



Coffee (Five Senses)

Flat white, latte, cappuccino
Macchiato, piccolo
Long black
Extra shot, decaf
Bonsoy, almond, coconut, lactose free, oat
Large
Vanilla/hazelnut/caramel syrup/honey
Single origin pour over

Hot drinks

Hot chocolate (white or dark)
Gingerbread Caramel latte (no coffee)
Prana Chai loose-leaf chai (contains honey)
Zen Matcha

Tea for 1 / Tea for 2

Please ask for our current offerings

Cold brew

Iced latte

Double espresso, milk, ice
– Substitute alternative milk

Vietnamese iced coffee

Vietnamese coffee, condensed milk, ice

Iced Chai (unsweetened)

Liquid Chai, milk, ice
– Substitute alternative milk

House-made kombucha

Available natural or with fruit soda

House-made fruit soda/iced tea

Ask for flavours

Lavender Lemonade

Turmeric tonic [served hot, cold or fizzy]

Turmeric, lemon, ginger, agave

Iced Zen matcha

Iced strawberry Zen matcha

Strawberry jam, iced oat matcha

5.2
4.5
4.5
+0.7
+1
+1
+0.5
6

6
5.5
5.8
6.5

5/7

6

6.4

+1

7

6.3

+1

6.5

6

6

7.5

6.5

9

Smoothies (Vgn)

Banana date: lime, house-made nut milk, cinnamon
Pina colada: strawberry, pineapple, banana, coconut milk
Blueberry muffin: blueberry, banana, oats, almond milk
Add Happy Way vegan vanilla protein powder

Cold press Juices

Red: Beetroot, apple, carrot, lemon, ginger
Tropical: Pineapple, passionfruit, orange
Orange: Turmeric, ginger, carrot, orange, lemon
Green: Kale, cucumber, celery, apple, lemon
Just Oranges: Fresh squeezed oranges

Espresso martini

Espresso, Kahlua, honeycomb infused vodka

The Darling

Seasonal shrub, prosecco, rosé, rosewater

Pickled Mary

Tomato juice, lemon vodka, hot sauce, dill spear, lemon

Limoncello spritz

Limoncello, prosecco, soda

WINE, BEER & CIDER

NV	Alpha Box & Dice Prosecco	12 / 40
2022	Shaw & Smith Sauvignon Blanc	14 / 44
2024	Hugo Rosé	12 / 40
2022	Hugo Shiraz	12 / 40
The Hills	Apple Cider 5%	10
Stone & Wood	Pacific Ale 4.4%	10
Hahn	Super Dry 4.6%	10

Public Holiday surcharge 15%
Menu alterations may incur a surcharge



House-made crumpets with preserves (V, avail Vgn) 12.5

Spelt & rye crumpet OR spiced fruit crumpet with two varieties of house-made preserves and butter

Granola bowl (GF, V, avail Vgn) 19.5

Macadamia buckwheat granola, yoghurt, and seasonal fruit with chia seeds, blueberry compote and toasted coconut

+ Substitute our house-made coconut yoghurt +2.6

Waffles (V) 23.5

Two house made waffles topped with vanilla mascarpone, warm apple, poached rhubarb, biscuit crumble and caramel sauce

Breakfast greens (GF, DF, V, avail Vgn) 24.5

Poached egg, fresh spinach and Asian greens, snow peas, lentil sprouts, wild rice & quinoa mix, pickled carrot and radish, toasted seeds, orange tarragon vinaigrette, fermented chili hot sauce

+ Add avocado +5

+ Add extra egg +4

Eggs on toast (V, DF, avail GF) 16.5

Poached free-range eggs on sourdough with Pickled Eggplant relish

+ Substitute our house-made gluten free seed bread (GF) +3

+ Substitute scrambled eggs +2.5

+ Add red sauerkraut/hash brown/sauteed spinach +3 each

+ Add avocado/roasted mushroom/baked beans +5 each

+ Add haloumi/bacon/chorizo +6.5 each

Beans on toast (V, avail GF). 23.5

Served on sourdough with two poached eggs, feta, snow pea tendrils and salsa verde

+ Add grilled chorizo +6.5

Eggs Benedict (avail V/GF) 23.5

House made crumpets topped with ham, soft poached eggs, orange scented hollandaise, side sauteed spinach *vegetarian option served with avocado instead of ham

+ Substitute beetroot cured salmon +4

Roast mushroom bruschetta (GF, Vgn) 23.5

Served on fried cornbread with sundried tomato hummus, truffle cashew cream, asparagus and a walnut rosemary crumb

+ Add grilled chorizo/chicken/bacon +6.5 each

+ Add poached egg +4

Smashed avocado (Vgn, avail GF) 23

Smashed avo on sourdough with pickled red onions, mixed lettuce, toasted tamari seeds, beetroot hummus, sticky balsamic drizzle

+ Substitute our house-made gluten free seed bread (GF) +3

+ Add grilled haloumi +6.5

+ Add poached free-range egg +4

Seasonal soup Vgn, GF) 14

Served with grilled cornbread

Pumpkin & coconut curry (GF, Vgn) 23

+ A rich curry served with brown and wild rice, onion bhaji, creamy mint sauce, and topped with pickled cauliflower, toasted coconut, spring onion, and coriander.

+ Add grilled chorizo/chicken +6.5 each

KFC Bowl (GF, Vgn) 24

Korean fried cauliflower served on crunchy Asian slaw and sambal greens, topped with miso aioli

+ Add grilled chicken +6.5

+ Add poached egg +4

Satay bowl (GF, Vgn) 25.5

Wild rice & quinoa mix, spiced coconut, grilled broccolini, soy grilled pineapple, pickled chilli, satay sauce, crisp shallot, grilled tofu, coriander

+ Add grilled chicken/chorizo +6.5 each

+ Add poached egg +4

Salmon poke bowl (DF; avail GF) 28

Beetroot cured salmon, rice, edamame beans, cucumber ribbons, sesame seeds, wakami, pickled onion and chili, ponzu dressing

+ Add poached egg +4

+ Add house made seed bread (GF) +3

+ Add avocado +5

Amigo bowl (Vgn/GF) 24

Mexican fried potato, smashed avo, pico de gallo, pickled turnip, cucumber, lime, white rice, black beans and corn chips with chipotle sauce

+ Add grilled chorizo/chicken +6.5 each

Pickle in the Middle sandwich (Vgn, avail GF) (avail after 11am) 18.5

Italian pickled eggplant, green olive and cashew tapenade, roast pumpkin, beetroot, lettuce (Vgn)

+ Add avocado +5

+ Add ham +4

Rueben (NOT available GF) 23.5

House made pastrami, red sauerkraut, smoked mozzarella, horseradish aioli. Grilled on sourdough rye.

Cheese 'n' pickle toastie (V, NOT available GF) 18.5

Mustard Zucchini pickles, smoked mozzarella, parmesan-crust ed focaccia, side salad

+ Add pickled jalapeno +1

+ Add ham +4