

HOT DRINKS

COFFEE (FIVE SENSES)

Flat white, latte, cappuccino	5.4
Macchiato, piccolo	4.7
Long black	4.7
Extra shot, decaf	+0.7
Bonsoy, almond, coconut, lactose free, oat	+1
Large	+1
Vanilla/hazelnut/caramel syrup/honey	+0.5
Single origin pour over	6

HOT DRINKS

Hot chocolate (white or dark)	6.7
Gingerbread Caramel latte (no coffee)	5.7
Prana Chai loose-leaf chai (contains honey)	6
Zen Matcha	6.7

TEA FOR 1 / TEA FOR 2

5.2/7.2

Digest: Peppermint, fennel, calendula
Earl Grey: Organic black tea, bergamot
Energize: Lemongrass, papaya, ginger
English Breakfast: Organic black tea
Green: Green tea sencha, jasmine, rose
Hibiscus Lemon Myrtle: Lemon myrtle, rooibos, hibiscus, jasmine
Serenity: Chamomile, rose, lavender, passionflower



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COLD DRINKS

COFFEE

Cold brew	6.2
Iced latte: Double espresso, milk, ice	6.7
Iced Mocha: Double espresso, milk, choc syrup, ice	7
Vietnamese iced coffee: Vietnamese coffee, condensed milk, ice	7.2

COLD DRINKS

Iced Chai (unsweetened): Liquid Chai, milk, ice	6.5
Iced Chocolate: Choc syrup, milk, ice	5.7
House-made kombucha: Available natural or w/ fruit soda	6.7
Mango drangonfruit soda	6.2
Hibiscus lemon myrtle iced tea	6.2
Lavender Lemonade	6.2
Turmeric tonic: Turmeric, lemon, ginger, agave (served hot, cold or fizzy)	7.7
Iced Zen matcha	6.7
Iced strawberry Zen matcha: Strawberry jam, iced matcha	9.2

SMOOTHIES (VGN)

Banana date: Banana, date, lime, house-made nut milk, cinnamon	9.7
Pina colada: Strawberry, pineapple, banana, coconut milk	9.7
Blueberry muffin: Blueberry, banana, oats, almond milk	9.7
Add Happy Way vegan vanilla protein powder	+2

COLD PRESSED JUICES

Red: Beetroot, apple, carrot, lemon, ginger	9.7
Tropical: Pineapple, passionfruit, orange	9.7
Orange: Turmeric, ginger, carrot, orange, lemon	9.7
Green: Kale, cucumber, celery, apple, lemon	9.7
Just Oranges: Fresh squeezed oranges	7.2



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ALCOHOL

COCKTAILS

Espresso martini: Espresso, Kahlua, honeycomb infused vodka	17
The Darling: Mango dragonfruit, prosecco, rosé, rosewater	17
Pickled Mary: Tomato juice, lemon vodka, hot sauce, dill spear, lemon	17
Limoncello spritz: Limoncello, prosecco, soda	17

WINE

Alpha Box & Dice Prosecco	14 / 40
Shaw & Smith Sauvignon Blanc	16 / 44
Hugo Rosé	14 / 40
Hugo Shiraz	14 / 40

BEER & CIDER

The Hills Apple Cider 5%	11
Stone & Wood Pacific Ale 4.4%	11
Hahn Super Dry 4.6%	11



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ALL DAY BREAKFAST

HOUSE-MADE CRUMPETS W/ PRESERVES (V, AVAIL VGN) **13**
Spelt & rye crumpet OR spiced fruit crumpet w/ house-made preserves & butter

GRANOLA BOWL (GF, V, AVAIL VGN) **21**
Almond buckwheat granola, yoghurt, & seasonal fruit w/ chia seeds, blueberry compote & toasted coconut
Substitute our house-made coconut yoghurt **+2.6**

WAFFLES (V) **25**
Two house made waffles topped w/ vanilla mascarpone, shortbread, toasted coconut flakes and chocolate and raspberry sauce

BREAKFAST GREENS (GF, DF, V, AVAIL VGN) **25.5**
Poached egg, fresh spinach & Asian greens, snow peas, lentil sprouts, wild rice & quinoa mix, pickled carrot & radish, toasted seeds, orange tarragon vinaigrette, fermented chili hot sauce

EGGS ON TOAST (V, AVAIL DF & GF) **16.5**
Poached free-range eggs on sourdough w/ pickled eggplant relish OR butter
Substitute scrambled eggs **+2.5**
Substitute our house-made gluten-free seed bread (GF) **+3**

BEANS ON TOAST (V, AVAIL GF) **25**
Served on sourdough w/ two poached eggs, feta, snow pea tendrils & salsa verde

