

REAL FOOD



TOASTED

SOURDOUGH TOAST (vo) (gfo) **7.5**

Buttered thick cut sourdough with house made peanut butter, seasonal jam, local honey, vegemite.

APPLE CURRANT FRUIT TOAST (vo) **9.0**

Thick cut sourdough fruit loaf, buttered with house raspberry dust, honey or jam.

BREAKFAST ROLL (gfo) (df) **13.5**

Hunter Valley free range bacon, pasture raised soft fried egg, spicy house relish, toasted wheat bun. Dairy free.

Prefer veg? Swap bacon for halloumi

SOURDOUGH TOAST TOPPERS (vo) (gfo) (df) **12.9**

Single serve. Choose one of the following toppings:

- Avocado, probiotic saurkraut, tamari seeds
- NZ hormone free salmon, cashew cheese, radish

SEASONAL AVOCADO (gfo) **20.9**

Cherry tomato, avocado, crumbled feta, soft herbs, sprouts, pesto oil, pistachio hemp seed dukkah, sourdough.

Add soft fried egg + 3.5

SIGNATURE SCRAMBLED EGGS (gfo) **18.9**

3 pasture raised scrambled eggs, spicy tomato relish, garlic almond parmesan, tamari seeds, sprouts, buttered sourdough.

Add free range bacon + 7.9

VEGAN SWEET POTATO TOAST (v) (gf) **20.9**

Whole baked sweet potato slices, house dill cashew cheese, avocado, tamari seeds, leafy greens, zucchini noodles, superfood slaw.

EXTRAS / ADD ONS

House sauerkraut/kimchi	4.0	Crumbled feta	4.0
Half avocado	4.0	Cashew cheese	4.0
Chilli butter beans	5.0	Pasture range egg	3.5
Baked sweet potato	4.0	Baked halloumi	6.0
Tomato or sliced cheese	2.0	Hunter Valley free range bacon	7.9
Swap for gluten free bread/roll	2.5	NZ hormone free smoked salmon	7.9

LEGEND

(v) Vegan (vo) Vegan Option (gf) Gluten Free (gfo) Gluten Free Option (df) Dairy Free

Most ingredients we use contain nuts. Please be very clear about the nature of any allergy with our staff upon ordering and be mindful that cross contamination of ingredients is a risk in a busy kitchen.

NOURISH BOWLS

NACHO-ISH BOWL (v) (gf) **21.9**

Smokey maple chilli butter beans, corn chips, avocado, cashew cheese, leafy greens, kale slaw, vegan parmesan, seeds.

EGGCITED BOWL (gf) **22.9**

3 pasture raised scrambled eggs, crispy fried halloumi, baby spinach, rocket, chilli house kimchi, seeds, garlic almond crumb, alfalfa.

TURMERIC CAULI BOWL (v) (gf) **20.9**

Baked spiced cauliflower, quinoa, chickpeas, salad greens, superfood slaw, zoodles, beetroot hummus, seeds, herbs, pesto vinaigrette.

BRUNCH BOWL (df) (gf) **22.9**

NZ hormone free smoked salmon, soft fried pastured egg, house kraut, mixed leaves, cherry tomato, radish, seeds, herbed lemon aioli.

HEALTHY GRAB N GO

Check out the display cabinet for daily salads, toasties, frittatas, granola cups, take home meals, raw vegan desserts and more!

FAMOUS WAFFLES

PLAIN JANE (v) (gf) **13.9**

Warm toasted waffle, house made coconut ice cream, pure maple syrup, fresh seasonal berries.

ALL THE FRUIT (v) (gf) **20.9**

Warm toasted waffle, fresh seasonal fruit, house coconut ice cream, organic maple, raspberry dust, edible flowers.

MAPLE BACON BOMB (gf) (df) **23.9**

Warm toasted waffle, free range bacon, soft fried pastured egg, spicy house relish, organic maple, soft greens, seeds, almond parmesan.

SAVOURY GREENS (v) (gf) **21.9**

Herbed savoury green waffle, baby spinach, rocket, garlic cashew cheese, avocado, vegan parmesan, house fermented sriracha, organic maple, sprouts.

NEED CATERING?

Get us to cater for your next event. Real food platters, grazing boxes, picnic hampers, sweet or savoury. Just ask our staff.

