



### PLEASE ORDER AT THE COUNTER

#### Breakfast Menu (Until 11am)

<b>SOURDOUGH TOAST</b> Butter & preserves	8
<b>ACAI BOWL</b> Acai, fresh fruit, & granola Add- peanut butter, almond spread, biscotti \$3 each	18
<b>EGGS YOUR WAY</b> Poached, scrambled or fried, toasted sourdough, house-made chutney <b>(V, GFOA)</b>	12
<b>BREAKFAST BAGEL</b> Toasted bagel, grilled bacon, fried eggs, cheese, smokey BBQ sauce <b>(GFOA)</b>	14
<b>SMASHED AVO</b> Toasted sourdough, avocado, crumbled feta, roasted cherry tomatoes, dukkha, poached eggs <b>(V, GFOA)</b>	22
<b>APPLE CRUMBLE PANCAKES</b> Buttermilk pancakes, apple compote, Simmo's roasted macadamia salted caramel ice cream, shortbread crumble, syrup <b>(V)</b>	20
<b>KIDS PANCAKES</b> Seasonal fruit, syrup, vanilla ice cream	12
<b>EXTRAS</b> Bacon +\$6, Eggs +\$6, Avocado +\$6, Hash browns +\$5, Roasted cherry tomatoes +\$5, Sourdough +\$4	

#### Smoothies (Protein: P, Carbs: C, Fats: F, Cals: kcal) 500ml

All smoothies are made with coconut water

<b>SUNRISE FUEL</b> (~4.6g P   ~80g C   ~1.8g F   330 kcal) Banana, honey, oat, cinnamon	11
<b>TROPICAL HYDRATION</b> (~2.7g P   ~47g C   ~0.6g F   198 kcal) Mango, pineapple	11
<b>BERRY BLISS</b> (~3.1g P   ~32.2g C   ~5.8g F   191 kcal) Acai, mixed berries	11
<b>GREEN GODDESS</b> (~3.5g P   ~39.8g C   ~0.6g F   163 kcal) Matcha, spinach, celery, apple, ginger, lemon	11
<b>EXTRAS</b> (~30.1g P   ~6.1g C   ~2.6g F   170 kcal) Protein shot +\$3	

#### Milkshakes

	Reg	Lrg
<b>VANILLA, CARAMEL, CHOCOLATE OR STRAWBERRY</b> All made with vanilla bean ice cream	6.5	9.5

#### Hot drinks

	Reg	Lrg
<b>FLAT WHITE, LATTE, CAPPUCCINO, MOCHACINO</b>	4.5	5.5
<b>LONG BLACK</b>	4	5
<b>SHORT BLACK</b>	4	–
<b>SHORT MACCHIATO</b>	4	–
<b>LONG MACCHIATO</b>	4.5	–
<b>PICCOLO</b>	4	–
<b>CHAI LATTE, MATCHA LATTE</b>	4.5	5.5
<b>HOT CHOCOLATE</b>	4.5	5.5
<b>BABYCINO</b>	2.5	–
<b>TEA</b> Chamomile, Lemongrass & Ginger, Earl Grey, Peppermint, English Breakfast, Green Tea	4.5	6

**EXTRAS**  
Soy milk +\$1, Oat milk +\$1, Almond milk +\$1

#### Cold drinks

	Reg	Lrg
<b>ICED LATTE</b>	6	7.5
<b>ICED COFFEE</b>	7.5	9.5
<b>ICED LONG BLACK</b>	5	6.5
<b>ICED CHOCOLATE</b>	6	7.5
<b>ICED CHAI</b>	6	7.5

### SEE OUR CAFÉ FOR DELICIOUS & HEALTHY DAILY CREATIONS

Sandwiches, Wraps, Raw Slices, Cakes, Muffins, Cookies and more!

We take your dietary needs seriously & strive to accommodate various allergies & intolerances. However, please be aware that our kitchen handles a wide array of ingredients, including common allergens such as nuts, dairy, gluten, shellfish, & soy. While we make every effort to prevent cross-contamination, we cannot guarantee that any dish will be completely free of allergens. If you have a severe allergy, please inform your server before placing your order, & we will do our utmost to provide you with a safe dining experience.