EGGS BENEDICT (AVAIL V/GF) **25**
Sourdough topped w/ ham, soft poached eggs, orange scented hollandaise, side sauteed spinach *vegetarian option served w/ avo instead of ham
Substitute beetroot cured salmon **+4**

ROAST MUSHROOM BRUSCHETTA (GF, VGN) **25**
Served on fried cornbread w/ sundried tomato hummus, truffle cashew cream, broccolini & a walnut rosemary crumb

SMASHED AVOCADO (VGN, AVAIL GF) **24**
Smashed avo on sourdough w/ pickled red onions, mixed lettuce, toasted tamari seeds, beetroot hummus, sticky balsamic drizzle

ADD-ONS

Pickled jalapeno	1	Ham	4	Haloumi	6.7
Red sauerkraut	3	Poached egg	4	Bacon	6.7
Hash brown	3	Avocado	5	Chorizo	6.7
Sauteed spinach	3	Roasted mushrooms	5	Chicken	6.7
Seed bread (GF)	3	Baked beans	5	Beetroot cured salmon	10



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LUNCH

ZUCCHINI FRITTERS (GF, VGN) 25
Served on a salad of kale, quinoa, crispy chickpeas, cherry tomato, pickled radish & apple w/ orange vinaigrette & creamy dill sauce

KFC BOWL (GF, VGN) 26
Korean fried cauliflower served on crunchy Asian slaw & sambal green beans, topped w/ miso aioli

SATAY BOWL (GF, VGN) 27
Wild rice & quinoa mix, spiced coconut, grilled broccolini, soy grilled pineapple, pickled chilli, satay sauce, crisp shallot, grilled tofu, coriander

SALMON POKE BOWL (DF; AVAIL GF) 30
Beetroot cured salmon, rice, edamame beans, cucumber ribbons, sesame seeds, wakami, pickled onion, chili & ponzu dressing

BAKED SWEET POTATO (VGN/GF) 25
Avocado, black beans, tomato salsa, chipotle sauce, pickled cabbage, crushed corn chips and corn ribs

PICKLE IN THE MIDDLE SANDWICH (VGN, AVAIL GF) (avail after 11am) 19
Italian pickled eggplant, green olive & cashew tapenade, roast pumpkin, beetroot, lettuce

RUEBEN (NOT AVAILABLE GF) 24
House made pastrami, red sauerkraut, smoked mozzarella, horseradish aioli. Grilled on sourdough rye.

CHEESE 'N' PICKLE TOASTIE (V, NOT AVAIL GF) 19
Mustard Zucchini pickles, smoked mozzarella, parmesan-cruste focaccia, side salad

ROAST MUSHROOM TOASTIE (V, NOT AVAIL GF) 19
Roasted mushrooms, feta, capsicum relish, pickled onion, smoked mozzarella, parmesan-cruste focaccia, side salad

ADD-ONS

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Hash brown	3	Avocado	5	Chorizo	6.7
Sauteed spinach	3	Roasted mushrooms	5	Chicken	6.7
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SWEETS

Peanut butter protein ball (Vgn/GF)	3.7
Choc date hazelnut protein ball (Vgn/GF)	3.7
M n M cookie	4.2
White choc macadamia cookie	4.2
Pumpkin & pecan cookie	4.2
Fig & pistachio cookie	4.2
Peanut butter cookie (Vgn/GF)	4.2
Vanilla cupcake	5.2
Monte Carlo	5.2
Lemon melting moment	5.2
Chocolate brownie (GF)	5.2
Salted caramel brownie (Vgn/GF)	5.2
Biscoff cookie	5.2
Red Velvet cookie	5.2
Banana bread (toasted w/ butter)	7.2



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KIDS MENU

DRINKS

Apple pop top	3.5
Apple blackcurrant pop top	3.5
Banana & honey smoothie	6
Babycino	2

FOOD

Banana bread (toasted w/ butter)	7.2
One crumpet w/ jam & butter	5.5
One waffle w/ maple syrup	8
Two waffles w/ maple syrup	10.5
Sliced avo on 1 pc toast	8
Sliced avo on 2 pc toast	10.5
Smashed avo on 1 pc toast	8
Smashed avo on 2 pc toast	10.5
One poached egg on toast	6.5
Toast w/ butter & preserves	7.5
Toasted cheese sandwich on focaccia	10.5



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SEPARATE PAYMENTS?

Just let us know when ordering & we'll process individual payments at the table

— OR, AT THE END OF YOUR VISIT WE CAN PROVIDE —



ONE PAYMENT
for the table



AN EQUAL SPLIT
between guests

During busy periods we're unable to
itemise bills at the register

THANK YOU FOR YOUR UNDERSTANDING!