REFRESHMENTS



SMOOTHIES & BOWLS

ACAI (AH-SIGH-EE) v gf SMOOTHIE 12.9 BOWL 19.9

Organic Amazonian açai, frozen banana, mixed seasonal berries, organic coconut milk topped with seasonal fruit, vegan granola and local flowers.

GREEN PEACE v gf 12.9 19.9

Banana, fresh kale, baby spinach, avocado, supergreens powder and organic coconut milk topped with market fruit, granola crumble and edible flowers.

SNICKERS v gf 12.9 19.9

Frozen bananas, raw chocolate, house-made peanut butter, dates, organic almond milk topped with fresh fruit, vegan granola and local flowers.

TROPICANA v gf 12.9 19.9

Mango, pineapple and passion fruit, frozen banana and organic coconut milk topped with fresh fruit, granola crumble and edible flowers.

ADDITIONS

Probiotics	2.0	Hemp seeds	2.0
Organic MCT oil	2.0	Hemp protein	2.0
Organic greens	2.0	Coffee shot	1.0
Peanut butter	2.0	Marine collagen	2.0
Choc drizzle	1.0	Grass fed collagen	2.0

COLD DRINKS

MILKSHAKES KIDS 5.0 LRG 7.5

Real fruit and house made syrups, no preservatives or additives.

- Raspberry beret
- Cheeky chocolate
- Vanilla gorilla
- Blueberry pie
- Go bananas
- Caramel swirl

Add home made coconut ice cream + 3.0

Add non dairy milk + 1.0

COLD BREW SML 4.5 LRG 5.5 XLRG 6.5

Darks beans, slowly steeped for 18 hours, then chilled. Served on ice. Add milk and syrup of choice.

ICED LATTE SML 4.0 LRG 5.0 XLRG 6.0

A double shot of hot espresso, poured over ice for a super chilled brew. Add milk and sweetener.

CHILLED ICED CHAI SML 4.5 LRG 5.5 XLRG 6.5

Locally blended Indian spiced massala tea infused with rice malt. Add milk of choice. Served on ice.

ICED GREEN TEA MATCHA SML 5.0 LRG 6.0 XLRG 7.0

Antioxidant boosted organic matcha tea whisked until creamy, blended with milk and sweetener of choice, served on ice.

HOT DRINKS

COFFEE BY DARKS SML 4.0 LRG 5.0 XLRG 6.0

Made just the way you like it. A rich, full blend, heavy body and dark finish with a strong, double shot per serve.

BULLETPROOF LATTE ONE SIZE 7.5

For optimal fuel and clarity during fasting and ketosis. Blended espresso with grass fed butter and MCT oil.

SIGNATURE HOT CHOCOLATE SML 4.0 LRG 5.0 XLRG 6.0

House blended 70% organic dark cacao syrup and raw sugar. Add milk and sweetener of choice.

Add coffee shot for mocha + 0.5

Add medicinal mushrooms + 1.5

ADDITIONS

Alternate milks	1.0	Extra shot	0.5
Baby chino	2.0	Caramel / Vanilla syrup	0.5
MCT oil / collagen	2.0	Raw honey / pure maple	0.5

SPICED CHAI LATTE SML 4.5 LRG 5.5 XLRG 6.5

Locally blended Indian spiced massala tea infused with rice malt syrup. Add milk and sweetener of choice.

Add coffee shot for dirty chai + 0.5

GOLDEN TURMERIC LATTE SML 5.0 LRG 6.0 XLRG 7.0

Healing, anti inflammatory turmeric tonic with black pepper to enhance curcumin absorption. On your choice of milk

MAGIC MOON MATCHA SML 5.0 LRG 6.0 XLRG 7.0

Supports adrenals, nervous system, antioxidant. Organic premium matcha with maca & ashgawanda on your choice of milk.

TEA BY THE TEA COLLECTIVE ONE SIZE 6.0

Superior high grade tea and organic blends.

Choose from:

BLACK	GREEN	HERBAL
• English breakfast	• Blueberry Sencha	• Peppermint
• Early grey	• Jasmine green	• Ginger zing
• Orange and lemon	• Premium matcha	• Yoga

TAKING AWAY?

We say NO to plastic and use plant based compostable cups, cutlery, packaging and straws.

PLEASE ORDER AND PAY AT COUNTER

10% surcharge applies on Sundays & public holidays.