



## THE FOOD

<b>SMOOTHIE BOWLS</b>	14	<b>THE THREE DONKEYS LENTIL &amp; MUNG BEAN BURGER</b>	17
Choice of any dairy or non-dairy milks		House made cashew crema, house chutney & alfalfa sprouts <u>DF</u> / <u>V</u>	
Green – spirulina, avocado & baby greens <u>GF</u> / <u>DF</u> / <u>V</u>		<u>GF</u> bread add 2.0	
Berry – hibiscus, seasonal berries, milk, nut butter, raw honey & bee pollen <u>GF</u> / <u>DF</u> / <u>V</u>			
<b>HOUSE MADE BANANA BREAD</b>	12	<b>GRILLED CHICKEN BURGER</b>	18
Ricotta or coconut yoghurt, raw honey & seasonal berries, baked daily <u>GF</u> / <u>DF</u>		House made aioli & chutney, spinach leaves, tomato and swiss cheese	
<b>FIG &amp; ALMOND SOURDOUGH</b>	10.5	<u>GF</u> bread add 2.0 / Add Egg 2.0 / Add mushrooms, bacon 4.0	
Ricotta or coconut yoghurt, banana & raw honey <u>DF</u> / Additional slice 2.0		<b>B.L.A.T Roll</b>	17
<b>COCONUT PANCAKES</b>	18	Bacon, organic greens (lettuce), avocado & tomato with house made aioli <u>DF</u>	
Coconut yoghurt, seasonal berries & Canadian maple <u>GF</u> / <u>DF</u>		<u>GF</u> bread add 2.0 / Add Egg 2.0 / Add mushrooms or haloumi 4.0 / Add chicken 6.0 / Add swiss or tasty cheese 1.0	
<b>SOURDOUGH TOAST</b>	6	<b>WARM CHICKEN AND SWEET POTATO SALAD</b>	19
House spreads – choose from Nutella, ABC butter or berry jam <u>DF</u>		Grilled chicken, roasted sweet potato, organic greens, cashew crema and hemp seeds <u>GF</u> / <u>DF</u>	
Additional slice 2.0 / <u>GF</u> bread per slice add 1.0		Add quinoa 2.0	
Add 1 Egg 2.0 / Add 2 eggs 4.0		<b>GREEN POKE BOWL</b>	19
<b>AVOCADO TOAST</b>	15	Roasted kale, chickpeas, & sweet potato with avocado, spinach leaves, quinoa, spanish onion, alfafa & lime topped with house made aioli <u>GF</u> / <u>DF</u>	
Smashed Avocado on toasted sourdough with goats cheese, herbs, lemon and a rocket salad		Add an egg 2.0	
<u>GF</u> bread per slice add 1.0		Add bacon, haloumi or mushrooms 4.0	
Add 1 egg 2.0 / Add 2 eggs or haloumi 4.0		Add chicken 6.0	
<b>BACON &amp; FREE RANGE EGGS</b>	14	<b>DISPLAY CABINET</b>	
On a roll – toasted sourdough roll, with house chutney & organic greens <u>DF</u>		Range of ever changing sweet and savoury items	
On a plate – toasted sourdough, 2 eggs, house chutney & organic greens <u>DF</u>	18		
Additional slice 2.0		<b>SIDES</b>	
<u>GF</u> bread per slice add 1.0		Grilled Chicken Breast	6
Add mushrooms, avocado or haloumi 4.0		Avocado / Silverbeet / Mushrooms / Roasted sweet Potato / Bacon / 2 x Eggs / Haloumi	4
<b>HOUSE MADE TARTS / PASTRIES</b>	14	House made Coriander Cashew Crema   House made Aioli   Paleo Granloa   Coconut Yoghurt   Tomato   Quinoa   Goats Cheese   Agave onions   Ham   1 x Egg   House made Chutney   Swiss cheese   Tasty cheese	2
See display cabinet GF, DF			
Takeaway tart/pastry W/O salad 12.0			
<b>BUDDHA BOWL</b>	17		
Lentil curry & roasted sweet potato with coriander cashew crema & coconut bacon <u>GF</u> / <u>DF</u> / <u>V</u>		<b>FOR LITTLE DONKEYS</b>	7.5
<b>VEGGIE DELIGHT</b>	20	House made Nutella sandwich on sourdough <u>DF</u> / <u>V</u> / <u>GF</u> bread add 2.0	
A taste explosion of avocado, agave onions, grilled zucchini, grilled capsicum, roasted sweet potato, topped with goats cheese and dressed with balsamic vinegar stacked on sourdough		Selection of raw veggie sticks & smashed avo <u>DF</u> / <u>GF</u> / <u>V</u>	
<u>GF</u> bread add 1.0		Cheese toastie on sourdough <u>GF</u> bread add 2.0	
Add an egg 2.0		Coconut pancakes served with maple or flavoured syrup <u>GF</u> / <u>DF</u>	10
Add bacon, mushrooms or haloumi 4.0			

