

ALL DAY BREAKFAST

FRUIT TOAST.....7.5

Wholemeal sourdough fruit toast served with nuttelex

TOASTIE.....10

Wholemeal sourdough toasted sandwich with smashed avo, tomato & vegan cheese sauce*
(V, *CONTAINS NUTS, GF OPTION + \$2)

ACAI BOWL.....14

Acai sorbet topped with seasonal fruit, buckwheat kernels, millet puffs, chia seeds and flaked coconut
(V, GF, NF, R)

+ Add Cacao for Chocolate Acai.....\$1

+ Add Bliss Ball, ½ caramel slice.....\$3ea

+ Add half Donut (Vanilla or Chocolate).....\$3ea

BREAKFAST BURRITO.....14.5

Mixed seasoned beans with guacamole, vegan sour cream* and fresh coriander (V, *CONTAINS NUTS)

EGGS ON TOAST.....11.5

Free range eggs cooked to your liking on wholemeal sourdough toast

PEACE PANCAKES.....19.5

Served with house-made banana ice cream, topped with berries, caramel sauce, flaked coconut and dusted cinnamon (V, GF, NF, OGF)

SCRAMBLED TOFU.....18

Tofu scrambled with red onion, olives, mushroom, capsicum, sautéed spinach, tamari and spices. Served on wholemeal sourdough toast with a side of our house tomato relish (V, NF)



VEGAN BIG BREAKFAST.....21

Our signature Scrambled Tofu (olives, mushrooms, red onion, capsicum) served on wholemeal sourdough toast with avocado, baked beans, sautéed spinach, & housemade tomato relish (V, NF)

AVOCADO & VEGAN FETA.....16

Smashed avocado on wholemeal sourdough toast with almond feta*, sprouts and pepitas
(V, *CONTAINS NUTS)

SIDES

Tomato Relish, Sautéed Spinach (2.5)
Grilled Mushroom, Baked beans, Almond Feta*,
Poached Egg, Avocado (3.5)
Gluten Free Bread (2)

KIDS

KIDS DRINKS.....4.5

Choose from Organic Juices, Single Flavour, or Super Food Smoothies

AVO TOAST.....6

Smashed avocado on one piece of sourdough toast

EGG ON YOUR HEAD.....7

Poached egg on one piece of sourdough toast

LUNCH

WRAPS.....10.5
Falafel & Hommus (V, NF) or Teriyaki Tofu (V, NF, OGF)

SOUP OF THE DAY.....12
See our specials board for today's soup, served with wholemeal sourdough toast

TAKE AWAY CUP OF SOUP.....5

SUPER VEGAN NACHOS.....18

Mixed beans, corn chips, piled with vegan sour cream*, vegan cheese*, and guacamole
(V, GF, *CONTAINS NUTS)

BURGER BOMB.....17

House made veggie pattie in a sourdough bun stuffed with avocado, cucumber, seeded mustard, tomato, spinach and sauerkraut, dripping with vegan cheese sauce* (V, *CONTAINS NUTS)

DECONSTRUCTED BURER.....18.5

A gluten free "naked" version of our Burger Bomb featuring our delicious Veggie Pattie served with avocado, cucumber, seeded mustard, tomato, spinach, sauerkraut, and vegan cheese sauce* all on a bed of our Raw Rainbow salad
(V, GF, *CONTAINS NUTS)

Please order
and pay at counter

Our fresh produce is [Certified Organic](#) and organic ingredients are used wherever possible

Please Note: a 10% surcharge applies on Public Holidays

V = Vegan | GF = Gluten Free | NF = Nut Free | R = Raw | OGF = Onion Garlic Free