

ALL DAY BREAKFAST 6:30am - 2pm

smashed avo | v | available vegan
single 14 | double 23
avocado, whipped beet & hummus feta, local authentic pumpkin sourdough, lemon, rocket & dukkah
option: add eggs | add local leg ham

wonderful waffles | gf | df | vg | refined sugar free
single 19 | double 27
house-made guilt free waffles, vanilla coyo icecream, house-made berry compote, pure maple syrup & strawberries

eggs benedict 25
your choice of bacon, local leg ham or smoked salmon on a toasted croissant with poached local pasture-raised free-range eggs, hollandaise sauce & spinach
option: gf toast instead of croissant

sweetcorn fritters 23.5 | v
house-made parmesan & sweetcorn fritters, poached local pasture-raised free-range egg, smashed avo, sweet chilli crema & rocket

bacon & egg burger 16
bacon, local pasture-raised free-range egg, cheddar cheese, bbq sauce, spinach, toasted brioche bun

mushroom toast 23
local authentic sourdough, house-made garlicky mushrooms, cream cheese, sundried tomato pesto & herbs
option: add poached eggs | add avo | add halloumi

breakfast burrito 19.5 | available vegan
your choice of chorizo, savoury mince or bacon with scrambled local pasture-raised free-range eggs, avocado, spinach, cheese & tomato relish

chilli sambal scramble 23 | also available vegan
local pasture-raised free-range eggs, house-made sambal oelek, local smoked ham, local authentic sourdough, parmesan, spring onion
option: add avo

savoury mince 25 | df | also available vegan
house-made savoury mince, poached local pasture-raised free-range eggs, local authentic sourdough & rustic potato rosti
option: add avo

pulled pork croissant 26
toasted croissant, pulled pork, poached local pasture-raised free-range eggs, spinach & bearnaise sauce
option: add avo

eggs your way 15
local pasture-raised free-range eggs (poached | scrambled | fried) on local authentic sourdough

peanut butter banana toast | v
single 14 | double 23
authentic local sourdough, pure peanut butter, banana, cinnamon, local honey

raisin toast with butter
single 6 | double 9

LUNCH | available from 11am - 2pm

crispy chicken chipotle burger 23 (just burger 18)
house-made southern fried chicken, southwest chipotle mayo, cheddar cheese, lettuce, brioche bun. comes with sweet potato or potato chips & sauce of choice

pulled pork burger 23 (just burger 18)
house-made pulled pork, kale slaw, smokey mustard mayo, brioche bun. comes with sweet potato or potato chips & sauce of choice

vegan burger 23 (just burger 18)
choose either plant-based schnitzel or plant-based burger patty with lettuce, tomato, avocado & bbq sauce on a toasted bun. comes with sweet potato or potato chips & sauce of choice

burger combo special 25 - choose a burger, choose a side & choose a drink from the selection - ask our staff for options

saigon noodle salad 22 just salad + \$2 for protein
df | gf | vg option
choose either house-made roasted chicken, crispy chicken, prawns or garlicky mushrooms (vegan) with vermicelli rice noodles, mint, cucumber, red cabbage, carrot, chopped cos lettuce, peanuts, fried shallots, lime, thai dressing

super crunch salad 22 just salad + \$2 for protein
gf | df | vg option
choose either house-made roasted chicken, crispy chicken, prawns or garlicky mushrooms (vegan) with kale, pumpkin, sweet potato, red cabbage, white cabbage, carrot, red onion, cranberries, sunflower seeds, smokey mustard mayo dressing
option: | lemon vinaigrette instead of creamy dressing

sides:
sweet potato or potato fries with sauce
single 8 | double 14 | side 5

adds:
egg 4 (local pasture-raised free-range) poached | scrambled | fried
vegan eggs 8 (scrambled)
bacon 6
vegan bacon 8
avocado 4
halloumi 5
rustic potato rosti 6
premium smoked salmon 7
garlicky mushrooms 6
local leg ham 7
pulled pork 7
chorizo 7
prawns 8
whipped beet & hummus feta 4
crumbled feta 3
vegan basil pesto 2
tomato relish 2
hollandaise sauce 2
worcestershire sauce 1

