

AVAILABLE BREAKFAST ONLY 6:30am - 11AM

HOUSE-MADE FRITTER STACK 28 | V

house-made parmesan & sweetcorn fritters, rustic potato rosti, free-range poached egg, smashed avo, greek yoghurt, chunky tomato pesto & rocket.
add: bacon | halloumi

SCULPT BOWL 28 | V | GF | DF

falafels, roasted pumpkin, sweet potato, free-range poached egg, cherry tomatoes, hummus, avocado, rocket, lemon & olive oil.

CHILLI SCRAMBLE 25 | GF & DF VEGAN

AVAILABLE
free-range eggs, house-made sambal oelek, local smoked ham, local authentic sourdough, parmesan, spring onion & fresh chilli.
add: avocado | rustic potato rosti

BREAKFAST BURRITO 21 | DF & VEGAN

AVAILABLE
bacon with free-range scrambled eggs, avocado, spinach, cheese & tomato relish on a spinach wrap
- ask for toasted



AVAILABLE ALL DAY 6:30am - 2pm

SIGNATURE SMASHED AVO SINGLE 15 DOUBLE 25 | V |

VEGAN & GF AVAILABLE
avocado, feta, local authentic pumpkin sourdough, lemon, rocket, dukkah & beetroot hummus.
add: free-range eggs | local leg ham | halloumi | bacon

EGGS BENEDICT 26 | GF AVAILABLE

your choice of bacon, local leg ham or smoked salmon on a toasted croissant with poached free-range eggs, hollandaise sauce & spinach. option: swap to hot wing hollandaise \$1

CRISPY CHICKEN BENNY WITH SPICY HOLLANDAISE 29

toasted croissant, house-made crispy southern fried chicken, poached free-range eggs, smashed avo, spinach & spicy hollandaise. add: rustic potato rosti | halloumi

HOUSE-MADE SAVOURY MINCE 27 | DF | GF AVAILABLE

house-made savoury mince, poached free-range eggs, local authentic sourdough & rustic potato rosti.
add: avocado | halloumi

HOUSE-MADE HEALTHY WAFFLES SINGLE 17 | DOUBLE

27 | GF | DF | VG | REFINED SUGAR FREE
house-made guilt-free waffles, vanilla coyo ice-cream, pure maple syrup & strawberries.
add: biscoff sauce & crumb | nutella | peanut butter | bacon

BACON & EGG BURGER 16 | GF & VEGAN AVAILABLE

bacon, free-range fried egg, cheddar cheese, bbq sauce & spinach on a toasted brioche bun.
add: avocado | rustic potato rosti | halloumi

EGGS YOUR WAY 14 | DF | GF & VEGAN AVAILABLE

two free-range eggs (poached | scrambled | fried) on a slice of local authentic sourdough with butter.

TOAST & SPREAD 6

a single slice of toasted vienna with a choice of spreads.
Add extra slice \$3

POPULAR ADD ONS:

free-range egg 4 - poached, fried or 2 scrambled eggs (8) | vegan eggs 8 (scrambled) | 2 rashers bacon 6 | vegan bacon 8 | savoury mince 8 | roasted chicken 7 | avocado 4 | halloumi 6 | rustic potato rosti 6 | premium smoked salmon 7 | local leg ham 7 | beetroot hummus 3 | crumbled feta 3 | tomato relish 2 | hollandaise sauce 2 | spicy hollandaise 3 | worcestershire sauce 1

CRISPY CHICKEN CHIPOTLE BURGER 18

house-made crispy southern fried chicken, southwest chipotle mayo, cheddar cheese, lettuce on a jean pierre brioche bun. add: avocado | bacon rasher | fried egg | fries & sauce

TACOS 18

3 soft corn tortillas with your choice of either house-made crispy southern fried chicken or tex mex beef with crunchy slaw, greek yoghurt, jalapenos, spring onions & lime.

CRUMBED STEAK SANDWICH 17

local crumbed steak, mixed leaves, sliced tomato, cheddar cheese, garlic aioli & caramelised onion on a toasted jean pierre turkish roll. add: fries & sauce

SAIGON NOODLE SALAD 18 DF | GF | VG

vermicelli rice noodles, mint, cucumber, red cabbage, carrot, chopped cos lettuce, peanuts, fried shallots & Thai dressing. add: house-made roasted chicken 7, crispy fried chicken 7 or falafels 7

VEGAN BURGER 19 DF | VG

vegan schnitzel, avocado, lettuce, tomato & BBQ sauce on a white bun. add: vegan bacon | fries & sauce

CHICKEN OR CRUMBED STEAK SALAD 22 | GF, DF & VG AVAILABLE

choose house-made roasted chicken (GF & DF), house-made crispy southern fried chicken or crumbed steak. Mixed lettuce leaves, red cabbage, carrot & cherry tomatoes with a lemon or balsamic vinaigrette. add: feta 3 | avo 3

BOWL OF SWEET POTATO OR POTATO FRIES SINGLE 8 | DOUBLE 14

sauce included: tomato, BBQ, garlic aioli, chipotle mayo



SUPPORTING LOCAL BUSINESSES SINCE 2015

Bread & buns baked locally at Jean Pierre Patisserie.
Chicken & meat products from local butcher Sunvale Meats.
Local free-range eggs.
Coffee beans locally roasted at Long Shot Co.
Local Raw Honey from Bees Pacific.

