

## COFFEE

**SMALL 5 / MEDIUM 6 / LARGE 7**

CAPPUCCINO  
FLAT WHITE  
LATTE  
LONG BLACK  
CHAI LATTE  
HOT CHOCOLATE  
MOCHA **S6 M7 L8**  
DIRTY CHAI **S6 M7 L8**  
PICCOLO LATTE **4**  
ESPRESSO **3**  
BABYCHINO **3**

## ICED COFFEES / TEAS & MORE

**SMALL 5 / MEDIUM 6 / LARGE 7**

ICED LATTE  
ICED LONG BLACK  
ICED MOCHA **S6 M7 L8**  
ICED CHOCOLATE  
ICED CHAI  
COLD BREW  
ICED PEACH TEA **M4.5 L5.5**  
ICED RASPBERRY TEA **M4.5 L5.5**  
ICED MANGO TEA **M4.5 L5.5**

## VIETNAMESE ICED COFFEE

**SMALL 6.5 / MEDIUM 7.5 / LARGE 8.5**

espresso, condensed milk, ice & milk of your choice, shaken until smooth & creamy! Customise by adding your favourite syrup.

## TEA

**SMALL 4 / MEDIUM 5 / LARGE 6**

EARL GREY  
GREEN  
ENGLISH BREAKFAST

## SPECIALTY

### longshot cold brew

locally cold brewed Longshot coffee served over ice with your choice of milk or water

### grounded pleasures chai latte

seven freshly ground spices blended with organic unrefined jaggery sugar (evaporated sugar cane juice) and natural Sri Lankan tea

### grounded pleasures hot chocolate

sourced from the best growing regions this drinking chocolate is made using most of the cocoa bean. The high cocoa butter content gives the cocoa a remarkable texture & flavour.

## MILK OPTIONS

FULL CREAM  
LACTOSE FREE 0.80  
LOW FAT  
SOY MILK 0.80  
OAT MILK 0.80  
ALMOND MILK 0.80  
COCONUT MILK 0.80

## SYRUPS 1

VANILLA  
CARAMEL  
HAZELNUT  
WHITE CHOCOLATE  
SALTED CARAMEL

## EXTRAS

EXTRA SHOT OF ESPRESSO **0.80**  
SYRUPS **1.0**  
CHAI POWDER **1.0**  
CHOCOLATE POWDER **1.0**  
VANILLA ICE-CREAM **3**  
CONDENSED MILK **1.5**

## **ACAI & PROTEIN BOWLS**

**SMALL 15 / REGULAR 17.5**

DAIRY FREE, GLUTEN FREE, VEGAN

### **TROPICAL OASIS ACAI**

ACAI BASE TOPPED WITH:  
GRANOLA, WATERMELON,  
BANANA, STRAWBERRIES,  
COCONUT YOGHURT,  
PASSIONFRUIT

### **PEANUT BUTTER ACAI**

ACAI BASE TOPPED WITH:  
GRANOLA, PURE PEANUT BUTTER,  
STRAWBERRIES, COCONUT  
YOGHURT, PEANUTS, BANANA

### **SNICKERS PROTEIN BOWL**

CHOC PEANUT BLENDED BASE  
TOPPED WITH: GRANOLA, PURE  
PEANUT BUTTER, STRAWBERRIES,  
COCONUT YOGHURT, PEANUTS,  
BANANA

