADD – GF Bread \$2.50

HIPPY BURGER (Plantbased) **\$15.50**
*GF Falafel patty (house made), Hommus, Caramelised onion, Garlic mushrooms, Tomato and gourmet lettuce on a *Tanunda bakery Rustic roll.*
ADD-GF Roll \$4.00

VEGAN PIADINA (Toasted) **\$14.50**
Cashew Cheez (house made), Hommus, Mushrooms, Sundried tomatoes and Baby spinach.

VEGAN FOCACCIA (Toasted) **\$12.90**
Tomato, Mushroom, Grated carrot, Cashew cheez (house made), Baby spinach and Hommus.
ADD- GF Roll \$4.00

VEGAN DELIGHT BAGEL **\$15.50**
Cashew Cheez (house made), caramelised onion, tomato, garlic mushrooms and gourmet lettuce on a poppy seed bagel.
ADD- GF Roll \$4.00

SMASHED AVOCADO (Plantbased) **\$17.90**
Avocado, Cashew Cheez (house made), Toasted Pepitas, Sunflower seeds & Baby Spinach on Sourdough bread with balsamic dressing.
ADD – GF Bread \$2.50

VEGAN MUESLI **\$13.50**
House made muesli with oats, cranberries, pepitas, dried apricots, dried blueberries, dried dates, almonds, walnuts, coconut & raisins served with coconut milk & seasonal fruit.

BREAKFAST – All Day

EGG & BACON BREAKFAST ROLL **\$11.60**
**St Kitts egg, Locally smoked bacon & *Gourmet Entertainer Chilli Jam on *Tanunda bakery Rustic roll.*
ADD – GF Roll \$4.00

RAISIN TOAST **\$6.90**
*2 Slices of *Apex bakery raisin bread with butter.*

SMASHED AVOCADO (Plantbased) **\$17.90**
Avocado, Cashew Cheez (house made), Toasted Pepitas, Sunflower seeds & Baby Spinach on Sourdough bread with balsamic dressing.
ADD – Egg \$2.50
ADD – Bacon \$4.00
ADD – GF Bread \$2.50

POPPY SEED BAGEL **\$8.90**
Lightly toasted and served with cream cheese.

SOURDOUGH FRUIT BREAD (Nut Free) **\$8.90**
*2 Slices of *Apex bakery (Apricots, Figs, Sultanas & Currants) Sourdough Fruit bread with butter*

TOAST **\$ 8.90**
Toasted light rye bread with butter and choice of peanut butter / Nutella / Vegemite / Jam

MUESLI **\$13.50**
House made muesli with oats, cranberries, pepitas, dried apricots, dries blueberries, dried dates, almonds, walnuts, coconut & raisins served with milk & seasonal fruit.

MICHELLE'S BREAKFAST **\$12.90**
*2 x Poached *St Kitts eggs on Sourdough bread.*
ADD - Bacon \$4.00 **ADD – GF Bread \$2.50**

SCRAMBLED or FRIED EGGS on Toast **\$12.90**
*2 x *St Kitts eggs on sourdough bread.*
ADD - Bacon \$4.00 **ADD – GF Bread \$2.50**



LUNCH

QUICHE SLICE (GF) **\$7.50**

ZUCCHINI SLICE (GF,VEG) **\$7.50**

KETO SAVOURY SLICE (GF,VEG) **\$7.50**

REUBEN (Toasted) **\$14.50**
Dark Rye bread Triple Layered with Corned Silverside, Spicy Mayo, Sauerkraut and Swiss Cheese.

CHICKEN FOCACCIA (Toasted) **\$12.90**
Shaved Chicken, Cheese, Avocado, Baby spinach & Aioli.
ADD- GF Roll \$4.00

TOASTIES (Ham, Cheese, Tomato) **1 filling \$5.90**
2 fillings \$7.50
ADD – GF Bread \$ 2.50 **3 fillings \$8.90**

PIADINA (Toasted & Plantbased) **\$14.50**
Cashew Cheez (house made), Hommus, Mushrooms, Sundried tomatoes and Baby spinach.

CHORIZO PIADINA – (Toasted) **\$15.50**
Chorizo sausage, Cashew Cheez (housemade), Hommus, Mushrooms, Sundried tomatoes and Baby spinach.

LUNCH (Cont.)

HIPPY BURGER (Veg & Plantbased) \$15.50

GF Falafel patty (house made), Hommus, Caramelised onion, garlic mushrooms, tomato, gourmet lettuce on a *Tanunda bakery Rustic roll.

ADD- GF Roll \$4.00

VEGGIE GARDEN BAGEL \$15.50

Haloumi, caramelised onion, tomato, garlic mushrooms and gourmet lettuce on a poppy seed bagel.

ADD- GF Roll \$4.00

VEGAN DELIGHT BAGEL \$15.50

Cashew Cheez (house made), caramelised onion, tomato, garlic mushrooms and gourmet lettuce on a poppy seed bagel.

ADD- GF Roll \$4.00

BLT BAGEL \$15.50

Locally Smoked Bacon x2, gourmet lettuce, tomato, Caramelised onion and cream cheese on a poppy seed bagel.

ADD- GF Roll \$4.00

TURKEY BAGEL \$15.50

Smoked Turkey, Cream cheese, Chives, Cranberry sauce and gourmet lettuce on a poppy seed bagel.

ADD- GF Roll \$4.00

Smoothies

Green - Kale, baby spinach, pear, coconut yoghurt, lemon, ginger & Coconut milk. \$9.00

Mango - Mango, Banana & Coconut milk. \$9.00

Peanut Butter - Peanut butter, Banana, Blueberries, coconut yoghurt & Coconut milk. \$9.00

Pina Colada - Pineapple, Coconut, Banana & Coconut milk. \$9.00

Berry Bliss — Mixed Berries, coconut Yoghurt & Coconut milk. \$9.00

Fresh Juices (These Combinations Only) \$7.50

Apple & Carrot
Pear & Apple

Frappes \$7.00

Choc Orange, Raspberry, Mint, Coconut, Turkish Delight, Chilli Spice, Macadamia Nut, Butterscotch.

Freezoccino \$7.50

Extreme toffee coffee, Chocolate decadence, Frosted latte, Coco Mocha nut.

HOT CHOCOLATE MENU

Hot Chocolate
White Hot Chocolate

Vegan Chocolate Powder
(available on asking) extra \$.70

(Soy, Almond, Macadamia, Coconut and Oat extra \$1.00)



SPECIALTY HOT CHOCOLATE MENU

Top Deck
White Bliss
Mexican
Bounty
Aero Mint
Liquorice All Sorts
Ferrero Hazelnut
Rocky Road
Gingerbread
Jaffa
Turkish Delight
Raspberry Bullet

Dirty Mexican Hot Chocolate – (includes shot of coffee)

* Locally Sourced Produce.

Please Note – No half serves or changes to the menu.