



BREAKFAST MENU

EGGS ON TOAST (gf available)	13.00
poached, scrambled or fried with toasted sourdough	
AVOCADO ON TOAST (v, gf bread available)	13.50
toasted sourdough, whole sliced avocado, greek yogurt, feta cheese & green oil	
PULLED PORK BENEDICT (gf available)	18.50
toasted sourdough, pulled pork, sauerkraut, poached eggs, hollandaise, herbed roasted tomato and hash brown	
EGGS FLORENTINE (gf bread available)	17.50
toasted sourdough, poached eggs, hollandaise, sautéed spinach, herbed roasted tomato, hash brown with bacon or smoked salmon	
CRUSHED AVOCADO (v, gf bread available)	17.00
toasted sourdough, crushed avocado, tomato, olives, arugula salad, balsamic reduction, green oil, feta cheese and poached egg	
CINNAMON FRENCH TOAST (v)	16.00
brioche cinnamon french toast, raspberry coulis, mixed berry compote, whipped cream, seasonal berries, oat crumble and maple syrup	
FULL ENGLISH BREAKFAST (gf bread available)	20.00
toasted sourdough, bacon, chipolata sausage, hash brown, herb roasted tomato, poached eggs, sautéed mushrooms and baked beans	

SOMETHING LIGHT

BANANA BREAD	10.00
two slices of toasted banana toasted , butter, seasonal berries and maple syrup	
HEALTHY START	10.00
homemade muesli , seasonal fruits, natural yoghurt	

SIDES

one egg your way **3.00** | half avocado **4.00** | two slices of bacon **4.00** | sautéed mushrooms **3.00** | one sourdough bread **3.00** | half herb roasted tomato **3.00**
two hash browns **4.00** | smoked salmon **4.00** | pulled pork **6.00**
two sausages **4.00** | sautéed spinach **4.00** | haloumi **4.00**

DRINKS

HOT DRINKS

Flat White, Cappuccino, Latte, Long Black,	3.50
Short Macchiato, Mocha, Hot Chocolate, Espresso	
Long macchiato	4.00
Double Espresso	4.00
Turmeric Latte	4.00
Selection of Teas	4.50

English Breakfast, Early Grey, Jasmine Tea, Green Sencha, Summer Fruits & Blossoms, Lemongrass & Ginger, Organic Peppermint, Organic Rooibos, Green Sencha & Coconut, Organic Peppermint & Lime and Chai Tea

COLD DRINKS

MILKSHAKES	5.50
Chocolate, Strawberry, Spearmint, Caramel, Banana	
ICED DRINKS	5.00
Coffee, Mocha, Chocolate	
ICED FRAPPES	6.00
Chocolate, Mocha, Coffee	

INTROJUICE SUPERFOOD

BEAUTIFY YOU	5.50
Rosehip, Purple Carrot, Blueberry, Pear, Orange, Banana, Passionfruit	
VITALISE YOU	5.50
Spirulina, Lemon, Orange, Apple, Banana, Passionfruit	
RECHARGE YOU	5.50
Mesquite, Banana, Pineapple, Apple, Passionfruit	
CLEANSE YOU	5.50
Wheatgrass, Barley Grass, Spirulina, Chlorella, Mango, Apple, Lime, Passionfruit	
ENERGISE YOU	5.50
Apple, Orange, Banana, Strawberry, Macqui	