15% surcharge applies on all public holidays

POPULAR ADD ONS:

free-range egg 4 | bacon rasher 3 |
vegan bacon 4 | crispy fried chicken
7 | avocado 3 | halloumi 6 | rustic
potato rosti 6

V - Vegetarian | VG - Vegan | GF -
Gluten Free | DF - Dairy Free

ACAI BOWLS

GF (granola dependent) | vegan | DF
S \$17 | R \$19

PARADISE ACAI BOWL

blended base: unsweetened acai, mango & banana. toppings: granola, watermelon, banana, strawberries, coconut yoghurt & passionfruit.

BERRY ACAI BOWL

blended base: unsweetened acai, strawberries & banana. toppings: granola, strawberries, raspberries, banana, coconut yoghurt & passionfruit.

PEANUT BUTTER ACAI BOWL

blended base: unsweetened acai, strawberries & banana.
toppings: granola, strawberries, banana, coconut yoghurt, peanut butter & crushed peanuts.

MANGO WEISS ACAI BOWL sml \$18.5 reg \$20.5

blended base: unsweetened acai, mango & banana.
toppings: granola, strawberries, banana, coyo coconut icecream, mango & passionfruit.

ADD ONS:

- coyo coconut ice cream \$3
- vanilla dairy ice-cream \$2
- add peanut butter \$2
- biscoff sauce \$2
- biscoff crumb \$2
- honey \$1
- add nutella \$2
- extra fruit \$2



PROTEIN BOWLS

GF (granola dependent) | vegan | DF
S \$17 | R \$19

CARAMEL CRUNCH PROTEIN BOWL

blended base: bio fermented vanilla protein powder, cacao & banana.
toppings: granola, coconut yoghurt, pure peanut butter, crushed peanuts, banana, strawberries & naturally sweetened caramel sauce.

HONEY BEAR PROTEIN BOWL (NOT VEGAN)

blended base: bio fermented vanilla protein powder, cacao & banana.
toppings: granola, banana, pure peanut butter, coconut yoghurt, cacao nibs, strawberries & honey.

NUTELLA PROTEIN BOWL

blended base: bio fermented vanilla protein powder, cacao & banana.
toppings: granola, banana, strawberries, coconut yoghurt, cacao nibs & nutella (nutella not refined sugar free).

SNICKERS PROTEIN BOWL

blended base: bio fermented vanilla protein powder, cacao & banana.
toppings: granola, banana, strawberries, coconut yoghurt, peanut butter, crushed peanuts & naturally sweetened choc sauce.

SMOOTHIES

R \$10 | L \$11.5

blended with your choice of milk

WILD BERRY SMOOTHIE

blackberries, strawberries, blueberries, raspberries, banana, medjool dates & honey

SUMMER MANGO SMOOTHIE

mango, passionfruit, pineapple, banana & honey

PEANUT CARAMEL SMOOTHIE

banana, roasted peanuts, coconut, cacao, chia seeds & medjool dates

GREEN GODDESS SMOOTHIE

mango, pineapple, banana, spinach, flax seeds & chia seeds

BREAKFAST SMOOTHIE

banana, oats, honey, cinnamon, cacao, coconut, honey, chia seeds & medjool dates

PROTEIN SMOOTHIES

R \$12 | L \$13.5

CRUNCHY NUT PROTEIN SMOOTHIE

vegan vanilla protein, roasted peanuts, cacao nibs, banana, coconut, chia seeds, medjool dates & honey

ESPRESSO PROTEINI SMOOTHIE

espresso, vegan vanilla protein, cacao, banana, coconut, chia seeds & medjool dates

PB BERRY PROTEIN SMOOTHIE

vegan vanilla protein, roasted peanuts, black berries, strawberries blueberries, raspberries, banana, medjool dates & honey

POPULAR SMOOTHIE ADD ONS:

vegan vanilla protein \$2

hydrolysed collagen \$2

peanut butter \$2

spinach \$2

SMOOTHIE MILKS

full cream, skim, lactose free, almond, oat, coconut, soy, coconut water

FRESH JUICE

S \$7.6 R \$9 L \$10

TOTAL GREENS

celery, cucumber, apple, ginger

TUTTI FRUTTI

watermelon, apple, pineapple, orange

BODY BOOSTER

orange, carrot, pineapple, turmeric

SIGNATURE BEET

beetroot, apple, carrot, ginger

LEMON & GINGER SHOT 4

Lemon & ginger

the beet bar

NEW COLLAGEN GLOW COOLER

\$12

hydrolysed bovine collagen peptides, coconut water, strawberries, watermelon & passionfruit blended with ice

