

# Menu

## HAM & CHEESE TOASTIE \$14

### (+ T/A Regular coffee \$16.50)

Double smoked leg ham, Swiss cheese, oven tomatoes, turmeric aioli, cultured butter on wholewheat sourdough  
(GF bread +1.5)

## VEGO ACTION SANDWICH \$14

### (+ T/A Regular coffee \$16.50)

Roast sweet potato & carrot, beetroot cashew cheese, wilted kale, EOTU fermented mustard & sauerkraut on wholemeal sourdough  
(GF bread +1.5)  
VG, V

## THE VTS

### (Very Tasty Sandwich) \$16

### (+ T/A Regular coffee \$18.50)

15hr braised pulled pork, dill pickles, lacto-fermented sauerkraut, turmeric aioli, fermented mustard, swiss cheese, baby spinach, cultured butter on wholewheat sourdough  
(GF bread +1.5)

## SUPER B.L.A.T \$22

Low-nitrate bacon, seasoned avocado, oven tomato, tomato chutney, wholewheat sourdough, sauerkraut, turmeric aioli, green leaves, house dressing + sauerkraut juice shot  
(GF bread +1.5, Paleo bread +1.5) Organic poached egg +3  
DF

## BREKKY WRAP \$16.50

### (+ T/A Regular coffee \$18.50)

Organic scrambled eggs, low-nitrate bacon, dill pickles, spiced tomato chutney, baby spinach, cultured butter on a buckwheat & chia tortilla  
GF

## VEGGIE WRAP \$16.50

### (+ T/A Regular coffee \$18.50)

Roast sweet potato & carrot, beetroot cashew cheese, goat's curd, turmeric aioli, lacto-fermented sauerkraut on a buckwheat & chia tortilla  
GF, V

## AVO TOMATO \$18

Seasoned avocado, oven tomato, tomato chutney, wholewheat sourdough, green leaves, hemp seeds, sauerkraut, house dressing; Meredith goat curd +4;  
Organic poached egg +3  
(GF bread +1.50; Paleo bread +1.50)  
VG

## SEASONAL BREAKFAST BOWL \$19

Roast sweet potato & carrot, kale, cultured butter, roast sweet potato puree, lacto-fermented sauerkraut, turmeric aioli, organic poached egg, nut-free dukkah  
GF, VG, Low-FODMAP option available

## GROOVY MUESLI \$16

Uncontaminated oats, activated nuts & seeds, Canadian maple, coconut yoghurt, poached & fresh fruit  
GF, VG

## PERFECT CIRCLE SALAD \$21

Beetroot cashew cheese, roast sweet potato purée, basil & cashew pesto, seasoned avocado, raw & pickled beetroot, lacto-fermented sauerkraut, activated linseed cracker  
GF, VG

## VERMICELLI SALAD \$18

Sweet potato vermicelli, house-fermented baechu kimchi, enoki mushrooms, red cabbage, sweet white miso, ginger tamari dressing, activated cashews, toasted sesame seeds  
GF, VG

## SPROUTED BUCKWHEAT SALAD \$17

Sprouted buckwheat tabouli, turmeric hummus, roast sweet potato wedges, lacto-fermented sauerkraut, organic poached egg  
GF, V

## VATA KICHARIS \$19

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

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

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**



# Beverages

## 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)

### ICED MUSHROOM CACAO \$7.50

Made with organic coconut milk, 100% organic cold-pressed unroasted Peruvian cacao beans, bioactive collagen, MCT oil, Mason's mushrooms, maca, cinnamon and Celtic sea salt.

### 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 /  
Organic oat milk \$0.80  
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, Chamomile, Rooibos

## JUICES

ORANGE JUICE \$7  
SEASONAL JUICES \$8  
ORGANIC COCONUT WATER \$7  
SPARKLING WATER \$2.50

## 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

### MANGORAMA \$12

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

### 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**