



## TAKE AWAY MENU

### WINTER PORRIDGE \$14

Uncontaminated oats, quinoa, Canadian maple, sweet spices, golden raisins, coconut milk  
GF, VG

### AVO TOMATO \$11

Seasoned avocado, oven tomato, tomato chutney, spelt sourdough, hemp seeds  
DF, VG (Goats curd +2; GF bread +1; Paleo bread +1)

### BACON & EGG ROLL \$10

Low-nitrate bacon, organic fried egg, spiced tomato chutney, sauerkraut on wholemeal brioche

### HAM & CHEESE TOASTIE \$10

Double smoked leg ham, Swiss cheese, turmeric aioli, cultured butter on spelt sourdough

### CHEESE & TOMATO TOASTIE \$10

Double smoked leg ham, Swiss cheese, roast tomato, turmeric aioli, cultured butter on spelt sourdough

### PULLED PORK & SWEET POTATO HASH \$18

Slow-cooked pasture-raised pork shoulder, roast sweet potato & onion, kale, cultured butter, organic pasture raised poached egg, roast sweet potato puree, turmeric aioli, sauerkraut, nut-free dukkah  
GF

### VEGO ACTION SANDWICH \$10

Roast sweet potato & onion, beetroot cashew cheese, wholegrain mustard, sauerkraut, wilted kale on spelt sourdough  
V

### SPICED CHICKPEA GREEN SOUP \$15

Chickpea, watercress & ginger soup with ras el hanout-roasted parsnip & chickpeas  
GF, VG

### NOT-PASTA SALAD \$8

Quinoa, cashew pesto, roast tomato, roquette, nutritional yeast  
GF, VG

### ROOT VEGETABLE SALAD \$16

Roast fennel, beetroot, Spanish onion & heirloom carrot, roast sweet potato puree, green leaves, sauerkraut  
GF, V

### RUSTIC LAMB STEW \$18

15hr slow-braised spiced lamb, winter vegetables, rosemary tomato sauce, kale, river mint jelly  
GF

### VATA KICHARIS \$16

Slow-cooked brown basmati rice, lentils, winter vegetables & warming spices with coconut raita, spiced tomato chutney, sauerkraut & nut-free dukkah  
GF, VG (Organic pasture raised poached egg +3)

GF = Gluten Free VG = Vegan  
V = Vegetarian DF = Dairy Free

## HOUSE BEVERAGES

### MUSHROOM HOT CHOCOLATE \$6.50

Made with EOTU fresh almond milk  
100% Organic Cold-Pressed Unroasted  
Peruvian Cacao Beans, Pasture-raised Beef  
Gelatine, MCT Oil & Mason's Mushrooms  
(vegetarian/vegan on request)

### INCAN WARRIOR BULLET \$6.50

Double-shot espresso blended with butter & MCT oil +  
Highbration organics Incan Warrior Blend Cacao &  
Medicinal Mushrooms

### COFFEE BUTTER BULLET \$5

Double-shot espresso blended  
with butter & MCT oil

### SEASONAL BREW \$4

Ginger, turmeric, lemon & cayenne pepper

### GREEN MATCHA LATTE \$6

Made with EOTU fresh almond milk

### TURMERIC LATTE \$5

Made with organic coconut milk

### ROASTED DANDELION \$4

Latte / Tea

### CHAI LATTE \$4/\$5

Sticky honey chai latte - Glass / Pot

### ROOIBOS CHAI LATTE \$4/\$5

Sticky rice malt syrup Rooibos chai - (caffeine free)  
Glass / Pot

### HOT CHOCOLATE \$4

Raw cacao & rapadura sugar

### COFFEE & TEA

#### ALLPRESS COFFEE

Short \$3.20 | Reg \$3.70 | Lge \$4.20  
Organic cow's milk full cream & skim  
-\$0.50 Keep Cup

Extra shot / Decaffeinated \$0.50  
Organic coconut milk / Bonsoy \$0.50  
EOTU fresh almond milk \$1.50

#### ORGANIC & HERBAL TEAS \$4

English Breakfast, Earl Grey, Peppermint, Green  
Sencha, Genmaicha (Green tea with roasted rice),  
Roasted Dandelion Root, Lemongrass & Ginger, Fennel

## SMOOTHIES

### CLASSIC NANA \$10

Banana, raw Australian bush honey, cinnamon &  
organic cow's milk

### CHOC-NOTELLA \$12

Banana, almond butter, activated chia seeds, raw cacao,  
maple syrup & house made almond milk

### CLEAN GREEN \$12

Avocado, spinach, cucumber, celery, diatomaceous  
earth, fresh lemon juice, a hint of maple syrup &  
organic coconut water

### BERRY GOOD \$12

Blueberries, hemp protein powder, almond butter,  
alcohol-free Madagascan vanilla extract & house  
made almond milk

### ACAI HEMP \$12

Banana, organic açai, hemp seeds, fresh lemon juice  
& organic coconut water

### GREEN MACHINE \$10

Banana, raw prebiotic greens powder, mint & house  
made almond milk

### MANGORAMA \$12

Mango, banana, alcohol-free Madagascan vanilla  
extract and organic coconut milk

### DAILY ALL-STAR \$10

Kale, spinach, cucumber, apple, lemon, mint, activated  
chia seeds, raw prebiotic greens powder & organic  
coconut water

+\$2 House made almond milk

+\$1 Espresso shot

+\$2 Organic hemp protein

## KOMBUCHA

### MASTER CLEANSE

Fermented pineapple, cayenne pepper

### GINGER & TURMERIC

Fresh ginger, turmeric

### HIBISCUS

Hibiscus tea