



**BETWEEN BREAD**

<b>SOURDOUGH AVO TOAST(V)</b> DUKKAH, FETA	\$14.50
<b>CIABATTA BREKKIE ROLL</b> BACON, EGG, RELISH, BABY SPINACH	\$11.50
<b>HAM &amp; CHEESE TOASTIE/CROISSANT</b> ADD TOMATO \$1.5	\$11.50/\$12.50
<b>HALLOUMI &amp; ROAST VEGGIE WRAP</b> BABY SPINACH, PESTO	\$13.50
<b>CHICKEN WRAP</b> BABY SPINACH, CHEDDAR, SEMI-DRIED TOMATO, AVO	\$13.50
<b>SPICY CHICKEN WRAP</b> BABY SPINACH, CHEDDAR, JALAPEÑO, SRIRACHA	\$13.50
<b>SCHNITZEL MILK BUN</b> SLAW, SRIRACHA, CHEDDAR	\$13.50
<b>TURKEY SOURDOUGH TOASTIE</b> BABY SPINACH, CRANBERRY, BRIE	\$14.00
<b>SMOKED SALMON BAGEL</b> CREAM CHEESE, CAPERS, DILL, RED ONION	\$14.00

ADD \$2.50 FOR GF BREADS

**SMALL**

<b>JALAPEÑO MUFFIN</b> CHEDDAR, SPINACH	\$6.50
<b>GF SAVOURY MUFFIN</b> SEE CABINET	\$6.50
<b>OVERNIGHT OATS OR CHIA POD</b> SEASONAL FRUIT	\$6.00
<b>JAM OR PRETZEL DONUT</b>	\$5.00
<b>SEASONAL FRUIT MUFFIN</b>	\$6.00
<b>SAUSAGE ROLL</b> PORK, FENNEL, APPLE	\$7.00

**LIGHT LUNCH**

<b>SOUP OF THE DAY</b> SOURDOUGH ADD \$2.50 FOR GF TOAST	\$14.00
<b>SUPER SALAD OF THE DAY</b> ADD \$4.00 FOR CHICKEN OR SMOKED SALMON	\$14.50
<b>FRITTATA OF THE DAY (V, GF)</b>	\$9.50

PLEASE ORDER AT THE COUNTER

SEE DISPLAY FOR MORE OPTIONS AND DRINKS MENU



**POKE BOWLS**

**CHOOSE ONE BASE:**

- SUSHI RICE
- BROWN RICE & QUINOA
- LEAVES

**CHOOSE ONE PROTEIN:**

- RAW SALMON (+\$3)
- TERIYAKI BEEF
- MISO TOFU
- POACHED CHICKEN
- CHICKEN SCHNITZEL

**CHOOSE YOUR BOWL:**

**ORIGINAL** \$16.50  
 EDAMAME, SUPERKRAUT, CRISPY KALE, AVOCADO, PICKLED ONION, CARROTS AND RADISH, GINGER, FRIED SHALLOTS, TOGORASHI, FURIKAKE, ROASTED SESAME DRESSING

**POWER** \$16.50  
 MISO-CURED EGG, EDAMAME, KIMCHI, ROASTED EGGPLANT, CRISPY KALE, TAMARI ALMONDS, TOGORASHI, FURIKAKE, ROASTED SESAME DRESSING

**EXTRAS**  
 DOUBLE PROTEIN \$4.00  
 SRIRACHA \$0.50  
 WASABI KEWPIE \$0.50

VEGAN OR GF OPTION ON REQUEST

**AÇAÍ BOWLS**

AÇAÍ & GUARANA BLEND, SEASONAL FRUITS, BERRIES, BANANA, GRANOLA, PEANUT BUTTER

**SMALL (VG)** \$12.90  
**LARGE (VG)** \$15.50

**EXTRAS**  
 COCONUT YOGHURT \$3.00  
 DOUBLE PEANUT BUTTER \$2.00

**MORE BOWLS**

**GRANOLA BOWL (V)** \$15.50  
 BANANA, SEASONAL FRUITS, CHIA, COCONUT FLAKES, PURE MAPLE SYRUP

YOUR CHOICE OF COCONUT OR GREEK YOGHURT  
 ADD \$2.50 FOR GF GRANOLA  
**BREAKFAST-ISH BOWL (V)** \$14.50  
 MISO-CURED EGG, EDAMAME, HALLOUMI, BABY SPINACH, ROASTED SWEET POTATO, BROWN RICE & QUINOA, AVOCADO, OKONOMI SAUCE

PLEASE ORDER AT THE COUNTER

SEE DISPLAY FOR MORE OPTIONS AND DRINK MENU