

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.—
Grind fried chicken, crème fraîche, chilli ^{GF}	8. ⁵⁰	Green goddess, raw vegetables ^{VG}	7. ⁵⁰
Chorizo, smoked cheese croquettes	6. ⁵⁰	Burrata bruschetta, avocado, corn, chilli	7. ⁵⁰
Salmon belly, cucumber, fennel, radish ^{GF}	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. ³⁰		
Macchiato	2. ⁵⁰		
Long Black	2. ⁵⁰ / 2. ⁶⁰		
Filter	2. ⁵⁰ / 2. ⁶⁰		
Flat White	3.— / 3. ³⁰		
Latte	3.— / 3. ³⁰		
Cappuccino	3.— / 3. ³⁰		
Hot Chocolate	3.— / 3. ³⁰		
Mocha	3. ¹⁰ / 3. ⁴⁰		
Iced Coffee	3. ³⁰		
Breakfast Tea	2. ⁷⁵	Matcha Latte	3.—
Earl Grey		Turmeric Latte	
Green Tea		Beetroot Latte	
Fresh Mint Tea		Chai Latte	

Soy / Almond / Oat / Decaf / Extra Shot —.⁵⁰

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

Smoothies.

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