SKIN HYDRATION
SKIN ELASTICITY
BEAUTY SUPPORT
GLOW FROM WITHIN

COFFEE & TEA

HOT	S	R	L
CAPPUCCINO	\$5	\$6	\$7
FLAT WHITE	\$5	\$6	\$7
LATTE	\$5	\$6	\$7
LONG BLACK	\$5	\$6	\$7
CHAI LATTE	\$5	\$6	\$7
HOT CHOCOLATE	\$5	\$6	\$7
MOCHA	\$6	\$7	\$8
MATCHA LATTE	\$6	\$7	\$8
DIRTY CHAI	\$6	\$7	\$8
PICCOLO LATTE	\$4		
ESPRESSO	\$3		
BABYCHINO	\$3		

COLD

ICED LATTE	\$6	\$7	\$8
ICED LONG BLACK	\$5	\$6	\$7
ICED MOCHA	\$7	\$8	\$9
ICED CHOCOLATE	\$6	\$7	\$8
ICED CHAI	\$6	\$7	\$8
ICED DIRTY CHAI	\$7	\$8	\$9
ICED MATCHA	\$7	\$8	\$9
COLD BREW	\$6	\$7	\$8

TEA

EARL GREY	\$4	\$5	\$6
SENGHA GREEN	\$4	\$5	\$6
ENGLISH BREAKFAST	\$4	\$5	\$6
LEMONGRASS & GINGER	\$4	\$5	\$6
PEPPERMINT	\$4	\$5	\$6
CHAMOMILE	\$4	\$5	\$6
CHINA JASMINE	\$4	\$5	\$6

ICED PEACH TEA	R \$6 L \$7
ICED RASPBERRY TEA	
ICED LEMON TEA	
ICED MONGO TEA	
ICED PASSIONFRUIT	

EXTRAS & MILKSHAKES

EXTRAS

EXTRA SHOT ESPRESSO	\$1
VANILLA ICE-CREAM	\$2
DF COYO ICE-CREAM	\$3
WHIPPED CREAM	\$1
COLD FOAM	\$2
VEGAN COLD FOAM	\$2
CHOCOLATE POWDER	\$1
CHAI POWDER	\$1
HYDROLISED BOVINE	
COLLAGEN PEPTIDES	\$2

COFFEE MILKS

FULL CREAM & SKIM	0
LACTOSE FREE	\$1
ALTERNATIVE MILKS: OAT, ALMOND, SOY, COCONUT	\$1

SYRUPS & SAUCES

VANILLA	\$1
CARAMEL	\$1
WHITE CHOCOLATE	\$1
HAZELNUT	\$1
SALTED CARAMEL	\$1
BISCOFF SAUCE	\$2
BISCOFF CRUMB	\$2
CONDENSED MILK	\$1.5
COCONUT CONDENSED MILK	\$2

MILKSHAKES 7.50 | 8.5 | \$9.5

CHOCOLATE, VANILLA, STRAWBERRY,
CARAMEL & SALTED CARAMEL,
COFFEE +\$1



SPECIALTY DRINKS MENU

	S	R	L
COLD FOAM COCO MATCHA Vanilla syrup, coconut water, matcha cold foam & matcha sprinkle, over ice.	8	9	10
STRAWBERRY ICED MATCHA Strawberry coulis, vanilla syrup, matcha, milk of choice & cinnamon sprinkle, over ice.	8	9	10
BISCOFF ICED MATCHA Biscoff sauce, milk of choice, matcha, cold foam & biscoff crumb, over ice.	9	10	11
BISCOFF ICED LATTE Biscoff sauce, milk of choice, espresso, cold foam & biscoff crumb, over ice.	9	10	11
COLD FOAM COCO ESPRESSO Espresso, coconut water & cold foam over ice.	8	9	10
COLD FOAM TIRAMISU Vanilla syrup, chocolate syrup, espresso, milk of choice, cold foam & chocolate sprinkle, over ice.	8	9	10
TRADITIONAL VIETNAMESE CA PHE SUA DA Condensed milk, cold brew coffee (made extra strong) over ice.	7	8	9
COLD FOAM CARAMEL CHAI Caramel syrup, chai powder, milk of choice, cold foam & cinnamon sprinkle, over ice.	8	9	10
NUTELLA FOAM ICED LATTE Nutella, espresso, cold foam & chocolate sprinkle, over ice.	9	10	11
CREAMY CARAMEL CONDENSED MILK Caramel syrup, condensed milk, full cream milk & espresso, over ice.	8	9	10
CONDENSED MILK ICED LATTE Espresso, condensed milk & milk of choice, over ice.	7	8	9
HAZEL CONDENSED MILK Espresso, hazelnut syrup, condensed milk, full cream milk, over ice.	8	9	10
VANILLA ALMOND CONDENSED MILK (VEGAN) Espresso, vanilla syrup, coconut condensed milk, almond milk, over ice.	9	10	11