



## HOUSE SPECIALS

### 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

### MATCHA LATTE \$6

Made with EOTU fresh almond milk

### TURMERIC LATTE \$5

Made with organic coconut milk

### ROASTED DANDELION \$4

Latte / Tea

### CHAI LATTE \$5

Sticky honey chai latte - Pot

### ROOIBOS CHAI LATTE \$5

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

### HOT CHOCOLATE \$4

Raw cacao & rapadura sugar



## EOTU FERMENTED KOMBUCHA

EOTU fermented using a symbiotic culture of bacteria and yeast...a 'SCOBY'. Kombucha is great for digestive health & detoxification.

\$4/\$6/\$12

ASK OUR LOVELY STAFF FOR FLAVOUR RECOMMENDATIONS



## COFFEE & TEAS

### ALLPRESS COFFEE

Short \$3.50 | Reg \$4.00 | Lge \$4.50  
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 \$1.00

### ORGANIC & HERBAL TEAS \$4

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

KIDS MENU & RETAIL MENU ALSO AVAILABLE.

Just ask our friendly staff



## 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 & EOTU fresh 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 & EOTU fresh 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 & EOTU fresh almond milk

### DAILY ALL-STAR \$10

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

+\$2 EOTU Fresh almond milk  
+\$1 Espresso shot  
+\$2 Organic hemp protein



## JUICES

### ORANGE JUICE \$7

### SEASONAL JUICES \$8

### ORGANIC COCONUT WATER \$7

### SPARKLING WATER \$2.50



## WINTER PORRIDGE \$16

Uncontaminated oats, quinoa, Canadian maple, sweet spices, golden raisins, fresh & preserved fruit, coconut milk  
**GF, VG**

## AVO TOMATO \$16

Seasoned avocado, oven tomato, spiced tomato chutney, spelt sourdough, hemp seeds (Goats curd +4; GF bread +1.5; Paleo bread +1.5)  
**VG**

## EGGS ON TOAST \$10

Choice of poached or fried organic pasture-raised eggs, spelt sourdough, cultured butter. Choose from our selection of sides & extras  
**V**

## SUPER BLAT \$21

Low-nitrate bacon, seasoned avocado, oven tomato, spiced tomato chutney, spelt sourdough, turmeric aioli, sauerkraut juice shot (GF bread +1.5; Paleo bread +1.5)  
**DF**

## SEASONAL BREAKFAST BOWL \$19

Roast sweet potato & carrot, kale, cultured butter, organic pasture-raised poached egg, roast sweet potato puree, turmeric aioli, sauerkraut, nut-free dukkah (add slow-cooked pulled pork \$7)  
**GF, V, low-FODMAP optional**

## ROOT VEGETABLE SALAD \$18

Roast fennel, beetroot & heirloom carrot, roast sweet potato puree, roquette, hemp seeds  
**GF, VG**

## MUSHROOMS & CURD ON TOAST \$19

King brown & button mushrooms, kale, Meredith goats curd, cashew pesto, cultured butter, sauerkraut, spelt sourdough (GF bread +1.5; Paleo bread +1.5)  
**V**

## RUSTIC BEEF STEW \$24

Slow-braised spiced beef, winter vegetables, herb & tomato sauce, kale, horseradish, nut-free dukkah  
**GF**

## VATA KICHARIS \$16

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

## CHICKEN BROTH & GREENS \$18

15hr organic chicken & vegetable broth, pulled turmeric chicken, quinoa, kale, spelt sourdough, cultured butter (GF bread +1.5; Paleo bread +1.5, Organic poached egg +3)

## SOUP OF THE DAY \$16

See our specials board



**GF = Gluten Free**  
**V = Vegetarian**

**VG = Vegan**  
**DF = Dairy Free**

### SIDES & EXTRAS

- Low-nitrate bacon \$8
- Organic pasture-raised poached egg \$3**
- Lacto-fermented sauerkraut \$3
- Meredith goat curd \$4**
- Seasoned avocado \$5
- Salad greens \$4**
- Oven tomato \$4
- Slow cooked pork shoulder \$7**
- Sourdough & cultured butter \$3
- Paleo bread & cultured butter \$3**
- Nonie's amazing gluten free bread & cultured butter \$3.5

Our core ingredients are sourced from **high quality** producers & providers following the principles of sustainability & organic farming.



We aim to feed everyone...  
**Vegans to Omnivores**  
to those with **Gluten Free**  
& **Other Dietary Needs**