

# GRIND

## Smalls.

Fish fingers, mustard mayo	6.—	Padron peppers, maldon salt <sup>VG</sup>	5. <sup>50</sup>
Smashed avocado, taro chips <sup>VG, GF</sup>	8.—	Hummus, flatbread, feta, cucumber <sup>V</sup>	6. <sup>50</sup>
Chorizo, smoked cheese croquettes	6. <sup>50</sup>	Chicken wings, chilli, sesame	8.—
Green goddess, raw vegetables <sup>VG</sup>	7. <sup>50</sup>	Burrata bruschetta, avocado, corn, chilli	7. <sup>50</sup>
Smoked mackerel, pickled cucumber, toast	7.—	Salt & pepper squid, jalapeño aioli	7. <sup>50</sup>

## Smashed Avocado.

9.—

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

## Sides.

Sweet potato, lime yoghurt, nuts <sup>V</sup>	4. <sup>50</sup>
Skin-on fries / sweet potato wedges	4.—
Heritage tomato, cucumber, feta <sup>GF</sup>	4. <sup>50</sup>

## Coffee & Tea.

Espresso	2. <sup>30</sup>		
Macchiato	2. <sup>50</sup>		
Long Black	2. <sup>50</sup> / 2. <sup>60</sup>		
Filter	2. <sup>50</sup> / 2. <sup>60</sup>		
Flat White	3.— / 3. <sup>30</sup>		
Latte	3.— / 3. <sup>30</sup>		
Cappuccino	3.— / 3. <sup>30</sup>		
Hot Chocolate	3.— / 3. <sup>30</sup>		
Mocha	3. <sup>10</sup> / 3. <sup>40</sup>		
Iced Coffee	3. <sup>30</sup>		
Breakfast Tea	2. <sup>75</sup>	Matcha Latte	3.—
Earl Grey		Turmeric Latte	
Green Tea		Beetroot Latte	
Fresh Mint Tea		Chai Latte	

Soy / Almond / Oat / Decaf / Extra Shot —.<sup>50</sup>

## Mains.

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