GF Gluten Free / DF Dairy Free / V Vegan / RSE Refined Sugar Free  
We use Noni's Activated Charcoal & Quinoa bread as our GF/DF option  
Our kitchen uses nuts, gluten, dairy and egg products  
We cannot guarantee against any cross contamination of allergens  
**Please order and pay at the counter**



## THE DRINKS

### COFFEE

Flat White / Cappuccino / Latte / Long Black	4
Piccolo / Espresso / Macchiato	3.5
Large / Extra shot / Decaf / add 0.6	
All non-dairy milks add 0.8	

### HOT DRINKS

Chai Latte – Cinnamon or Vanilla/Honey	5.5
Hot Chocolate – Raw cacao & raw honey	
Mocha – Raw cacao & raw honey	
Flavour your hot drink with Wild Orange or Peppermint essential oil 0.3	
Large / Extra shot / Decaf / add 0.6	
All non-dairy milks add 0.8	

### TEAS

Choice of our loose-leaf range	4
Chai loose leaf - infused with milk	5
Large add 0.6	
All non-dairy milks add 0.8	

### SPECIAL HOT DRINKS

Choice of any dairy or non-dairy milks	6.5
Activated Charcoal Latte – charcoal, vanilla and raw honey	
Turmeric Latte – A blend of turmeric, ginger, cardamom, cinnamon, coconut oil and pepper	
Matcha Latte – Green tea powder	
Beetroot Latte – Raw cacao, cinnamon, ginger, vanilla and raw honey	
Large / Extra shot / Decaf / add 0.6	

### FRESHLY MADE COLD-PRESSED JUICES

Green – Cucumber, kale, celery, apple & lemon	10
Red – Beetroot, ginger, carrot, celery & cucumber	
Orange – Nothing but oranges	
Citrus Bliss – Orange, apple, pear and lemon	

### FRESHLY MADE SMOOTHIES

Choice of any dairy or non-dairy milks	10
Very Berry – Mixed berries, banana, chia seeds, almonds	
Green – Banana, spirulina, chia seeds, spinach leaves, fresh mint	
Raw Cacao – Banana, cashews, dates, cacao	
Banana – Banana, raw honey, almonds, dates	
Coconut Yoghurt add 2.0	

### MILKSHAKES

Chocolate / Strawberry / Vanilla / Banana / Caramel	8
All non-dairy milks add 0.8	
Coconut Yoghurt add 2.0	

### COLD DRINKS

A selection of Organic drinks	5
Kombucha / Coconut Water / Flavoured Mineral Water / Juices	

### STILL OR SPARKLING WATER

	4.5
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### LITTLE DONKEY DRINKS

Any adult Cold Pressed Juice flavour	5
Milkshake – Refined sugar free	
Chocolate / Strawberry / Vanilla / Banana / Caramel	
Any adult Smoothie flavour	
Babycino	1.0
All non-dairy milks add 0.8	
Coconut Yoghurt add 2.0	

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