

GRIND

Smalls.

Fish fingers, mustard mayo	6.—	Padron peppers, maldon salt ^{VG}	5. ⁵⁰
Smashed avocado, taro chips ^{VG, GF}	8.—	Hummus, flatbread, spiced aubergine, shiitake ^{VG}	7.—
Chicken wings, chilli, sesame	8. ⁵⁰	Green goddess, raw vegetables ^{VG}	7. ⁵⁰
Spinach, goats cheese croquettes ^V	6. ⁵⁰	Burrata bruschetta, avocado, corn, chilli ^V	7. ⁵⁰
Fish cakes, Marie Rose	8.—	Salt & pepper squid, jalapeño aioli	7. ⁵⁰

Smashed Avocado.

with poached eggs, chilli on toast	9.—
add feta cheese ^V	2. ⁵⁰
bacon	2. ⁵⁰
house-cured beetroot salmon	4.—

Sides.

Sweet potato, lime yoghurt, nuts ^V	4. ⁵⁰
Skin-on fries / sweet potato wedges	4.—
Heritage tomato, cucumber, feta ^{GF}	4. ⁵⁰

Coffee & Tea.

Espresso	2. ⁵⁰		
Macchiato	2. ⁷⁰		
Long Black	2. ⁶⁰ / 2. ⁷⁰		
Filter	2. ⁸⁰ / 2. ⁹⁰		
Flat White	3. ²⁰ / 3. ⁶⁰		
Latte	3. ²⁰ / 3. ⁶⁰		
Cappuccino	3. ²⁰ / 3. ⁶⁰		
Hot Chocolate	3. ³⁰ / 3. ⁷⁰		
Mocha	3. ⁵⁰ / 3. ⁹⁰		
Iced Coffee	3. ⁷⁰		
Breakfast Tea	2. ⁸⁰	Matcha Latte	3. ³⁰ / 3. ⁷⁰
Earl Grey		Turmeric Latte	
Green Tea		Beetroot Latte	
Fresh Mint Tea		Chai Latte	
Soy / Almond / Oat			—. ⁵⁰
Decaf			—. ³⁰

Mains.

Grind cheeseburger, skin-on fries	12. ⁵⁰
add bacon / fried egg / avocado	2.—
Sweet potato harissa cakes, poached egg ^V	9. ⁵⁰
Buttermilk fried chicken sandwich, fries	12. ⁵⁰

Cold-Pressed Juice.

Super Greens Juice	4. ²⁵
Kale, spinach, celery, romaine, cucumber, apple, lemon	
Sweet Citrus Juice	4. ²⁵
Orange, lemon, tangerine, grapefruit, turmeric, cayenne	
Summer Fruits Juice	4. ²⁵
Strawberry, apple, lemon, mint	
Fresh Orange Juice	3. ⁵⁰

Smoothies.

Super Green Smoothie	4. ⁵⁰
Apple, spinach, avocado, cucumber, lemon, moringa, guarana	
Banana, Turmeric Smoothie	4. ⁵⁰
Banana, apple, lemon, ginger, turmeric, cayenne	
Berry Recover Smoothie	4. ⁵⁰
Strawberry, blueberry, raspberry, banana, coconut milk, lime	