



- 3016 -

ALL DAY MENU

WHOLEMEAL SOURDOUGH FRUIT LOAF (VEGAN) \$3.00 PER SLICE

With a choice of: Organic Peanut Butter/
Strawberry Jam/ Honey/Butter

ORGANIC STONEGROUND WHOLEGRAIN SOURDOUGH TOAST \$6.00

With a choice of: Organic Peanut Butter/ Strawberry
Jam/ Honey / Butter/ Vegemite

- **OPTIONAL:** 2 eggs (poached or scrambled) \$5.50
- **HAM, CHEESE AND TOMATO \$2.50**
- **GLUTEN FREE LOAF \$2.00**

TOASTED COCONUT QUINOA HAZELNUT GRANOLA \$14.50

Oats, cranberries, coconut flakes and
almonds served with fresh seasonal fruit

- **CHOICE OF:** Organic coconut yogurt or organic
low fat natural yogurt PLUS a choice of milk
(full cream or light dairy, coconut, almond, soy)
- **OPTIONAL:** Gluten Free Muesli (Vegan)

MIXED BERRY PORRIDGE (VEGAN) \$14.50

Almond milk infused oats layered over berry compote.
Topped with strawberries, organic coconut yogurt and a
pistachio and walnut crumble

ACAI BOWL ('PRONOUNCED AH-SAH-EE) \$15.00

Acai sorbet blended with banana and peanut butter. Topped
with our house made coconut quinoa hazelnut granola, fresh
seasonal fruit, coconut flakes, chia seeds and goji berries

- **OPTIONAL:** Gluten Free Muesli (Vegan)

CHERRY MOCHA WAFFLES \$17.50

Chocolate wholemeal waffles topped with black cherry
syrup, coconut yogurt, walnut and pistachio crumble, fresh
strawberries, chocolate drizzle and fairy floss served with a
shot of coffee syrup.

SMASHED PUMPKIN \$16.50

Topped with pumpkin seeds, sunflower seeds, dukkah
spices, Meredith goats cheese, kale, green beans, pan
fried cauliflower, red radish and a poached egg.

- **Optional:** Organic Stoneground Wholegrain
Sourdough Toast \$2.00

SMASHED AVOCADO ON STONEGROUND WHOLEGRAIN SOURDOUGH TOAST \$14.00

Combination of avocado, basil, pine nuts and Himalayan
crystal sea salt garnished with pumpkin seeds, sunflower
seeds and rocket with a side of beetroot relish

- **OPTIONAL:** 2 eggs (poached or scrambled) \$5.50
- **GLUTEN FREE LOAF \$2.00**

SMASHED AVOCADO DELUXE \$20.50

Combination of avocado, basil, pine nuts, and Himalayan crystal
sea salt garnished with Meredith goats cheese, pomegranate,
beetroot relish and cherry tomatoes. Topped with 2 poached eggs
and seasoned with dukkah spices on stoneground wholegrain
sourdough toast.

SWEET POTATO ROSTI STACK \$18.50

Two sweet potato and goats cheese rosti topped with avocado, baby
spinach, smoked salmon, dukkah spices, mushrooms, a poached egg
and chipotle mayo

THE BIG BREAKFAST BOARD \$21.50

Stoneground wholegrain sourdough toast served with 2 eggs
(**poached or scrambled**), seasoned with dukkah spices and sides
of Sicilian olives, smoked salmon, mushrooms, bacon, smashed
avocado, Meredith goats cheese, cherry tomatoes and fresh basil

CHILLI SCRAMBLE \$18.50

House made Italian salami, fresh chilli, basil, roasted cherry
tomato and parmesan cheese served on stoneground
wholegrain sourdough toast with a side of mushrooms.

BOILED EGGS AND SOLDIERS \$16.50

Two soft boiled eggs and stoneground wholegrain sourdough
toast soldiers with sides of bacon bits, dukkah spices, smashed
avocado and Meredith goat's cheese

PULLED BEEF BURGER \$16.00

Organic brioche bun with BBQ grass fed pulled beef, slaw, and
chipotle mayo, with tasty cheese and a side of blue tortilla
chips

- **OPTIONAL:** Bacon \$3.00

EXTRAS:

