



HOUSE SPECIALS

MUSHROOM HOT CHOCOLATE \$6.50

100% organic cold-pressed unroasted Peruvian cacao beans, pasture-raised beef gelatin, MCT Oil & Mason's Mushrooms & almond milk
(vegetarian/vegan on request)

ICED MUSHROOM CACAO \$7.50

100% organic cold-pressed unroasted Peruvian cacao beans, bioactive collagen, MCT oil, Mason's mushrooms & organic coconut milk

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 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 Classics
\$6/\$8/\$14 Native Australian Botanical Flavours

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
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

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 & 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 & almond milk

ACAI HEMP \$12

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

MANGORAMA \$12

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

GREEN MACHINE \$10

Banana, raw prebiotic greens powder, mint & 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





GROOVY MUESLI \$18

Uncontaminated oats, activated nuts & seeds, maple syrup, coconut yogurt, coconut milk, seasonal fresh fruit
(House-made almond butter +2)

GF, VG

SWEET POTATO PANCAKE \$21

Sweet potato, pasture-raised egg, organic buckwheat flour, chia & linseed, vanilla cashew cream, maple syrup, seasonal fresh fruit
(Low-nitrate bacon +8, House-made almond butter +2)

GF, V

AVO TOMATO \$18

Seasoned avocado, roast tomato, spiced tomato chutney, wholewheat sourdough, hemp seeds, green leaves, house dressing & sauerkraut
(Goat curd +4; GF bread +2.5; Paleo bread +2.5)

VG

SUPER B.L.A.T. \$23

Low-nitrate bacon, seasoned avocado, oven tomato, tomato chutney, wholewheat sourdough, sauerkraut, turmeric aioli, green leaves, house dressing, sauerkraut juice shot
(GF bread +2.5, Paleo bread +2.5, poached egg +3)

DF

BREAKFAST BOWL \$23

Poached eggs, roast sweet potato & carrot, buttered kale, sweet potato puree, sauerkraut, turmeric aioli, nut-free dukkah
(Organic pulled chicken +7, low-nitrate bacon +8, pork shoulder +8)

GF, V, low-FODMAP option available

MUSHROOMS & CURD \$22

King brown & button mushroom, buttered kale, Meredith goat curd, cashew pesto, sauerkraut, wholewheat sourdough, sumac (GF bread +2.5; Paleo bread +2.5; poached egg +3)

V, VG Optional

VERMICELLI SALAD \$18

Sweet potato vermicelli, kimchi, enoki, red cabbage, pineapple & ginger tamari dressing, activated cashews, toasted sesame seeds
(Organic pulled chicken +7, Meredith goat curd +4, pickles +4, sweet miso +2)

GF, VG

THE COSMIC SALAD \$18

Sprouted buckwheat tabouli, roast sweet potato & carrot, boiled egg, turmeric aioli, dukkah, sauerkraut, green leaves, house dressing
(Organic pulled chicken +7, Meredith goat curd +4, pickles +4, activated linseed cracker +4)

GF, V

PERFECT CIRCLE SALAD \$23

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

GF, VG

SIDES & EXTRAS

Brickfields wholewheat sourdough & cultured butter 3

Nonie's gluten free or house-baked paleo bread & cultured butter 3.5

Slow-cooked pasture raised pork shoulder 8

Low-nitrate bacon 8 | Organic pulled chicken 7

Poached egg 3 | Roasted tomato 4

Seasoned avocado 5 | Linseed cracker 4

Salad greens 4 | Sautéed kale 4

Cashew nut pesto 4 | Meredith goat curd 4

Sweet miso 2 | Sautéed mushrooms 6

EOTU lacto-fermented sauerkraut or pickles 4

House-made condiment, dressing or jam 2

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**