### **CHOOSE GRANOLA:**

ALMOND SULTANA GRANOLA  
(CONTAINS HONEY)  
GF FLAKES (GF, DF, VEGAN)  
SWISS MUESLI

## **FRESH JUICE**

**REGULAR 8.60 / LARGE 9.60**

### **TOTAL GREENS**

CELERY, CUCUMBER, APPLE, GINGER

### **TUTTI FRUTTI**

WATERMELON, APPLE, PINEAPPLE,  
ORANGE

### **BODY BOOSTER**

ORANGE, CARROT, PINEAPPLE,  
TURMERIC

### **SIGNATURE BEET**

BEETROOT, APPLE, CARROT, GINGER

## **SMOOTHIES**

**REGULAR 9 / LARGE 10**

### **BREAKFAST**

OATS, BANANA, CINNAMON,  
HONEY, MILK

### **MANGO COLADA**

MANGO, HONEY, COCONUT  
YOGHURT, MILK

### **PICNIC**

PEANUTS, CACAO, DATES,  
BANANA, MILK

## **SUPER SMOOTHIES**

**REGULAR 11 / LRG 12**

### **CRUNCHY NUT PROTEIN**

AMAZONIA VEGAN VANILLA  
PROTEIN, PEANUTS, CACAO NIBS,  
HONEY, BANANA, MILK

### **MOCHA PROTEIN**

ESPRESSO, AMAZONIA VEGAN  
VANILLA PROTEIN, CACAO, DATES,  
BANANA, MILK

### **MILK OPTIONS:**

FULL CREAM  
LOW FAT  
LACTOSE FREE  
ALMOND  
SOY  
COCONUT  
OAT  
COCONUT WATER

## **MILKSHAKES**

**REGULAR 8.5 / LARGE 9.5**

VANILLA  
CHOCOLATE  
CARAMEL  
STRAWBERRY  
COFFEE R9.5 L10.5

## **SALADS**

### **CHICKEN SALAD 16**

STEAMED CHICKEN BREAST, FETA, SPROUTS, CHERRY TOMATOES, CUCUMBER, CARROT, RED ONION, MIXED SALAD LEAVES & VINAIGRETTE

### **VEGAN SALAD 16**

FALAFELS, SPROUTS, CHERRY TOMATOES, CUCUMBER, CARROT, RED ONION, MIXED SALAD LEAVES & VINAIGRETTE

### **FRITTATA & SALAD 16**

GF VEGGIE FRITTATA, FETA, SPROUTS, CHERRY TOMATOES, CUCUMBER, CARROT, RED ONION, MIXED SALAD LEAVES & VINAIGRETTE

ADD AVOCADO TO ANY SALAD **3**

## **TOASTS**

AVOCADO, FETA & LEMON **9**

PB, BANANA, CINNAMON & HONEY **9**

RAISIN TOAST **6**

## **TOASTIES**

CHICKEN, CHEESE & AVO **9.5**

HAM, CHEESE & TOMATO **9.5**

CHEESE & TOMATO **8.5**

BAGEL WITH SPRING ONION & CHIVE CREAM CHEESE TOASTED **7**

## **BURGERS**

### **CHEESEBURGER 14**

ANGUS BEEF PATTY, CHEESE, PICKLES, TOMATO SAUCE, MUSTARD, ONION

### **BACON & EGG 14**

BACON, FREE-RANGE EGG, CHEESE, SPINACH, TOMATO SAUCE

### **CHICKEN & CHEESE 15**

PANKO CRUMBED SCHNITZEL, CHEESE, GARLIC AIOLI, TOMATO, LETTUCE

### **ANGUS BEEF & SALAD 16**

ANGUS BEEF PATTY, SPROUTS, CHEESE, LETTUCE, TOMATO, ONION, PICKLES, TOMATO SAUCE, MUSTARD

GF BUN **2**

## **SWEET POTATO OR POTATO CHIPS**

HALF SCOOP **8**

FULL SCOOP **10**

**CHOOSE SAUCE:**

TOMATO, BBQ, AIOLI, GRAVY +\$1

## **HASHBROWNS**

ONE **2.5**

TWO **4.5**

## **KIDS MEAL**

6 CHICKEN NUGGETS AND POTATO CHIPS WITH TOMATO SAUCE **13**



**LOCALLY OWNED & OPERATED**  
**THANK YOU SO MUCH FOR YOUR SUPPORT**