

BOWLS

- CHIA & CASHEW GRANOLA** \$18
banana caramel, Greek yoghurt, blueberries, coconut flakes, lemon balm.
- GF SUMMER CHIA PUDDING** \$13
oat milk soaked chia seeds, Greek yoghurt, goji berries, blueberry puree & seasonal fruit.
- DF AÇAÍ BOWL** \$16
with sliced banana, nut butter, cacao granola, cacao nibs, coconut flakes.
+ chia pudding or extra granola + \$4
- GF/V REDEMPTION** \$19
roast vegetables, green hummus, seed praline, beetroot & burnt feta cheese crumble, poached egg, mixed green veggies, local herbs & tahini drizzle.
+ chilli chicken or smoked salmon + \$7
- GF/V IMPOSSIBLE MEATBALLS** \$19
quinoa rice, sauteed kale, fine beans, Greek yoghurt, tomato cucumber salsa & coriander.
+ chilli chicken or smoked salmon + \$7

ADD ON to any bowl

- FALAFEL (Not GF)** \$5
- CHILLI CHICKEN** \$7
- IMPOSSIBLE MEATBALLS** \$8

DAILY BREAD

- V MUSHROOM & CHEESE TOASTIE** \$15
kale, rosemary mayo, aged cheddar
- V AVOCADO TOAST** \$19
edamame & pea smash, tzatziki, red radish, house made pickles, sesame seeds.
+ poached eggs + \$6
- BALANCE BURGER** \$18
scrambled organic eggs, streaky bacon, chorizo & tomato pepper sauce on a brioche bun with mesclun salad & pickles.

SIDES

- CHOICE OF EGGS** \$6
- SOURDOUGH TOAST** \$6
- SMOKED SALMON** \$7

TREATS

- ENERGY BALLS** Any 2 for \$5
date & cocoa / cranberry, peanut & espresso / raspberry, almond, chia & dark chocolate



Check in with our counter staff for more sweet treats!

Prices are inclusive of all prevailing taxes

GROUND
ED
BY CMCR

COFFEE

all coffee matters

		Reg.	Lrg.
Black		\$7.2	\$8.4
White		\$7.8	\$9
Regular and Large with WM			
Hot Chocolate		\$7.8	\$9
Regular with WM/LFM/SM/OM			
Large with WM/LFM			
Large with SM/OM			
Mocha		\$8.4	\$9.6
Regular with WM/LFM/SM/OM			
Large with WM/LFM			
Large with SM/OM			
Iced Black			\$9
Iced White Coffee with WM			\$9.6
Iced Chocolate with WM/LFM/SM/OM			\$9.6
Iced Mocha with WM/LFM			\$9.6
Cold Brew			\$10.2

KOMBUCHA

small batch

ask us for the various flavours available

Wild Boocho Kombucha	\$10.2
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Nutri-Grade is based on default preparation (before addition of ice)

TEA

Handcrafted Teas by Ripple Effect Tea Co.

Ruby Breakfast		\$8
Earl Grey		\$8
Meaningful Green		\$8
Herb Garden		\$8
Peppermint		\$8
Feel Good Chai		\$8




SMOOTHIE

dairy free

Açai	\$11.1
berries, banana & coconut water dusted with cocoa granola	

JUICE

enjoy the art of the squeeze

Carrot, Apple, Turmeric		\$10.8
Kale, Cucumber, Apple, Mint, Ginger		\$10.8
Beetroot, Pink Dragonfruit, Pomegranate		\$10.8

BOOZE

on rotation

ask us what we are currently pouring

Craft Beer	\$16.8
Wine by Glass	\$15
Wine by Bottle	\$75

We are proud to be working with Drunken Farmer to showcase a range of natural & biodynamic wines.

GROUND
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WM | whole milk

LFM | low fat milk

SM | soy milk

OM | oat milk

(We have Bonsoy and Outside available on request.)