



PLANT-BASED HEALTH BAR

## TAKEAWAY

### QUICK-ISH

Served until 2pm

#### BREAKFAST WRAP \$14

filled with a hash brown, relish, spinach, smokey strip, tofu scramble, caramelised onion

#### MUSHROOM TOASTIE \$13

sauted mushrooms, haloumi, pesto and spinach (gf bread +2.50, contains walnuts)

#### EGGPLANT TOASTIE \$13

fried eggplant, sundried tomatoes, red onion, almond feta, hummus and spinach (gf bread +2.50, contains almonds)

#### PUMPKIN TOASTIE \$13

roasted pumpkin, pesto, almond feta and rocket (gf bread +2.50, contains walnuts, almonds)

#### AÇAÍ BERRY SMOOTHIE BOWL \$14

with caramelised buckwheat, coconut flakes, fresh berries, dehydrated raspberries (gf)

#### SNICKERS SMOOTHIE BOWL \$16

banana and peanut butter base with chocolate buckinis, peanut butter brittle, honeycomb, more peanut butter, fresh berries (gf, contains peanuts, almonds)

#### OAT PORRIDGE \$14

we change this regularly - ask us about today's flavour!

#### GRAIN-FREE GRANOLA \$16.50

with almond milk, coconut yoghurt, dehydrated banana, seasonal fruit (gf, contains nuts)

#### CREAMY AVOCADO \$17

with spelt sourdough, pesto, dukkah, cashew cheese (gf bread +\$2, contains walnuts, cashews, hazelnuts, almonds)

#### MEDITERRANEAN FOCACCIA \$15

with spinach, pumpkin, eggplant, sundried tomatoes, pesto, relish (contains walnuts)

### SMALLER SWEET STUFF

BAKED DONUT\* (gf) \$13 with housemade ice-cream, chocolate ganache, caramelised buckwheat

SINGLE DONUT\* (gf) \$8 / CARROT CAKE \$6 / CARAMEL SLICE\* (gf) \$5 / PEANUT BUTTER MOUSSE SLICE\* \$5 /

LEMON SLICE (gf) \$5 / CHOCOLATE BROWNIE (gf) \$6 / MATCHA MINT SLICE\* (gf) \$6.50 / TURKISH DELIGHT SLICE\*

(gf) \$6.50 / RASPBERRY CHEESECAKE\* (gf) \$6.50 / SNICKERS CHEESECAKE\* (gf) \$6.50 / OREO CHEESECAKE\* \$6 /

BREAKFAST COOKIES\* \$4.50 / BLISS BALLS\* (gf) \$3.50

*\*these desserts contain nuts*

### TAKES A BIT LONGER

Served until 2pm

#### CORN FRITTERS \$16

with housemade baked beans, smashed avocado, housemade tomato mayo (gf)

#### BANANA & BUCKWHEAT PANCAKES \$17

with almond crumb, housemade ice-cream, banana, maple syrup (gf, contains almonds)

#### CREAMY SCRAMBLE \$20

served with garlic sourdough, smokey strips, chilli salt, relish, lemon (gf bread +\$2)

#### THE MEADOW GREEN BREAKFAST \$21

with sauted greens, avocado, almond feta, lemon, basil pesto, spelt sourdough (gf bread +2, contains almonds, walnuts)

#### THE MEADOW BIG BREAKFAST \$23

with baked hash brown, smokey strips, cherry tomatoes, mushrooms, caramelised onion, smashed avo, relish, spelt sourdough (gf bread +2)

#### HOUSEMADE GNOCCHI \$19

pan fried with red onion, garlic, sundried tomatoes, spinach, basil pesto & almond feta (gf, contains almonds, walnuts)

#### MUSHROOM & QUINOA BURGER \$19

a mushroom & quinoa pattie with black bean relish, cheddar cheese, spinach, and tomato in a toasted bun (gf)

#### EXTRAS

Haloumi \$5.50 | Housemade Baked Beans \$5

Thyme Mushrooms \$5 | Wilted Greens \$5

Scramble \$5 | Smashed Avocado \$4

Baked Hash Brown \$4 | Smokey Strips (3) \$4

Relish / Dukkah / Almond Feta /

Cashew Cheese / Jam / Nut Butter \$2



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## TAKEAWAY

### DRINK

Served all day

#### COLD-PRESSED JUICES | \$7

##### ALL HAIL KALE

Kale, kiwi fruit, cucumber, green apple, lemon

##### BEET, DRINK & BE MERRY

Beetroot, green apple, carrot, ginger, lemon

##### DOCTOR C

Orange, carrot, ginger, lemon

##### OJ SIMPSON

Orange, pineapple, passionfruit, lemon

##### WE'RE MINT TO BE

Pineapple, apple, mint, lime

Boost your juice | \$1 per each additional fruit or veg

#### SUPERFOOD SMOOTHIES | \$9

##### CHERRY RIPE

Coconut milk, frozen banana, frozen cherries, desiccated coconut, cacao nibs

##### CHOCOLATE MYLKSHAKE

Coconut milk, frozen banana, cacao powder, dates, coconut sugar  
Add peanut butter +\$2

##### ENERGY BOOST

Almond milk, frozen banana, peanut butter, protein powder, coconut sugar  
Add coffee shot +0.5  
Add mushroom powder +1 (good caffeine-free option)

##### MINT CHOC CHIP

Coconut milk, frozen banana, spinach, cacao nibs, cashew butter, mint essential oil

##### STRAWBERRY KISSES

Almond milk, frozen banana, strawberries, almond butter, coconut yoghurt, vanilla paste, raspberry chia jam

##### VANILLA ICE

Soy milk, housemade vanilla ice-cream, frozen banana, coconut sugar, vanilla paste

##### VITAMIN GREEN

Fresh apple juice, baby spinach, cucumber, frozen banana, pineapple, lemon

##### Boost your smoothie

\$1 each - Açai berry powder, cacao nibs, cacao powder, coconut sugar, chia seeds, dates, maca powder, mushroom powder, protein powder

\$2 each - Aloe vera shot, peanut butter, matcha powder, spirulina

##### COFFEE

Beans by Allpress Espresso

Short \$3.80 | Long Black \$4.20

White (served with Bonsoy) \$4.50

Large +0.5

Extra Coffee Shot / Almond Milk / Coconut Milk +0.5

Decaf / Mocha / +\$1

##### HOT | \$5.5

Served with Bonsoy

Hot Chocolate 70% cacao

Hot Chocolate 85% cacao

Mint Hot Chocolate

Orange Hot Chocolate

Chai Latte

Mushroom Latte

Peanut Butter Latte

Turmeric Latte (served on coconut milk)

Coffee Shot / Almond Milk / Coconut Milk +0.5

##### TEA | 4.5

Leaves by Impala & Peacock

Aromatherapy, Chai, Chamomile, Detox, English Breakfast, Earl Grey, Green, Lemongrass & Ginger, Peppermint, Red Rooibos, Relaxation

##### COLD

Antipodes Still / Sparkling Water \$5

Remedy Kombucha \$5.50

Osun Sparkling Rose / Lavender Water \$5.50

Freshly Squeezed Orange or Pineapple \$6

Organic Lemon Lime & Bitters / Lemonade / Cola \$5

Iced Chocolate / Iced Latte / Iced Matcha \$6