

# GRIND

## Fruits & Grains.

Chia pudding, oat brittle, raspberries <sup>GF</sup>	6.—
Granola smoothie bowl <sup>V, GF</sup>	6.—
Açaí bowl, passion fruit, cacao nibs <sup>GF</sup>	8.—
Porridge, coconut, blackberry, pistachio <sup>GF</sup>	6.—

## Breakfast.

One-pan eggs, peppers, chilli, toast	9.—
House-cured beetroot salmon, eggs on toast	10.—
Sweet potato harissa cakes, poached egg <sup>V</sup>	9. <sup>50</sup>
Raw breakfast salad, avocado, eggs, grains <sup>V, GF</sup>	9. <sup>50</sup>
Full English breakfast, eggs as you like	11.—
Full vegetarian breakfast <sup>V</sup>	11.—
Breakfast burrito, eggs, sausage, bacon	9.—
Wild mushroom hash, fried egg <sup>V</sup>	9.—
Eggs florentine <sup>V</sup>	9.—

## Coffee & Tea.

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

## Smashed Avocado.

with poached eggs, chilli on toast	9.—
add feta <sup>V</sup>	2. <sup>50</sup>
bacon	2. <sup>50</sup>
house-cured beetroot salmon	4.—

## Burgers, from Middy.

Grind cheeseburger, skin-on fries	12. <sup>50</sup>
add bacon / fried egg / avocado	2.—
Buttermilk fried chicken sandwich, fries	12. <sup>50</sup>

## Sides.

Eggs / toast	1. <sup>50</sup>
Sweet potato cake <sup>V</sup> / spinach	2. <sup>50</sup>
Avocado / bacon	2. <sup>50</sup>
Mushrooms	3.—
House-cured beetroot salmon / sausages	4.—
Skin-on fries / sweet potato wedges	4.—
Heritage tomato, cucumber, feta <sup>GF</sup>	4. <sup>50</sup>

## Cold-Pressed Juice.

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

## Smoothies.

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