

## ALL-DAY BREAKFAST

GF ARTISAN SWEET LOAF OR BANANA BREAD |  
RAW CHANTILLY CASHEW CREAM | RAW  
STRAWBERRY CHIA JAM (V) \$12.0

RAW HOUSE-MADE VEGEMITE | GF ARTISAN  
TOAST | CHEESY ROAST KALE (V) \$13.0

FREE RANGE POACHED OR FRIED EGGS  
| GF ARTISAN TOAST | FARM HOUSE  
CHUTNEY \$13.0  
ADD HALF AVOCADO \$5.5  
ADD NITRATE FREE SMOKY BACON \$6.5

BUCKWHEAT PANCAKES | CARAMELISED  
BANANA | RAW CHANTILLY CASHEW  
CREAM | RAW STRAWBERRY CHIA  
JAM | PURE MAPLE SYRUP (V) \$18.0  
ADD VANILLA & NUTMEG COCO  
ICE CREAM \$4.0

GREEN PEA, CHICKPEA, LEMON AND  
MINT SMASH | HOUSE KRAUT |  
ACTIVATED NUT AND SEED BREAD | RAW  
SMOKY SOUR CREAM (V, P) \$19.0  
ADD BAKED ALMOND FETA \$5.0

BREAKFAST BOWL | FREE RANGE EGG |  
TURMERIC RICE | AVOCADO | ROAST  
CINNAMON PUMPKIN | HOUSE KRAUT | SWEET  
CORN | RAW CHEESE SAUCE \$21.0  
ADD NITRATE FREE SMOKY BACON \$6.5

SCRAMBLED GOLDEN TOFU | VOLCANO SALT |  
CHERRY TOMS | CHARRED CAULIFLOWER |  
CHEESY ROAST KALE | GF ARTISAN TOAST |  
FARM HOUSE CHUTNEY (V) \$22.0

THE WRAP | FREE RANGE FRIED EGGS | NITRATE  
FREE SMOKY BACON | PUMPKIN | GRILLED  
ONION | AVOCADO | SPINACH | RAW CHEESE  
SAUCE | FARM HOUSE CHUTNEY \$22.0

## LUNCH

FROM 11:53AM

CRISPY VIETNAMESE CREPE | MUSHROOMS |  
CHERRY TOMS | ONION | CARROT | CILANTRO |  
MINT | CABBAGE | SATAY | PEANUT CHILLI  
CRUMB (V) \$18.0  
ADD FREE RANGE CHICKEN \$9.0

OYSTER, ENOKI AND WHITE MUSHROOMS |  
SUNFLOWER SMOKED CREAM | CHERRY TOMS  
| CHEESY ROAST KALE | GF ARTISAN TOAST |  
PEANUT CHILLI CRUMB (V) \$20.0

SOFT TACOS | TURMERIC RICE | CHARRED  
SWEET CORN | SMASHED AVOCADO | VEGAN  
SLAW | RAW SMOKY SOUR CREAM (V) \$22.0  
ADD PLANT CHEDDAR \$3.0

THE SALAD | CHARRED CAULIFLOWER |  
AVOCADO | BAKED ALMOND FETA |  
ACTIVATED SEEDS | HOUSE KRAUT | CHERRY  
TOMS | SWEET CORN | GREENS (V, P) \$22.0  
ADD FREE RANGE CHICKEN \$9.0

WALNUT & MUSHROOM MEAT BALLS | BRAISED  
TOMATO, CAPSICUM, ZUCCHINI AND BASIL |  
SMOKY SOUR CREAM | CHEESY ROAST KALE | GF  
ARTISAN TOAST (V) \$24.0  
ADD PLANT CHEDDAR \$3.0

FREE RANGE CHICKEN BOWL | TURMERIC RICE |  
ROAST CINNAMON PUMPKIN | CHARRED  
CAULIFLOWER | SMASHED AVOCADO |  
CORIANDER | SATAY SAUCE \$26.0

EXTRAS | ACTIVATED BREAD UPGRADE \$2.0  
FREE RANGE EGGS \$3.5  
HOUSE KRAUT \$4.5 | CHEESY ROAST KALE \$4.5  
BAKED ALMOND FETA \$5.0  
HALF AVOCADO \$5.5 | MUSHROOMS \$5.5  
NITRATE FREE SMOKY BACON \$6.5  
FREE RANGE CHICKEN \$9.0