2 EGGS (POACHED OR SCRAMBLED) \$5.50

DUKKAH \$0.50

GOATS CHEESE \$3.00

BACON \$3.50

AVOCADO \$4.50

FIELD MUSHROOMS \$3.50

SMOKED SALMON \$6.00

SWEET POTATO ROSTI \$5.00

OVEN ROASTED CHICKEN BREAST \$5.00

GRASS FED PULLED BEEF \$6.00

GLUTEN FREE LOAF \$2.00

MACRO BOWL \$11.00

Build your own Healthy Bowl

CARBOHYDRATES - CHOOSE ONE

- Quinoa, brown rice or sweet potato

VEGETABLES - CHOOSE UP TO 3

- Carrots • Green Beans • Broccoli • Cauliflower • Pumpkin

GREENS - CHOOSE ONE

- Spinach • Kale

FERMENTED FOODS / FATS - CHOOSE ONE

- Sauerkraut • Almonds • Avocado

DRESSING

- Tumeric Hommus • Honey Mustard • Lemon & Herb

PROTEIN

- Chickpeas \$3.00 • Oven Roasted Chicken Breast \$5.00
- Grass Fed Pulled Beef \$6.00
- 2x Hard Boiled Eggs \$4.00 • Smoked Salmon \$6.00
- Falafels \$5.00

NOTE:

While we take every precaution to keep allergen prone ingredients
out of certain products, please be aware they may still be present.
This includes but is not limited to gluten, dairy and nuts.



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DRINKS

PROTEIN SMOOTHIES \$8.50

Substitute any whey protein for vegan protein \$2.50

PROTEIN COLADA

Coconut milk, vanilla whey protein, pineapple, banana

GREEN PROTEIN

Almond milk, vanilla whey protein, spinach, celery, peanut butter

CHOC-NUT PROTEIN

Almond milk, chocolate whey protein, peanut butter, cacao, banana

MOCHA PROTEIN

Skim milk, chocolate whey protein, coffee, cacao

STRAWBERRY PROTEIN

Skim milk, strawberry whey protein, LSA, strawberries

BREAKFAST BLEND PROTEIN

Skim milk, vanilla whey protein, oats, banana, honey

BERRY BLEND PROTEIN

Skim milk, strawberry whey protein, strawberries, blueberries, raspberries and blackberries

SUPERFOOD SMOOTHIES \$8.00

MANGO ACAI

Acai, mango, banana

ORANGE GOJI

Goji berries, orange, lemon juice, banana

MINT CHIP

Almond milk, cacao nibs, mint, spinach, banana, vanilla

CHOCOLATE KALE

Almond milk, kale, cacao, banana

TROPICAL SUNRISE

Coconut flakes, pineapple, mango, banana, berries

SMOOTHIE ADD INS:

Spirulina, Probiotic, Matcha \$2.50

Whey Protein \$1.50 Vegan Protein \$2.50

KIDS SMOOTHIES \$5

Banana, Chocolate, Strawberry

FUNCTIONAL HEALTH \$8.50

DETOX

Kale, spinach, celery, mint, apple, mango, banana, cucumber, chia seeds, lemon juice
Optional: Ginger \$0.50

IMMUNITY

Orange, lemon juice, carrot, banana, beetroot, ginger

ENERGY

Almond milk, spinach, honey, banana, matcha green tea powder

COMPLEXION

Dandelion tea, avocado, coconut, strawberries, blueberries, raspberries, blackberries, banana, honey

DIGESTION

Dandelion tea, banana, apple, mango, probiotic supplement

SPECIALTY HOT DRINKS

TOBY'S ESTATE COFFEE

Small \$3.5/Large \$4.0/ Extra shot coffee 0.5 cent
Dairy Free options: Pure Harvest Almond Milk & Coconut Milk/ Bonsoy 0.5 each.

HOT CHOCOLATE \$3.50

MATCHA LATTE \$4.50

FRESH CHAI LATTE \$4.50

Calmer Sutra Chai, made with leaves & Indian Spices

TEA TONIC \$4.0

Peppermint, Well-Being, Glew , Berry - Green, Warn - Spicy, Apple - Tree, Coconut, Fruity - Tutti, Australiana, Chamomile, Licorice Lover, Traditional Chai, Green and English Breakfast

HOT APPLE CIDER \$5.50

MATCHA LATTE \$4.50

SPICED CACAO \$5.00

A Blend Of Organic Cacao, Infused With Orange Zest And Spices

GOLDEN GRIND \$5.00

Tumeric, ginger, cinnamon and black pepper with Pure Harvest Coconut Milk