



WEEKEND MENU

9 – 2.30

*We only use free-range eggs, pastured fed; chemical & hormone free proteins, and local, seasonal produce*

**TOAST <sup>W</sup> CONDIMENTS**

**Ten grain sourdough, white sourdough, fruit loaf, gluten free -9-**

**AVO ON TOAST**

<sup>W</sup> Dukka, Radish, Pomegranate, Pea's, Mint + Lemon

**One Slice -9- // Two Slice -16-**

**Add:** Goats Cheese 2.5, Fried Egg 2.5, Ham 4, Salmon 4, Mushroom 3

**SANDWICHES:**

**-10-**

**CHICKEN, SEMIDRIED TOMS, PINENUTS, AVO, HERBS & MAYO**

**HAM, CHEDDAR, RELISH, PICKLES, EGG**

**BEEF BRISKET, SLAW, SPICY BBQ SAUCE**

**HARISSA MUSHROOM & CHARRED VEG TOASTED SANDWICH**

**BOWLS**

**-14-**

**COCONUT CHIA PUDDING BOWL**

<sup>W</sup> Seasonal fruits & Granola

**ACAI BOWL**

<sup>W</sup> Seasonal fruits & Granola

**MAPLE + PECAN SMOOTHIE BOWL**

<sup>W</sup> Seasonal fruits & Granola

**VEGAN SMOOTHIES**

**-9-**

Spiced Chai: Our mix of chai spices, banana, tahini, date & coconut milk

Jaffa: Orange, banana, raw cacao, almond, date, almond milk & a shot of coffee

Superfoodie: apple, banana, kale, sweet potato, ginger, tahini, date

Please order & pay at front counter  
Note a 5% surcharge applies on weekends