

# MENU

## Healthy Haven



## Something light



## Bowls



**Banana Bread** ~ (gf, df) 7.90  
served warm with whipped butter

**Raisin Toast** 5.50  
served with whipped butter

**Mango Chia Cup** ~ (gf, vgn) 7.90  
home-made chia pudding, mango puree, coyo, granola

**Croissant** 10.50  
see cabinet for flavours

**Quiche** ~ (gf) 13.90  
served with side salad, see cabinet for todays flavour

**Potato Chips** ~ (gf, vgn) 8.50  
rosemary sea salt, choice of spicy mayo or aioli

**Sweet Potato Chips** ~ (gf, vgn) 9.50  
cumin salt, choice of spicy mayo or aioli

**Acai Bowl** ~ (gf, vgn) 14.90  
topped with chia, toasted coconut, fresh fruit, muesli  
- Add peanut butter +\$3  
- Add vanilla or choc protein + \$2

**Epic Acai Bowl** ~ (gf, vgn) 16.90  
classic acai bowl topped with banana, strawberry, choc  
coconut, chia, toasted almonds, choc drizzle

**Buddha 'salad' Bowl** ~ (gf, vgn) 14.90  
choice of chicken or falafel, brown rice, tomato,  
cucumber, avocado, corn, red capsicum, pickled  
cabbage, creamy herb dressing

gf- gluten free | vgn- vegan | df- dairy free  
gfo- gluten free option | dfo- dairy free option  
Please inform staff of any allergies when ordering

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## Larger Meals



- Smashed Avo** ~ (gfo, vgn) 18.90  
avo, cherry tomatoes, balsamic onion, served on sourdough or gluten free bread  
- Add feta +\$3 | Add egg +\$2.50  
- Add bacon +\$5 | Add salmon +\$6
- Croissant Eggs Benny** ~ (gfo) 19.90  
2 poached eggs, spinach, hollandaise, served on a croissant or gluten free bread  
- Add ham or bacon +\$5 | Add salmon +\$6
- Eggs on Toast** ~ (dfo, gfo) 15.50  
2 eggs as you like them, served on sourdough or gluten free bread with tomato chutney  
- Add bacon +\$5 | Add salmon +\$6
- Miso Mushrooms** ~ (gfo, vgn) 18.90  
mushrooms cooked in miso butter, hummus, crispy sweet potato ribbons, served on sourdough or gluten free bread
- Basic Burgers** ~ (dfo, gfo) 15.90  
**Breakfast**- bacon, egg, tomato, avo, salad greens, relish  
**Beef**- home-made pattie, cheese, aioli, salad greens, tomato, balsamic onion  
- Add side chips +\$4
- Gourmet Burgers** ~ (gfo) 17.90  
**Halloumi**- grilled halloumi, chutney, slaw, cucumber, lettuce, tomato, avo, aioli  
**Chargrilled chicken**- chargrilled chicken, tomato, slaw, chipotle mayo, lettuce, cheese, avo, chutney  
- Add side chips +\$4
- Vietnamese Green Papaya & Crab Salad** ~ (gf, df) 24.90  
crispy soft shell crab, papaya, grilled lime, nam jim dressing, crispy shallots
- Cauliflower Fritters** ~ (vgn, gf) 18.50  
oven roasted cauliflower fritters stacked with fresh rocket, avocado, chickpeas, pumpkin korma hommus, coconut yoghurt  
- Add an egg +\$2.50

### Extras

Egg +\$2.50

Feta, Tomato, Mushroom +\$3

Avo, Sauerkraut +\$4

Bacon, Ham, Chicken +\$5

Salmon, Halloumi +\$6

# DRINKS

## HOT DRINKS

	Cup	Mug
Flat white   Latte   Cappuccino	5.00	5.50
Long Black	4.50	5.00
Espresso	3.00	
Piccolo	4.20	
Chai Latte	5.00	5.50
Dirty Chai	5.50	6.00
Honey Chai	5.50	6.00
Tea Pot	5.00	

see staff for our tea list

## SPECIALTY DRINKS

Cacao Mushroom Elixir	5.50	6.00
Adaptogenic Hot Choc	6.00	6.50
Turmeric Latte	5.50	6.00
Matcha Latte	5.50	6.00
Vietnamese Hot Coffee		6.00
Bulletproof coffee	5.50	6.50

## COLD DRINKS

Iced Tea		6.50
- Peach   Lemon		
Iced Latte		6.50
Iced Chai		6.50
Iced Long Black		5.00
Vietnamese Coffee		7.00
Milkshake or Frappe		8.50
- Choc   vanilla   strawberry   caramel   coffee		

Milks-

Full cream | skinny | lactose free  
Almond | coconut | soy | oat + 50c

## SMOOTHIES

### Caramel Breakfast

Banana, wheat-free oats, honey, cinnamon, salted caramel protein, oat milk

10.90

### Immune Boost

Orange, mango, carrot, ginger, coconut water, vitamin C

10.90

### Greens

Pineapple, kale, spinach, mint, super greens powder, lemon, coconut water

9.90

### Tropical Colada

Mango, pineapple, banana, coconut, pineapple juice, chia seeds

9.90

### Banana Berry

Mixed berries, banana, coconut yogurt, oat milk

9.90

### Choc Peanut Butter Protein

Veego choc protein, banana, No. 9 nut butter, oat milk, chia seeds

10.90

## JUICES- whole fruit, cold pressed

### Kick Start

Carrot, apple, ginger, beetroot, lemon

7.90

### Golden Watermelon

Orange, watermelon, turmeric, carrot

7.90

### Green Refresh Me

Apple, kale, cucumber, spinach, lemon

7.90

### Fresh Apple or OJ

freshly squeezed apple or orange juice

6.90