V - Vegetarian
VG - Vegan
GF - Gluten Free
DF - Dairy Free
RSF - Refined Sugar Free

ACAI & PROTEIN BOWLS

sml 16.5 | reg 18.5

vg | gf | df | refined sugar free | pure organic acai

each handmade bowl comes with your choice of granola:
almond & sultana granola (contains honey & gluten) | swiss muesli (vg but contains gluten) | gluten free flakes | gluten free granola

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.

nutella protein bowl

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

caramel crunch protein bowl

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

honey bear protein bowl (not vegan, honey on top)

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

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 reg 20

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

options:

add a scoop of coyo coconut icecream to your bowl \$3

add peanut butter \$2

add nutella \$2

LONGSHOT SPECIALTY COFFEE & MORE

sml 5 | reg 6 | lrg 7

cappucino | latte | flat white | long black | iced latte | iced long black | cold brew | chai latte | iced chai latte | hot chocolate | iced chocolate | espresso 3 | piccolo latte 4 | babycino 3

sml 6 | reg 7 | lrg 8

mocha | dirty chai | matcha latte | iced matcha latte

milk options:

misty mountain full cream | misty mountain skim | misty mountain lactose free | milk lab coconut | milk lab almond | milk lab soy | milk lab oat | milk lab macadamia

syrops & extras:

vanilla | hazelnut | caramel | white chocolate | ice-cream | coconut sugar | extra shot

tea - T2

sml 4 | reg 5 | lrg 6 | dine-in pot 6

also available iced, just ask

english breakfast | early grey | sencha green | lemongrass & ginger | peppermint

\\self-serve table water in drinks fridge

\\15% surcharge on PH's

SMOOTHIES

regular 10 | large 11.5

picnic

cacao powder, roasted peanuts, dates, banana & milk of choice

breakfast

banana, rolled oats, honey, cinnamon & milk of choice

yo berry

strawberries, banana, coconut yoghurt, honey & milk of choice

mango passion

mango, passionfruit, coconut yogurt, honey & milk of choice

SUPER SMOOTHIES

regular 12 | large 13.5

crunchy nut protein

bio fermented vegan vanilla protein, roasted peanuts, cacao nibs, honey, banana & milk of choice

espresso proteini

bio fermented vegan vanilla protein, espresso, cacao powder, banana, dates & milk of choice

peanut butter & jelly protein

bio fermented vegan vanilla protein, banana, strawberries, roasted peanuts, honey & milk of choice

tropical punch

mango, pure unsweetened acai, passionfruit, pineapple & coconut water

smoothie milk options:

misty mountain full cream | misty mountain lactose free milk | misty mountain skim milk | coconut milk | soy milk | almond milk | oat milk

FRESH JUICE

reg 9 | lrg 10 | kids 7.6

total greens - green apple, cucumber, celery, ginger

body booster - orange, carrot, pineapple, turmeric

signature beet - beetroot, carrot, green apple, ginger

tutti fruity - pineapple, green apple, orange, watermelon

milkshakes - made with dairy milk & icecream

reg 8.5 | lrg 9.5 | kids 7.5

vanilla | chocolate | caramel | strawberry | salted caramel | coffee +\$0.5 | thickshake add \$1

VIETNAMESE STYLE ICED COFFEE

standard vietnamese iced coffee

sml 6.5 | reg 7.5 | lrg 8.5

coffee, condensed milk & full cream milk

vanilla almond iced coffee *vegan*

sml 8.3 | reg 9.3 | lrg 10.3

coffee, coconut condensed milk, vanilla syrup & almond milk

creamy caramel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, caramel syrup & full cream milk

hazel iced coffee

sml 7.5 | reg 8.5 | lrg 9.5

coffee, condensed milk, hazelnut syrurp & full cream milk

options:

condensed milk | coconut condensed milk (vegan) +\$0.5